

Physical Survival Manual

Earthquake, Tsunami, and Flood Scenarios

PART I: UNIVERSAL SURVIVAL PRINCIPLES

- **Breathable air** — Protect lungs from dust, gas, smoke, volcanic ash, and water inhalation. Ensure proper ventilation when sheltering indoors to avoid suffocation.
- **Bleeding control** — Stop major bleeding fast to prevent severe physical distress or unconsciousness. Apply pressure, use clean cloths, or tourniquets if trained.
- **Shelter & body temperature** — Stay dry, warm, or cool depending on risk. Consider weather exposure vs. structural safety.
- **Water** — Clean, drinkable, uncontaminated. Aim for 1–2L/day minimum. Use sources like toilet tanks or water heaters if safe.
- **Food** — Compact, no-cook, energy-sustaining. Prioritize calories over variety.
- **Protection from injury** — First aid, avoid sharp debris, structural awareness, sturdy footwear.
- **Movement** — Evacuate, navigate terrain, climb, or escape confined spaces. If evacuating with pets, ensure leash or carrier is near your go-bag.
- **Signal & communication** — Use whistles, mirrors, flags, markers. Radios, texts, or physical message drop points.
Three short whistle blasts = distress signal
- **Sleep & recovery** — Don't collapse from exhaustion. Rest helps clarity, healing, and morale.
- Practice noticing signs: gas smells, smoke, rumbling, creaking, or unnatural silence. Awareness saves lives.

PART II: EARTHQUAKE SCENARIO

Before

- Know your structure (brick, wood, high-rise?)
- Anchor tall furniture
- Keep shoes, flashlight, gloves near bed

- Print local map + emergency contact list
- Know gas shut-off if safe to do
- Plan for disability or medication access if applicable

During

- Indoors: Drop, Cover, Hold under a sturdy object
- Avoid windows, mirrors, outer walls
- NEVER use elevators or stairwells during shaking in high-rises
- Outdoors: stay away from buildings, power lines
- Car: stop safely, stay inside

After

- Expect aftershocks; stay clear of damaged structures
- Shut off gas if you smell a leak
- Avoid flames until gas safety is confirmed
- Use shoes, gloves for glass/debris
- Mark unsafe structures
- Tap walls to signal others, don't enter rubble
- Text instead of calling
- Find water in toilet tanks or heaters (if safe)
- **⚠ Never run gas stoves or generators indoors — CO danger**

PART III: TSUNAMI SCENARIO

Before

- Know elevation markers, vertical evacuation zones
- Don't assume calm = safe
- Natural signs: ocean roar, receding tide — go inland
- Avoid harbors and river mouths

- Prep ID-tag leash for pets; don't leave animals caged

During

- If strong quake: evacuate immediately
- Tsunamis may hit in 6–15 minutes
- Don't wait for sirens
- Go inland or to 30m elevation
- Abandon cars if stuck
- Don't return after first wave

After

- More waves may follow over hours
- Stay off flooded roads
- Purify/desalinate all water
- Signal if stranded
- Remain at high ground until safe

PART IV: FLOOD SCENARIO

Before


- Store valuables above waist
- Drybags for meds, electronics, docs
- Know safe bridges and uphill routes
- Check if you're in floodplain
- Pet prep: ID, leash, carry plan

During

- Avoid walking in water >15cm; cars float in 30cm
- Avoid drains, suction hazards
- Use stick to probe path

- Climb, float, or shelter if escape impossible
- Shut off power (if safe)

After

- Avoid oil-slick or smelly water
- Floodwater = likely sewage. Disinfect skin and wounds
- Purify all water before use
- Ventilate to prevent mold
- Clean wounds and monitor
- Bury waste 30m from shelter/water. Use bags, latrines
-  **CO warning again — never use stove/generator inside**

PART V: MINIMUM SUPPLIES CHECKLIST

- **Air & Lung:** N95 or KN95 masks (for smoke, dust, illness), lightweight scarf or shemagh (for wind/dust protection)
- **Bleeding & Trauma:** Sterile gauze, large trauma pads, nitrile gloves, pressure bandage, tourniquet (e.g. CAT or SOFTT-W), hemostatic agent (optional but ideal)
- **Shelter & Warmth:** Waterproof tarp, Mylar emergency blanket, compact sleeping bag or bivy sack, extra wool socks, dry thermal base layers, waterproof jacket, sturdy waterproof boots
- **Water:** Portable filter (e.g. Sawyer Mini or LifeStraw), water purification tablets (e.g. Aquatabs), metal bottle (for boiling), lightweight stove or fire method, collapsible water containers/drybags
- **Food:** High-calorie bars (e.g. Datrex, Millennium), dehydrated meals, nuts, electrolyte tabs, lightweight utensils or spork, collapsible cup
- **Medical:** First aid kit with antiseptics (e.g. povidone-iodine or alcohol pads), tweezers, bandages, medical tape, any personal prescription meds, painkillers (e.g. ibuprofen), anti-diarrheal, rehydration salts, toothbrush/paste, emergency hygiene wipes
- **Sanitation:** Biodegradable soap, alcohol wipes, sealable trash bags, trowel (for burying waste), menstrual supplies (pads, cup, or tampons), toilet paper or tissues
- **Light:** LED headlamp (hands-free), small flashlight, backup batteries or rechargeable power bank

- **Navigation:** Waterproof map of your region, compass, pre-marked evacuation route laminated or inside drybag, GPS unit (optional)
- **Tools:** Fixed-blade knife or multitool, paracord (at least 25 ft), firestarter (ferro rod or waterproof matches), duct tape, heavy-duty zip ties, sewing kit (compact)
- **Communication & ID:** Hand-crank or battery-powered radio (AM/FM or NOAA), signal mirror, whistle, waterproof notepad & pencil, photocopies of ID and important documents in waterproof bag, cash in small denominations
- **Power:** Hand-crank charger or solar power bank, USB cables for devices, extra AA/AAA batteries
- **Pets:** 3+ days of food, collapsible bowl, leash/harness, copy of vaccination records, ID tag, towel or blanket

✓ **Final Notes:**

- Disinfect all wounds immediately.
- Purify any non-sealed water before drinking.
- Wear sturdy shoes at all times, especially at night or around debris.
- Keep your gear dry and organized. Drybags are worth their weight.
- Simplicity saves lives. Know where everything is and how to use it.

🌀 **PART VI: FINAL REMINDERS**

- Improvise with what's around — creativity saves lives
- Breathe: 4–4–4–4 rhythm for calm
- Move with purpose, scan exits, avoid panic
- Rehearse: evacuation, go-bag, pet drill
- Hydrate often; even mild dehydration affects thinking
- Trust your brain. It's your #1 survival tool
- Signal if alone: whistle, mirror, bright cloth

You may never need this. But if the day comes — this guide may support your clarity, safety, and strength.