
THE ULTIMATE PREPPING COACH

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THE ULTIMATE PREPPING COACH

You may have felt a bit overwhelmed while you were reading my Bulletproof Home Defense plan. If you did, I can definitely relate to you. I was a bit overwhelmed as I was learning all that, and I had a lot longer to absorb the information than you did. There's a lot to do if you want to create an effective home defense plan, but that doesn't mean you can't do it. In fact, I'm convinced that you can, if you just decide that you're going to. Actually, making the decision is half the battle.

Even so, you might have trouble figuring out how to get started and what to do first. That's why I've prepared this companion workbook. It's designed to use along with the Bulletproof Home Defense, showing you on a day-by-day basis how to implement everything in the book. At the end of the 30 days, you and your family will have a much more secure home and be prepared in case of an attack.

I realize that you're a busy person and there's a lot to do. So, what I've tried to do is to break all the tasks down into daily bites, so that you can complete everything in 30 days. At the end of the 30 days, you should have your home defenses in place, a defensive plan put together, and your family trained on how to react to a potential home invasion.

The idea is that you can do this work in the evenings, after getting home from work and having dinner. As I can't see your house, I can't really tell you how long it's going to take you to do the individual tasks. You might find that there are several which take you longer than I intended. If so, that's okay. Don't give up and don't think you have a problem. Some houses are harder to work with than others; some are larger; and some people work faster than others as well.

The point isn't how fast you can do everything in this list, the point is doing it. If you can't work on your home defense plan every night, that's okay. It might take you longer to get through the list, but you can still do it. Actually, it's more important to be thorough than it is to be fast.

As I said, I've broken the necessary tasks down into 30 days. Each day, you'll find a couple of new things to work on. Some are planning, some are purchases that you need to make, some are changes to your home, some deal with your attitude and some are training that you and your family have to do. Each of them is necessary. If you decide that you aren't going to do something on the list, then you should come up with an alternative plan for that item; don't just ignore it.

Training and developing the right attitude aren't things that happen overnight. You will need to work on them over and over for days. Therefore, you'll see some items that are listed day after day. That's because you need time to develop these skills and habits to the point where you do them automatically. Actually, psychologists say that to develop a new habit, you've got to do it for 40 days; so you'll need to keep working on them, even after the 30 day plan is over.

I mentioned training your family as well. Unless your name is Rambo, you're not going to be able to defend your home all by yourself. You're going to need the help of your family. While you will probably take the lead in confronting any attackers, having a couple of extra guns peeking out of the

windows will make your arguments all that much stronger, especially if the people behind those guns know what they're doing with them, and have the mental preparation necessary to pull the trigger if they have to.

That means that you might have some work ahead of you in convincing your family to take part in the defense of your home. Hey, protecting the home is the man's job; I understand that. But we're not talking about protecting it from one burglar; we're talking about protecting it from an angry mob that's looking for food. That's a lot harder job, with a lot more risk.

In the Old West, families fought together. Typically the man was the one pulling the trigger, but his wife was there beside him, reloading his guns for him. The kids would crawl up in the loft to act as lookouts. So, even though the man did the fighting, the family worked together to defend their home. Even if you have family members who are emotionally unable to pull a trigger, they can still help. Have them reload guns or act as lookouts; that will free up someone else for the fight.

Everything in this companion workbook is talked about in the *Bulletproof Home Defense*. I'm not going to repeat what it says there, because you've already got that. What I'm going to talk about here is how to make the changes to your home and how to train yourself and your family to implement the things that I talked about in that book.

Take this guide as your personal coach and trainer. It will walk you through what you need to do, in order to apply the lessons of the *Bulletproof Home Defense* plan to your own home. As you walk through the steps I'm going to outline here, you'll gain skills, confidence and security.

Yes, it's going to take a lot of work; I won't deny that. But it's the best sort of work that you can do; work that will guarantee that you can protect your family from any attackers who might choose to come your way. That's an investment in your family's safety and your kids' future. Personally, I can't think of a better way to invest my time. So, let's get started.

Day 1

The first thing you're going to have to do is make a decision that you're going to prepare your home and your family so that you can defend yourselves. I don't mean a wishy-washy kinda-sorta decision either. I'm talking about a firm decision to take your protecting your family seriously; seriously enough to do something about it.

If you're married, I'd recommend getting your spouse in on this decision. While you might be the point person where defending your home is concerned, the whole family is going to have to get involved. If your spouse isn't comfortable with that, you're going to have problems.

Okay, so let's say that you have an uncooperative spouse, what do you do? First of all, that doesn't mean you can't start on your own. You can start preparing yourself and the home; you'll just have trouble with preparing the rest of the family. But, you also need to gradually work on your spouse. I don't mean nagging them about the issue; I mean showing them enough evidence that they will eventually come to the right conclusion on their own. I mean making sure that they see what is

happening in the world around us, so that they become convinced that what you are doing is right. It might take a while, but most will come around.

I mentioned that you can start by preparing yourself. Actually that's the first thing you need to do. You're not going to be able to defend your family, unless you are mentally prepared. Re-read the chapter in the book on The Right Defensive Attitude. You need to get that deep down in your thinking. In fact, you're going to have to work on that for a while. It's going to take time to really have that attitude ingrained in you, so start right now. You'll be working on it throughout the month.

The other thing you need to start right away is collecting glass bottles and jars. Remember when I was talking about using broken glass as part of the obstacles in your perimeter defense? Well, it's going to take a while to collect enough glass for that. So, start right away. Put a big box, or better yet a barrel, in the garage or basement, and throw every bottle, jar and broken glass you can find in it.

Keep your eyes open when you're away from home as well. You never know when you might run across an empty glass jar in the office refrigerator or a broken window leaning against someone's garbage can. Start collecting, so that you can fill up your barrel all that much quicker.

Day 2

Now that you've had a chance to start working on your thinking, it's time to start working on your prepping. You're not going to be much of a home defense expert if you don't have a gun, so today I want you to go out and buy yourself a pistol. The reason I'm saying a pistol is that they're harder to shoot than rifles or shotguns. If you're going to learn to shoot, you may as well learn with a pistol; because if you can shoot that, you can shoot anything.

You'll have to decide what caliber makes the most sense for you. Personally, I like the Army .45. But, then again, I've been shooting that thing for years. The nice thing about the .45 is its knockdown power. If you hit someone with it, there's a really good chance they're going to go down, even if they aren't seriously hurt.

Actually, that's what it was developed for. When the Army was fighting in what were then known as the Banana Republics, they were having a big problem with guerilla warriors that would come at them high on drugs. You could shoot them with a .38, which was the standard Army sidearm of the time, and they'd just keep coming. So, the Army commissioned Colt to come up with a pistol that would definitely knock them down. They came up with the .45.

Not everyone can shoot a .45 though. It's got a lot of kick to it, so it's a bit hard on your wrist. It's also a fairly hard gun to learn to shoot with. On top of that, the rounds for it are rather expensive. So, I'd recommend something a little smaller to start with, like a .40 cal. or a 9mm. That way, your wife and kids can shoot it too. Eventually, you might want to have several pistols around, so you can still buy yourself a .45 later on.

When you get your pistol home, practice loading and unloading it and swapping clips smoothly and easily. Get used to the sights by practicing bringing the weapon up to eye level and just looking

through the sights at a spot on the wall. Dry fire it, so you can get used to the trigger pull (dry firing is the term used for firing a gun without any ammo in it).

Gather your family together for your first family home-defense meeting. You'll be doing these every week, so now is a good time to start. For the first several meetings, you want to talk to them about OPSEC and secrecy. It's really important that you impress upon your kids the importance of keeping what you're doing a secret. Kids don't keep secrets worth beans, so you really need to keep after them about this. You might even help them concoct a cover story that they can tell their friends.

You've got to realize that your kids are probably really going to enjoy shooting; so they'll naturally want to tell their friends. Just telling them to not say anything is a bit unrealistic, as they probably can't. So, give them a realistic story that they can tell their friends, such as you're teaching them to shoot, so that they can go hunting with you.

You can get the information that you share about OPSEC and secrecy right out of the book. Just check the chapter titled "Don't Become a Target."

Don't forget to:

- Keep working on your attitude
- Continue collecting bottles and jars

Day 3

Since you bought a gun yesterday, you're ready to go to the shooting range today and try it out. You're going to be spending a lot of time at the shooting range, so you may as well buy yourself a membership. That will be cheaper over the long run than paying every time you go. Make sure that you can bring your family members on that membership, because you need to teach all of them how to shoot as well.

You need to practice with your pistol every day, at least until you get fairly proficient. Remember, you're not trying to win a shooting contest; you're trying to defend your family. So don't worry about getting fancy, go for center mass and blast away.

Take your time practicing at first. Accuracy is much more important than speed. As you get better, you can start working on getting faster with your shooting. Don't bother shooting more than about 50 rounds a day, as you'll find that your arm gets tired pretty fast. As you get tired, you'll shake more and your accuracy will go down. That's not going to help you, so you may as well call it quits before it happens.

If you find that you have trouble holding your gun for that long you might have to work your arm muscles to strengthen them. I know that sounds a bit ridiculous, considering a pistol only weighs a few pounds. But, you'll be holding it at arm's length, which makes it seem a whole lot heavier.

When you get home from work, go around your home and evaluate it from a security standpoint. You learned a lot from reading the book, so now you can look at your home through new eyes. What do you see? How hard would it be to attack? How hard would it be to defend? What areas are the most vulnerable? Are there places in your home that lend themselves to being natural defensive firing positions?

Don't just look inside your home, look outside as well. Remember, you want to try and stop any attackers before they enter your home, not once they're inside. So, does the terrain help you or hurt you? Where are the likely avenues of attack? If they wanted to do a sneak attack, is there someplace that they could come at you from? How is the visibility?

You're going to need all this information for developing your defensive plan tomorrow, so don't rush. Take the time to really see things as they are. Try looking at it from the attacker's point of view.

Once you're done with that, gather your family together and start talking to them about the attitudes that you are working on. They need to get the same attitude that you do, so you'll need to talk to them about this every day for a while. You can find everything you need to talk to them about in the book, the same place you found it for yourself.

As part of these discussions, let your family members talk through their own concerns about defending the home. A lot of being able to defend your home is mental. So, it's a whole lot better to have them express their doubts and fears sitting around the dinner table, than to have those doubts and fears show up when your home is under attack.

Don't forget to:

- Keep working on your attitude
- Continue collecting bottles and jars

Day 4

You're off to a good start. Today you have the roughest task of all; you've got to come up with your defensive strategy. Everything else you do from here on out will depend upon today's planning. So, put your thinking cap on and start looking at the various layers of your defenses and how you can plan them out.

You want to end up with a plan for your perimeter, your home's outer shell and inside your home, just like I talked about in the book. For each of those layers of defense, you have to determine fighting positions, barriers, obstacles and most of all, your kill zones.

Be sure to look at your plan from different angles. There's a military saying that any plan only lasts as long as first contact. You have to realize that your enemy isn't going to cooperate and do things the way that you want them to. So, once again, try and put yourself in his shoes and figure out everything he could do to mess up your defensive plan, and then figure out a way to counter it.

Don't forget, your goal is always to get them, whether you're talking about one assailant or many, into one of your prepared kill zones. So, no matter which direction they come from, you need your defenses to direct them that way.

Don't forget to:

- Go to the shooting range
- Keep working on your attitude
- Talk to your family about the right defensive attitude
- Continue collecting bottles and jars

Day 5

Now that you have a defensive plan, it's time to start getting to work on your home and property. If you are going to get window bars to install on your home, you'll need to have them custom made. So, today you want to take measurements on all your windows.

These bars normally attach to the side of the home, outside the window area. When you measure, you want to measure the outermost limits of the window, not the size of the window glass. In other words, measure from the inside of the trim to the inside of the trim. They will make the bars with tabs that put the screws about two inches beyond that. That's just enough to make the screws go right into the studs that form your rough window frame.

Window bars are rather expensive, so you may choose not to put bars on all your windows. If you have a two-story home, you could choose to put bars on just the downstairs windows. However, if you have a porch overhang, or a balcony, you need to make sure that you protect the windows that are accessible from them as well.

If you are not going to put in window bars, then you still need to measure your windows for whatever window defenses you are going to make. So, don't forget to do this.

It's also time to buy a holster for your pistol. You've been shooting a couple of days now, so you need to think about how you are going to carry your pistol. There's nothing more useless than a gun that's in your bedroom nightstand, while you're outdoors facing a potential enemy. If things get as bad as I'm thinking they are going to get, you might want to carry your pistol around with you all the time; even if the lace panty crowd doesn't like it.

Different people have different ideas about holsters, so I don't want to push you one way or another. Go to the gun store and try some different ones on. They won't mind you taking them out of the package and slipping them on your belt. You want to be sure that it's going to be comfortable for you and that you can get to your pistol easily.

Don't forget to:

- Go to the shooting range

- Keep working on your attitude
- Talk to your family about the right defensive attitude
- Continue collecting bottles and jars

Day 6

Don't let those measurements sit around gathering dust. It's going to take some time to get your window bars made, so you'd better stop by a welding shop and get them ordered right away. Most welding shops can do a variety of styles, so take the time to talk to them about what they can do and how they can make it look good on your home.

You've been shooting your pistol for a few days now, but that's not the only weapon you're going to need. It's time to go back to the gun store and take a look at rifles and shotguns. I already talked to you about the pros and cons of each, so you should have a pretty good idea of what you need for your situation. Pick the one that you think will do the best job for you and make sure to put in a good stock of ammunition for it as well.

You picked up a holster yesterday, so take a little time today to play around with it. Some tactical holsters have the flexibility to be carried a number of ways. I use a thigh holster, which straps around my right thigh and connects to my belt. I find that having it lower down like that makes for a more natural draw, saving me time and making a smoother motion. The same holster can be used as a belt-mount as well, or even mounted horizontally on my belt.

Experiment with your holster to find the best location, both for comfort and for ease of use. Get a feel for grabbing your gun and slipping it in and out of the holster. If you bought a leather holster, they are usually very stiff at first. You'll need to work it a bit to get it working smoothly. A little saddle soap might help.

Don't forget to:

- Go to the shooting range
- Keep working on your attitude
- Talk to your family about the right defensive attitude
- Continue collecting bottles and jars

Day 7

Your burglar bars aren't the only thing you're working on that's going to take some time; your hedges are as well. Since every journey starts with but a single step, it's time to take that step. Today you need to start planting your hedges. We're doing this early, so that they can have the most possible time to grow. While I don't think they'll grow big enough to assist your defenses within 30 days, I do think you can get a good start on them. So, grab your shovel and start digging.

Remember, the purpose of your hedges is to try and steer your attackers towards your kill zone. That means that you have to leave a place where they can get through; but not just any place, one that

takes them where you want them to go. Take a good look at things as you go, to make sure that it's actually accomplishing what you want.

It's going to take some time to get this one done, so I've put it down on the schedule for tomorrow too. If you get half of them in the ground today, you're doing well. You can finish the job tomorrow.

You've been shooting for a week now, and should be seeing some improvement. So, now it's time to start training your family, teaching them to shoot as well. Pick one family member to start with. Familiarize them with the gun, teach them how to load and unload it, and show them how to get a good sight picture. Have them dry fire a while, so that they get used to squeezing the trigger, rather than just pulling it.

You're going to end up going through a lot of ammo with the whole family practicing. If you haven't already done so, you might want to consider buying a .22 caliber pistol, just for practicing with. While nobody takes a .22 seriously for self-defense, they are great for practice, because the ammo is cheap. The skills that are developed shooting a .22 translate over to other guns very easily.

That's not to say that your family should never shoot the larger caliber guns. They should; at least enough to be comfortable with them. The mechanics of stance, sight picture, grip and squeezing the trigger are the same for a .22 as they are for a larger caliber pistol, but the recoil is quite different. Not only that, but each gun has its own peculiarities of trigger pull and feel. So, they need a chance to get used to those. Nevertheless, a .22 is great for general practice.

Another, even cheaper option for practice is a pellet gun. Most pellet guns will also shoot BBs, but the pellets have better ballistics. If you decide to buy a pellet gun for practice, then be sure to buy a pump one. The ones that use CO2 cartridges aren't as consistent; as the cartridge pressure drops, so does the muzzle velocity, throwing the aiming point off.

So, your first family member is going to get shooting class today and then start going to the range with you tomorrow. You'll take them with you every day for a week, and then switch over to the next family member. After that first week is up, you want to keep taking them back once a week, so that they can keep improving.

After all that, I think you need some fun. Grab your pistol and holster and strap them on. I want you to practice fast-draw. Yep, that's what I said. You don't need to pretend you're a cowboy in the Old West, and in fact, I really don't want you to practice like that. What I want is for you to practice getting the gun out and aimed as fast as you can. I want to stress the aimed part in that.

Let me give you a little wisdom from Louis L'Amour. If you don't know who he was, he was one of the greatest writers of Western novels in history. There are scenes in several of his books, where an old hand is teaching a newbie how to fast draw. They always say something like, "Don't try and get that first shot off as fast as you can. Take your time. Most fast draw artists put that first round in the dirt because they're trying to get it off so fast. Make the first shot count. It might be your only one."

That's good advice. So, while I want you to work on getting your gun out of your holster and into action quickly, I don't want you to be trying to pull the trigger as fast as you can. The idea is to get it out and aimed as fast as you can. You'll be practicing this for a while.

Don't forget to:

- Go to the shooting range
- Keep working on your attitude
- Talk to your family about the right defensive attitude
- Continue collecting bottles and jars

Day 8

You started planting the hedges that you are using as part of your perimeter defenses yesterday. Unless you're a lot better at planting than I am, I imagine you still have some more to do. So, today is another planting day. Grab your shovel and start digging again. You want to get the rest of the hedge in today. Don't forget to give it plenty of water.

I want you to start working on a new skill today as well. You need to become more observant of what's going on around you, so that you can pick out potential threats. A lot of this is just having the attitude to see things as potential threats; something that you've already started working on.

Nevertheless, you actually have to start practicing actually seeing what is going on around you, rather than just letting it be part of the background. So, try doing some of the following:

- When you get home from work, try and remember what cars and trucks you saw on the road. Do this again for several days, to see if you notice the same car over and over. If you drive the same route at the same time, you probably will.
- Pay attention to what people are wearing. Look at their clothes, asking yourself the question, "If they were carrying a weapon, where would it be?"
- See how many of the people who pass your home in the evening you recognize and how many you don't. Don't just sit there and watch for them though, you need to do this while you are doing other things.
- As you walk through any busy place with a lot of pedestrians, try to figure out what they are doing there, based on their attire, what they are carrying and how they are acting.

This is an important skill; so, you'll be working on it for a while. Make an effort to practice becoming more observant each and every day, until it becomes a habit.

Don't forget to:

- Go to the shooting range – take your first family member with you
- Continue practicing fast draw techniques
- Talk to your family about the right defensive attitude
- Continue collecting bottles and jars

Day 9

It's time for your weekly OPSEC and secrecy briefing. You need to keep doing this on a regular basis, so that you can keep your family focused and make sure that they don't forget. Repetition is a basic military tenant; because through repetition the lessons get ingrained in us to the point where we act on them automatically. So, even if everyone complains about another meeting, do it. It doesn't have to be long, but it needs to be done.

Now that your hedges are in and starting to grow, it's time to start working on hardening your home. I mentioned that the number one place that people try to break into a home is through the front door, so let's start there.

As I said in the book, you want to add two more deadbolts to the door, one high up and one down low. If you drill these out carefully you can actually do it without the hole saw going all the way through the door; all that will go through is the pilot bit. That can help keep your work hidden, as it's fairly easy to fill in a 1/4 inch hole and hide it, but it's not easy to hide a 2-1/4 inch hole. Just remember not to throw those deadbolts, unless your whole family is inside; otherwise, they can't get in.

On the hinge side of the door you'll want to replace the screws with longer ones, so that they go into the stud. Also, replace one screw in each hinge with a pin, drilling out the corresponding hole in the other side of the hinge for clearance. Between the deadbolts and these bolts, your door will be much stronger.

If your door has glass panes in it, you'll want to put a grille over them as well. Otherwise, people could just break the glass and reach through to open the door.

Let's get back to your perimeter for a moment. You've already planted your hedges, so you're well on your way to having a good perimeter defense. But there are gaps where your hedge doesn't cover. Take some time to look at those gaps and come up with a plan to cover them in the event that everything goes to pot. What can you put in those spaces to increase the effectiveness of your hedge? Look around your home and back yard for things that might be lying around. Some ideas might be:

- Tree branches
- An old car that's not running
- A utility trailer
- The kids jungle gym
- The pile of scrap whatever from the back yard

You're not going to move these items into place now. All you're doing is improving your perimeter defense plan. Should there be a major crisis, and you feel the need to, you can then move those things. You'll want to review this from time-to-time, making improvements and replacing things that you no longer have.

Don't forget to:

- Go to the shooting range – take your first family member with you
- Keep working on practicing being more observant
- Talk to your family about the right defensive attitude
- Continue practicing fast draw techniques
- Continue collecting bottles and jars

Day 10

Yesterday, you started fortifying your door by adding deadbolts and hinge bolts. Today, you're going to finish the job by building a bar for your door. This can be either out of metal or wood. A wood 4"x 4" works well, and so does a 2" metal pipe. The hard part is going to be coming up with the brackets. These need to be very sturdy, as they will be carrying a large part of the impact of anyone trying to bust through the door. Don't go with simple metal pipe brackets, make yourself something stronger.

My brackets are made of 3/16" thick by 2" wide metal strap. I had to heat it to bend it well, due to the thickness. I made the flanges big enough that I could put two lag screws above the bar and two below. I also have two brackets on each side of the door for extra strength. Make sure when you mount them that you are solidly into the studs in the wall. When needed, I can slip a 4"x 4" beam that I have into them, strengthening my door.

You've been practicing being more observant for a few days, so now it's time to start teaching this skill to your family. You can make a game out of this, doing the things that I mentioned for you to try on your own, or adding new ones, such as:

- Go to the park and tell everyone to look around. When you get home, ask them questions about things which you saw, that they might have missed. If you can take pictures of these things to show them, so much the better.
- Place a number of small objects on a table and cover them up. Remove the cover for five seconds, letting everyone see what's underneath, then recover it. Have everyone write a list of what they saw.
- Move something in your home and see who can be the first one to notice the difference.

Use your family's natural competitive nature to make this work. You want everyone trying hard, so make sure there's a winner each time. The competition will help them get into it.

Don't forget to:

- Go to the shooting range – take your first family member with you
- Keep working on practicing being more observant
- Talk to your family about the right defensive attitude
- Continue practicing fast draw techniques
- Continue collecting bottles and jars

Day 11

Now that you've finished fortifying your front door, it's time to move to the back door. Some people are smart enough to realize that if they can't get in one way, it's time to try another. That means either a window or the back door. You want to do the same work on your back door, that you just finished doing on the front door.

If you have a sliding glass door, you really need to replace it. I realize this is expensive, but what's your family's safety worth? By replacing that sliding door with a real door, you increase the security of your home a lot. Of course, the other option is to have a wrought iron gate built to cover the back door. This is just about as effective as replacing it with a wood or steel door and fortifying it like you did for the front door.

You've been practicing with your pistol while now and should be getting pretty proficient. Don't stop, as you want to keep improving. In fact, you'll want to keep practicing for the rest of your life, although I expect that you'll taper down after a while. Nevertheless, we don't want to stop there. It's time to start thinking about what alternate weapons you want to learn how to use.

As I said in the book, you may not always have a gun to use for home defense. So, it's a good idea to become proficient in a variety of weapons. Think about what you would like to learn how to use.

I say "you would like to learn" because you'll put more effort into it if you enjoy it. If you don't like the weapon, you'll ignore it and never become proficient. That could prove to be a deadly mistake.

The first secondary weapon I bought was a crossbow. I've always thought they were neat and there was a sale at a local store. While I like my crossbow, there is one serious problem with it. The amount of time it takes to reload it makes it pretty much a one shot weapon. So, I bought a bow as well.

Don't forget to:

- Go to the shooting range – take your first family member with you
- Keep working on practicing being more observant
- Talk to your family about the right defensive attitude
- Continue practicing fast draw techniques
- Continue collecting bottles and jars

Day 12

Yesterday, you started fortifying your rear door. Today, you're going to finish the job. Remember the bar and brackets you made for your front door? Well, this door needs it too. The nice thing is that now that you've done it once, it'll be easier to do the second time around.

You've also had your first family member going to the shooting range with you for a week. They should be getting fairly proficient by now, so it's time to spread the training around. Today will be the last time that family member goes with you to the range on a daily basis. From here on out, it will be weekly. So, grab a second family member and go through the same training session that you did with

the first one; teaching them how to load, stance, grip, sight picture, and how to squeeze the trigger instead of jerking it. Let them practice a while, dry firing the gun, so that they'll be ready to go to the range with you tomorrow.

Don't forget to:

- Go to the shooting range – take your first family member with you
- Keep working on practicing being more observant
- Talk to your family about the right defensive attitude
- Continue practicing fast draw techniques
- Continue collecting bottles and jars

Day 13

Most of us have some sort of fence for our back yard. If you don't, you really need one; preferably something that will offer you some privacy, while acting as a barrier to intruders. If you have one, take a look at how you can fortify it better. Remember the trick about putting broken glass on the top of the fence? That's a great trick and easily explained to the neighbors as a safety measure against thieves.

If you have a fence that borders on an abandoned lot or field, you had better figure on it being a much higher risk access point than your neighbors. Hopefully, you'll be working together with your neighbors to defend your homes, so the risk of someone coming through their yard is somewhat minimized. However, that empty lot is almost asking to be used by the bad guys.

Any fence that butts up against a vacant lot should be strengthened as much as you reasonably can. If possible, you want to make it difficult for them to break through it with a vehicle. You also want to make it difficult for them to get over, hence the broken glass.

Remember, you can't make it impossible for them to get through, so don't try. What you can and should do is make it hard for them to do so, in the hopes that they will pick an easier way. You also want to make sure that they can't get over or through your backyard fence, without you knowing about it. Install some sort of alarm system to warn you of any intruders. It's better to have to get up in the middle of the night because of an alley cat, than to not know when someone comes over your fence.

You've been thinking about an alternate weapon for a couple of days, so now it's time to go shopping for one. You'll need time to practice with it, so you don't want to wait till the last minute. Be sure to get everything you need. If you're buying a bow, buy extra arrows, a glove and a forearm guard. Talk to the salesman in the store, they can make sure that you're fully outfitted.

Don't forget to:

- Go to the shooting range – take your second family member with you
- Keep working on practicing being more observant
- Talk to your family about the right defensive attitude

- Continue practicing fast draw techniques
- Continue collecting bottles and jars

Day 14

I hope your fortifying of your back fence is going good by now. Keep at it, as you can be sure that a weak point will be found and exploited by any attackers. Of course, making an intentional weak point, which leads to your kill zone is ideal. If you do that, you'll want to make sure that they can find it easily, while still not making it so obvious that they'll see it as a trap.

How did your shopping expedition go yesterday? Did you find yourself a good secondary weapon? Well, just like your pistol, you need to become proficient with it, so spend some time today learning how to use it. You want to be as good with your secondary weapon as you are with your first.

If you chose a bow as your secondary weapon, you're in luck. You can practice with your bow in the backyard, without having to pay range fees. That should save a few bucks. If you forgot to get a target, don't worry; just pick up a couple of bales of hay. That's cheaper anyway and just as effective. A little spray paint and you've got yourself a good target.

If you have pets and small children, you want to make sure that they're not in the yard when you're practicing. There's too much of a temptation for them to run out there and grab the arrow you missed with, putting themselves in the line of fire. While I'm sure that you'd do anything you could to protect them, there's no sense taking a chance.

Be sure to:

- Go to the shooting range – take your second family member with you
- Keep working on practicing being more observant
- Talk to your family about the right defensive attitude
- Continue practicing fast draw techniques
- Continue collecting bottles and jars

Day 15

You've got your doors pretty well fortified and your window bars are on order, but you haven't done much to fortify the walls of your home yet. While bricking or putting a stone façade on the house might be nice, it's probably not all that practical. However, there is one thing that you can do fairly easily, which will make it harder for them to bust through a wall; build planters.

I talked about this in the book; it's essentially the same technique that they use for our embassies around the world. The idea is that anyone who tries to ram the building with a car or pickup is going to get hung up on the planter and not damage the building. So, it's time to build a planter all the way around the exposed part of your home.

You can either build this out of stackable wall blocks or landscaping timbers, depending upon your home's style and your personal preference. The wall blocks are usually stacked, without mortar, but I would recommend mortaring them or using a structural adhesive for added strength.

You want your planter to be at least a foot high and at least two feet deep. That's enough to keep most vehicle bumpers from reaching your home's wall. Granted, the planter will get damaged in any attack, but it should fulfill its purpose and protect your home.

Like a few of the other projects you've been working on, this is a big one. So, don't expect to finish it in one day.

After working on the planter, you're going to be ready to sit down; so, sit down with a pad and pencil. This is an excellent time to start developing defensive drills for your family to practice. Start by creating a scenario of how your home might get attacked. Then, figure out how you would counter that attack. Make sure that you note it all down; don't depend upon your memory. Do this for as many different types of attacks as you can think of.

Speaking of talking to your family, you started teaching them about becoming more observant a week ago. Well, it's time for another session of talking about that. Go over what you talked about last week and try to amplify on it. Make it interactive and see if they can come up with any good ideas of how they can become more observant or how they can help one another (watch out for them playing tricks on each other).

From here on out you want to have your family practicing becoming more observant. So, add an observation task to your day's routine. Try and make it fit into the day's activities, so that it doesn't stretch your already busy schedule. One way to do that is to utilize downtime, such as a drive somewhere or a trip to the store. Combining the observation activity with those other activities not only saves time, but adds to the other activities as well.

Don't forget to:

- Go to the shooting range – take your second family member with you
- Practice with your secondary weapon
- Keep working on your attitude and practicing being more observant
- Talk to your family about the right defensive attitude
- Continue practicing fast draw techniques
- Continue collecting bottles and jars

Day 16

Yesterday, you started building your planters to protect the walls of your home from ramming. Hopefully, you got a good start on that project, so that today you can finish it. You want to be sure that your home is protected from any angle that someone might try to drive a car at it to ram the walls.

It's also time for your weekly family meeting about OPSEC and secrecy. Try and cover different things in each of these meetings, so that everyone doesn't get too bored. You might also want to have different family members make the presentation, getting them more involved. The best way to learn anything is to have to teach it.

Another thing you can start doing in these OPSEC meetings is to see what new ideas your family members can come up with to improve your OPSEC, both now, while you're prepping and during a crisis. You don't have the market cornered on good ideas and by involving them in the thinking and planning; you'll motivate them to "buy into" your defensive plan.

It's time to add something new to the mix. Yesterday you sat down to start planning out some defensive drills for your family. So, why not run your first one. Actually, this would be more of a practice than an actual drill. Present the scenario to your family and explain the part that everyone is to take in defending your home. Make sure that they are comfortable with their assigned part and then try it out to see if everyone can actually do it.

Remember that you don't want your neighbors seeing what you're doing. If they see you doing military type defensive drills, they might just call the police. So, use a bit of discretion; you want to keep your plans as secret as you can.

That really shouldn't be much of a problem, as your family should be inside the home while they are defending it. Ideally, you want to keep the attackers outside, while your family stays inside. That provides some protection for your family, while keeping the assailants out in the open where you can get a good shot at them.

Don't forget to:

- Go to the shooting range – take your second family member with you
- Practice with your secondary weapon
- Keep working on your attitude and practicing being more observant
- Talk to your family about the right defensive attitude
- Have your family practice being more observant
- Continue collecting bottles and jars

Day 17

Hopefully, you were able to finish building your planters yesterday, but they probably still look a little bare. Why not take some time to fill them up with dirt today and plant some greenery there; preferably greenery with thorns. After all, there's no reason to make things easy for your assailants.

Actually, the thorns are a great idea, especially below and around your windows. While there are many ways of dealing with thorny bushes, most people would rather not bother. So, thorns can be your friends, helping to keep any pests from trying to break through your windows.

Your family is getting more proficient at shooting, so it's time to grab the next family member and take them through your "Introduction to Shooting" course. By now, you should have it down pretty good. Don't get lazy and skip over things though. Just because it's old stuff to you by now, doesn't make it old stuff to the person you're training. You want to give them as good instruction as you did for the first family member.

Don't forget to have them practice aiming and dry firing. That will save some bullets when you take them to the range tomorrow. It really helps to get their technique down, before the gun starts going bang and jumping in their hands.

Don't forget to:

- Go to the shooting range – take your first and second family member with you
- Practice with your secondary weapon
- Keep working on your attitude and practicing being more observant
- Have your family practice being more observant
- Run a family defense drill
- Continue collecting bottles and jars

Day 18

Your home is coming along great and so is your family. While we all want to take care of any assailants outside of the home, things may not work out in the way that we want. So, take some time today to walk through your home and pick out your safe room.

Remember, we're not talking about a fortified room that you lock yourself into. You don't need a coffin for your family. This is the room where everyone will gather, should the exterior of your home become breached. From here, you'll make your last stand and then escape. So, for this room to work the way it needs to, it has to be somewhere that everyone can get to easily, be defensible, and have an escape route (or more than one).

You may have to make some modifications in order to make your escape route possible. That's okay, you can do that tomorrow. Right now, you're working on the plan and how you will execute it. Figure out what you can do to make it easy to escape and what you can do to fortify the room. From there, work your way outwards, looking at what your family could do in the event of an attack, to put obstacles and barricades in place.

Furniture is the obvious choice for barricades, especially heavy furniture. You can move it into place quickly and easily and it will help to slow down your assailants. If that furniture can be placed in such a way as to put them right in your line of fire, so much the better. A few last shots, taking out a few more attackers before you leave is ideal.

You need to start making caltrops as well. Just like the broken glass, you're going to need a lot of them. So, plan on making a few dozen each day. You can probably break that down into an assembly line

type of operation, where one day you're cutting off nails heads and pointing the end, and then the next day you're bending the nails and welding them. Remember, the more the merrier.

Caltrops can be used inside your home, just as well as outside of it. If you have a piece of furniture across a doorway as a blockade, be sure to sprinkle some caltrops on both sides of it. That way, when you shoot at them, and they drop to the ground, they'll have something to greet them. Or, if they decide to try jumping over it, they land right in a bed of caltrops. Either way, they won't like it.

Don't forget to:

- Go to the shooting range – take your third family member with you
- Practice with your secondary weapon
- Keep working on your attitude and practicing being more observant
- Have your family practice being more observant
- Run a family defense drill
- Continue collecting bottles and jars

Day 19

Yesterday you came up with a plan for your safe room. I mentioned that you may have to do some modifying in order to make your escape route functional. Well today's the day to do that. If you need to add a doorway, or put in a trap door that you can use to get into your escape route, now's the time to do it.

If you can keep your escape route hidden, so much the better. There's always the possibility that some of your friends will be the ones who are trying to attack you to get at your supplies. They have the advantage over others, in that they know your home, might know what you have stockpiled, and they think that you'd be less likely to shoot at them.

I'm using my family room as my safe room, with an escape through the garage. Since there isn't any direct access from the family room to the garage, without exposing ourselves to fire, I needed to put one in. So, I've got a low opening built behind one of the bookcases. To get out, we just knock the bookcase over, push the insulating panel out of the opening, and make our way through it. From there, we have a choice of exiting through the back door or the main garage door.

Make sure your family knows about the safe room and your plans for using it and escaping. This is something that you want to make sure is very clear in everybody's mind. When it's time to bug out, you don't have time to be explaining. A couple of seconds could mean the difference between life and death.

Take the time to go through the whole evacuation plan, including how barricades and obstacles will be put in place within the home. Make sure that everyone knows it, knows their responsibility in the case of an attack, and knows everyone else's as well. You might have an attack happen when a family

member is sick or away from home, In that case, someone else will have to cover their area of responsibility.

Like your other defensive plans, you'll want to practice this one as well. You need your family able to execute your emergency bug out plan in moments. When the time comes, the faster that you can put it into effect, the better.

Please note, this is not your regular bug-out plan, this is an emergency one. Your regular bug-out plan would be put into effect if you realized that you had to leave, because it wasn't going to be safe to stay in your home. But, in that case, you'll have some time to load up everything and go. In this case, all you'll have is enough time to grab your bug-out bags and go.

Don't forget to:

- Go to the shooting range – take your third family member with you
- Practice with your secondary weapon
- Keep working on your attitude and practicing being more observant
- Have your family practice being more observant
- Run a family defense drill
- Continue collecting bottles and jars
- Continue building caltrops

Day 20

A couple of weeks ago you ordered burglar bars for your windows. They should be ready now, so go pick them up. You're going to need a pickup truck for this, along with somebody to help you. Be sure to take a tape measure with you, so that you can check dimensions before loading them.

They probably won't be giving you the mounting hardware to go with them. Generally speaking, they stop with the pre-drilled mounting tab. So, on your way back home, swing by your favorite building materials place and ask them what the most secure mounting hardware is for your type home. Don't forget to get masonry drill bits, if you're mounting them on a brick or stucco home.

When things get bad and you have to implement your home defense plan, you're going to need some sort of alarms to let you know when people cross your perimeter. Granted, you'll probably have lookouts posted, but there's nothing wrong with redundancy. Today, I want you to experiment with alarms, trying out different ones and then building the ones that you are going to use.

Remember, you won't be able to count on having electricity, so you want alarms that will work off of batteries or without any electrical power whatsoever. I talked about these in the chapter about perimeter defense in the book.

You're not going to be installing these at this time, just like you're not going to be spreading your broken glass and caltrops in your kill zone. However, you want to have them ready when the time

comes. So, keep in mind that you'll need to be able to set them up when the time comes, and design accordingly.

Don't forget to:

- Go to the shooting range – take your third family member with you
- Practice with your secondary weapon
- Keep working on your attitude and practicing being more observant
- Have your family practice being more observant
- Run a family defense drill
- Continue collecting bottles and jars
- Continue building caltrops

Day 21

Your burglar bars aren't going to do much good stacked up in the garage, so I guess you'd better put them in today. You want to make sure that you anchor them securely. There's always a risk that someone is going to try hooking a toe chain to them and pulling them right off the window. While I don't think that there's any way that you can anchor them securely enough to withstand that, you need to try.

You'll definitely need some help mounting these. They tend to be a bit heavy, and trying to both hold it and attach it is a bit hard to do. If you don't have any help available, you can prop the bars in place with a piece of 2"x 4" while you start the first screws.

If your home has wood siding, make sure that you mount the bars with lag screws, drilled into the structural studs and not just into the siding. You should use lag screws that are 4" to 5" long, to make sure that they get through the siding and sheathing, and into the studs themselves.

If your home has brick siding, you can go right into the brick itself. There are a number of anchors designed to mount into brick and cement. The most common for this application are the ones that expand inside the hole. You'll need a hammer drill for drilling into the brick, as a regular drill is extremely slow going. The money you spend on renting a hammer drill is money well spent, for the time it saves you.

In either case, you need to grind the heads of the fasteners, after installing them, so that others can't remove them. This, of course, means that you won't be able to remove them either. But if you have to remove them, you can just grind the heads off.

Now that you're good and tired from all that work, go inside and sit down to take a break. Don't forget to grab your pad and pencil though, as you can make good use of that time. This is a great time to come up with your family's communications plan.

There are two basic parts of your communications plan; alarms and battle communications. The alarms are the method that you are going to use to inform each other that your home is under a pending attack. As I said in the book, you need different types of alarms for your lookouts to use, to

inform the rest of the family of people approaching the home and the type of risk that is faced. This will tell everyone to put the defensive plan into effect and get to their defensive positions. It will also tell them what to expect to see when they get there.

Your battle communications are the way that you are going to communicate with each other while an attack is going on. This will provide you with a way to mutually support each other, react to different threats, and for whoever is leading the defenses to tell others what to do. Finally, it's the means that you'll use to let everyone know that it's time to bug out.

These communications are critical for an effective defense of your home. Being able to communicate with one another will multiply your effectiveness and prevent the enemy from being able to single out one member of the family for attack. The mutual support that you will be able to give each other will help keep everyone fighting, instead of running in fear.

Obviously, your battle communications should be based upon some sort of radio, preferably one that can be voice activated, so that you don't have to take your hands off of your weapons to talk. There's a reason why the Army uses voice activated, helmet mounted radios for communications; that's because it works.

Don't forget to:

- Go to the shooting range – take your third family member with you
- Practice with your secondary weapon
- Keep working on your attitude and practicing being more observant
- Have your family practice being more observant
- Run a family defense drill
- Continue collecting bottles and jars
- Continue building caltrops

Day 22

You picked out a safe room and came up with a final defensive plan, complete with emergency bug-out plan a few days ago. You've even made an emergency exit from your safe room. However, there's more that you can do with that safe room, to make it more secure.

Part of your emergency bug-out plan had to be based upon likely avenues of attack. There are only so many likely ways that intruders can get into your home. While we've tried to deal with as many of those as we can, you can never count on an enemy to come in the way you're planning. Nevertheless, their options are somewhat limited.

Since you're going to make a last stand in your safe room as part of putting your emergency bug-out plan into effect, it would be helpful if that room was somewhat armored against bullets, at least in the most likely directions of attack.

There are three ways of going about this:

- Build a sandbag wall up against the wall of the room
- Put steel plates in the wall
- Fill your walls with sand

A 1/8 inch thick steel plate will stop almost all handgun rounds, especially if they hit it at an angle. To add the steel plate, without it being obvious, you'll need to remove the drywall, install the plate, and put new drywall on top of it. Since most homes are finished with 1/2" thick drywall, if you install 3/8" thick drywall, you'll be able to finish the wall so that it looks like nothing had been done to it.

If you're going to fill your walls with sand, you'll need to put it in something to give it strength. I recommend using cut off legs from old pants and sleeves from old shirts. Make sand bags out of these and stack them inside your wall, putting new drywall in place. Be sure to mount the drywall with screws, as nails might gradually pull out from the pressure of the weight of the sand.

Your family is doing great with their shooting practice by now. If you have a fourth member that you need to instruct, this is the day to start them on their shooting. Go through the same class with them that you did with the others, allowing them some time to practice getting a good sight picture and dry firing the gun.

If you haven't noticed, we've been starting a new family member shooting every five days. So, if you have a large family, just keep on the same schedule, until you have everyone shooting well. Then, keep taking everyone to the range once per week for practice. After they reach a level that you feel is proficient, you can back that off to once per month. Of course, if you've bought a pellet gun, you won't have to limit practice to only once per week or once per month. In that case, encourage your family members to practice all they want. Pellets are cheap.

Since you came up with a communications plan yesterday, it would be a good idea to buy some radios today. Make sure you get enough for everyone in your family and plenty of extra batteries. Consider buying rechargeable ones, as over the long run, they work out cheaper.

Don't forget to:

- Go to the shooting range – take your first through third family member with you
- Practice with your secondary weapon
- Keep working on your attitude and practicing being more observant
- Have your family practice being more observant
- Run a family defense drill
- Continue collecting bottles and jars
- Continue building caltrops

Day 23

There's no way to finish the job of fortifying your safe room walls in one day. You might have gotten the walls done, but you couldn't have finished finishing the drywall. So, take some time today to finish that job. You'll want it to look like the wall hasn't been messed with when you're done.

It's also time for your weekly OPSEC and secrecy meeting. Even though everyone is probably getting tired of these meetings by now, they are important. You've been doing it long enough that you don't have to spend a lot of time in your meeting, but you still need to do it. A lot of the reason for these weekly meetings is just for the purpose of reminding everyone of the need for OPSEC. By now they should know the principles, but it's easy to slip and get lax, without constant reminders.

You can follow that up with a training session on your communications procedures. Since you now have radios, you can pass them out and let everyone try them. Work on good radio procedures and how you're going to communicate in a time of crisis. Communications discipline is important, because if everyone is screaming into their microphones at the same time, you can't understand what anyone is trying to say.

Don't forget to:

- Go to the shooting range – take your fourth family member with you
- Practice with your secondary weapon
- Keep working on your attitude and practicing being more observant
- Have your family practice being more observant
- Run a family defense drill
- Continue collecting bottles and jars
- Continue building caltrops

Day 24

Your house is really coming along now. You've pretty much got it to the point that it's defensible. So now let's turn our attention to another part of your defenses, keeping people from finding your stash of supplies. This one is going to take some time, because you're going to need to build a number of places to hide things. So, start today by doing a survey of your home and finding places where you can build hidden compartments for storage.

You might want to get your family involved in this, making a game out of it. They say that two minds are better than one, so four or five ought to do really good. Don't dismiss any idea out of hand. Take a look at it and see if it is practical for you. Make a list of projects and prioritize them.

You need to train your family on another important skill today, that of functioning as a lookout or sniper. While one might think that there's nothing to this, it's actually rather difficult. One of the big necessities is to keep a watch everywhere, without developing a pattern. Anyone watching your home is

going to notice a lookout that operates on a set pattern. If they attack, you can be guaranteed that they'll time it so that the lookout is looking somewhere else at the time.

The hardest part of being a sniper in this situation is in having good judgment. On one hand, you want to engage any attackers the farthest from your front door that you can. On the other hand, if you engage them too far, it will look like murder, not self-defense. Nobody wants to have a family member go to jail for murder any more than they want them to die in an attack.

Don't forget to:

- Go to the shooting range – take your forth family member with you
- Practice with your secondary weapon
- Keep working on your attitude and practicing being more observant
- Have your family practice being more observant
- Run a family defense drill
- Continue collecting bottles and jars
- Continue building caltrops

Day 25

It's going to take some time to build all those hiding places for your goodies, so you may as well get started. Take the time to do it right, you don't want a sloppy job. A sloppy job is just inviting any home invaders to take something apart.

One nice thing about having a variety of different types of hiding places is that even if invaders find supplies in one type, they may not recognize another type. So, make sure that you have a variety of different types of hiding places, not just one. That will increase your security.

Don't forget to:

- Go to the shooting range – take your forth family member with you
- Practice with your secondary weapon
- Keep working on your attitude and practicing being more observant
- Have your family practice being lookouts
- Run a family defense drill
- Continue collecting bottles and jars
- Continue building caltrops

Day 26

How are you doing on building your hiding places? I know it's a lot of work, but it's worth the effort. You see, even if you get run out of your home, you'll want to come back. If your supplies aren't hidden, they'll get used up or stolen by whoever breaks into your home. Then, when you get back into your home, you'll have nothing.

However, if you have your supplies hidden, there's a good chance that you'll still have some when you get back into your home. They may find some of them, but that's not the same as finding everything.

Don't forget to:

- Go to the shooting range – take your fourth family member with you
- Practice with your secondary weapon
- Keep working on your attitude and practicing being more observant
- Have your family practice being more observant
- Run a family defense drill
- Continue collecting bottles and jars
- Continue building caltrops

Day 27

You've got one more day here to work on your hiding places for your stockpile. Most preppers have a pretty sizeable stockpile, so a lot of hidden storage is needed. You may not end up finishing the last of it today, even though this is the last day that I've scheduled for it.

Are you done instructing all your family members in shooting techniques? If not, today's the day to start teaching your fifth family member. If you have instructed everyone, it wouldn't hurt to have a little refresher training. Unless you are the only family in the world who has perfect communications, there will be things that are forgotten or overlooked. A reminder could help everyone improve on their shooting technique.

Don't forget to:

- Go to the shooting range – take your first through fourth family member with you
- Practice with your secondary weapon
- Keep working on your attitude and practicing being more observant
- Have your family practice being lookouts
- Run a family defense drill
- Continue collecting bottles and jars
- Continue building caltrops

Day 28

Now that you have some good hiding places built for your emergency supplies, it's time to start hiding them. Get your family to help and spend some time today stashing everything where it needs to go. Be sure that it's all well packaged so that it will last for a long time. Remember that food doesn't keep well for long periods of time if not properly sealed in airtight containers.

It's best if you can avoid putting all of one type of food in one type of hiding place. That way, if they do find some of your hiding places, they won't necessarily find everything all of any one thing. When you manage to recapture your home, you'll still have a good assortment of foodstuffs available to you.

Keep some sort of inventory of what you have hidden where. There's nothing worse than needing something and not being able to find it. Your supplies may end up being stored for years before you have to use them. The longer they are stored, the more of a chance there is that you'll forget what is stored where.

Be careful about your inventory though; you don't want others to be able to use it to find your hiding places. To prevent that, you'll need to use some deceptive phrasing for describing the hiding places. Make sure that your phrasing is something that you'll understand, while being something that people outside of your family won't be able to figure out. Don't use a numbering system, unless it is something so obvious to you that you won't be able to forget it.

You already came up with an emergency bug-out plan, but not a regular bug out plan. As I already mentioned, this would be the plan you'd use if you had time to implement it. The emergency plan is only for times where you have to bug-out in the midst of an attack. Because of that, you won't be able to take as much with you.

Take the time to develop a thorough bug-out plan, including routes, alternate routes, what vehicles you'll take, what supplies you'll take, where you'll go and how the family will get everything together and get out of the house. You also need to create contingencies for what you'll do if a family member is not in the house at the time you decide you need to bug out.

A good bug out plan will help prevent mistakes, should you ever need to implement it. One important feature is checklists, both of activities that need to be completed and items that need to be taken. You should even go as far as to decide exactly what gets packed where in your bug-out vehicle, and make a diagram showing it. This is what National Guard units do, so that they can load and be on the road quickly, in the event that they are called up for service.

Don't forget to:

- Go to the shooting range – take your fifth family member with you
- Practice with your secondary weapon
- Keep working on your attitude and practicing being more observant
- Have your family practice being more observant
- Run a family defense drill
- Continue collecting bottles and jars
- Continue building caltrops

Day 29

In the book, I talked about using sandbags to create fortified firing positions. One of the really great things about using sandbags is that we know they work, since the military has used them for over a century. They are not hard to make but can withstand pistol and even rifle bullets.

The one problem with sandbags is that you have to have a ready supply of sand to make them. In the book, I suggested building a sandbox in your back yard, as a naturally camouflaged place to store the sand for your sandbags. So, looks like it's time to build yourself a sandbox, and put in an order for a couple of cubic yards of sand. I guess if you're a golfer, your sandbox can do double duty as a practice sand trap as well.

If you make your sandbox a foot high, then each 27 square feet of sandbox equals one cubic yard. That's quite a bit of sand; enough to build three good defensive positions. Of course, a 27 square foot sandbox is about four feet by seven feet. So that's a pretty good sized sandbox.

Sand is heavy, about a ton per cubic yard. So, moving it around is hard. If you have a vehicle gate into your back yard, it's going to be much easier to get your sand right where you want it. If not, you might want to consider temporarily removing a section of your privacy fence, so that you can get a truck into your yard and dump the sand right into the box.

Last night, you developed a bug-out plan to be used in non-emergency bug-out situations. Tonight, you need to share that with your family, teaching them about the plan, explaining the reasoning behind it, and asking them for any suggestions for improvement. Just like your defensive plan and your defense plans, everyone in the family needs to become an expert on your bug-out plan. You can mix practices for it in with your regular defensive drills.

Don't forget to:

- Go to the shooting range – take your fifth family member with you
- Practice with your secondary weapon
- Keep working on your attitude and practicing being more observant
- Have your family practice being lookouts
- Run a family defense drill
- Continue collecting bottles and jars
- Continue building caltrops

Day 30

This is the last day of your 30 day plan. You've come a long way in just one month. You have created plans, modified your home, developed new attitudes and trained your family. While you may not be ready to repel an attack by Navy Seals, you are ready to repel any attack by a hungry armed mob that sees you as a source of supply.

There are just a couple of things you need to do today, to wrap up your preparations. First of all, it's time for another family OPSEC meeting. Be sure to congratulate everyone on the great strides you've made together in the last 30 days. Give yourselves a collective pat on the back, while talking about what you're going to need to do in the future.

You built a sandbox yesterday so that you could build defensive firing positions. I don't recommend building those right away, as your friends and neighbors might get a little suspicious and turn you in to the cops as terrorists or wackos. However, you should plan for them. If you are faced with a general collapse of society, then you'll need to implement your defensive plan fully, including putting in your firing positions.

The question for right now is to figure out where those firing positions will be and how you will build them. I'm assuming that you're going to use the sand that you put in the sandbox yesterday, which means that you'd better put in a stock of sandbags to go with them. You can buy these at most home improvement centers, because they are also used for flood control.

Look at the likely avenues of approach for an angry mob and decide where to put your firing positions to protect yourself from those directions. Figure out how many sandbags you'll need for each of those firing positions and put in a stock.

You've been collecting glass bottles and jars all month. Hopefully by now, you've got a barrel full of them. There's only one problem, you really need broken glass. So, grab a hammer and go to town. Be careful though, as you don't want to hurt yourself in the process. Big pieces of glass are going to be more effective than little ones, so break carefully (if that's possible). The ideal piece is a bottle or jar bottom, with several sharp points sticking up from it.

What Should You Do Now?

Well, the 30 days of preparation are over. Does that mean that you can call it quits, sit back and relax? Well... no... not really. You can cut down the pace some, since the bulk of the work is done, but you really can't quit. You need to keep your training going, albeit at a slower pace and you need to constantly be looking for ways to improve your home defense preparedness. So, make sure that at a minimum, you do these things:

- Continue with weekly OPSEC and attitude meetings
- Take the family shooting once a week until you feel they are proficient, then you can gradually back that off to once a month
- Have weekly drills, practicing your family's response to various attack scenarios
- Continue adding to your collection of broken glass and caltrops, until you feel you have enough
- Continue analyzing your home's defenses, looking for areas to improve

Always remember that your attitude and the attitude of your family are going to have more to do with your success in repelling any attack than anything else. Yes, everything you've done over the last month is important, but in reality, the most important things you've done are the skills and attitudes

that you've worked on. A defender with all the defenses in place, but who doesn't have the right attitude is still going to be overrun by their enemy; while one with the right attitude will overcome, even if they don't have the perfect defensive situation.

When attackers come, they'll see you are ready for them. For most, that will be enough. For the few that aren't all that smart, you'll know what to do. Your family will be safe; that's what's important.

When Things Collapse

You've done a lot to make your home harder to break into, but you haven't done everything. To be honest with you, some of your defenses could be dangerous if they are just left lying around. So, you'll want to have them prepared, but not put in place until needed.

When things fall apart, one of your first actions needs to be putting the rest of your defensive perimeter in place. These are the things that you hadn't done before, but have prepared. This includes:

- Adding the other barriers that you had planned
- Spreading broken glass and caltrops as obstacles
- Setting your perimeter alarms
- Building defensive firing positions

Checklist for the 30 Days of Prepping to Defend your Home

DAY	ITEM TO DO	CHECK
Day 1	Make a decision to prepare your home defenses	
	Start working on your attitude	
	Start collecting glass bottles and jars	
Day 2	Buy a pistol and ammunition	
	Practice loading and unloading your pistol, aiming, and squeezing the trigger (dry firing)	
	Talk to your family about OPSEC & secrecy	
	Keep working on attitude	
	Continue collecting bottles and jars	
Day 3	Take a critical look at your home from a defensive point of view	
	Go to the shooting range – buy a membership	
	Start talking to your family about the right defensive attitude	
	Keep working on attitude	
	Continue collecting bottles and jars	
Day 4	Develop a defensive strategy and determine your kill zones	
	Go to the shooting range	
	Keep working on attitude	
	Talk to your family about the right defensive attitude	
	Continue collecting bottles and jars	
Day 5	Measure your windows for bars	
	Buy a holster for your pistol	
	Go to the shooting range	
	Keep working on attitude	
	Talk to your family about the right defensive attitude	
	Continue collecting bottles and jars	
Day 6	Order burglar bars for your windows	
	Buy a rifle or shotgun	
	Experiment with different locations for your holster	
	Go to the shooting range	
	Keep working on attitude	
	Talk to your family about the right defensive attitude	
	Continue collecting bottles and jars	
Day 7	Start planting hedges to funnel attackers into your kill zones	
	Instruct one family member in shooting techniques – have them practice dry firing	
	Start practicing fast draw techniques	
	Go to the shooting range	
	Keep working on attitude	
	Talk to your family about the right defensive attitude	
	Continue collecting bottles and jars	

Day 8	Finish planting hedges to funnel attackers into your kill zones	
	Start training yourself to be more observant	
	Go to the shooting range – take your first family member with you	
	Continue practicing fast draw techniques	
	Talk to your family about the right defensive attitude	
	Continue collecting bottles and jars	
Day 9	Talk to your family about OPSEC & secrecy	
	Add deadbolts to your front door	
	Develop a plan for using other barriers – what they are and where they'll go	
	Go to the shooting range – take your first family member with you	
Day 9	Keep working on practicing being more observant	
	Talk to your family about the right defensive attitude	
	Continue practicing fast draw techniques	
	Continue collecting bottles and jars	
you Day 10	Build a bar and brackets for your front door	
	Start teaching your family to be more observant	
	Go to the shooting range – take your first family member with	
	Keep working on practicing being more observant	
	Talk to your family about the right defensive attitude	
	Continue practicing fast draw techniques	
Day 11	Continue collecting bottles and jars	
	Add deadbolts to your rear door, if it is a sliding glass door, replace it	
	Start thinking about what secondary weapons you will want to buy and learn to use	
	Go to the shooting range – take your first family member with you	
	Keep working on practicing being more observant	
	Talk to your family about the right defensive attitude	
Day 12	Continue practicing fast draw techniques	
	Continue collecting bottles and jars	
	Build a bar and brackets for your rear door	
	Instruct a second family member in shooting techniques – have them practice dry firing	
	Go to the shooting range – take your first family member with you	
	Keep working on practicing being more observant	
Day 13	Talk to your family about the right defensive attitude	
	Continue practicing fast draw techniques	
	Continue collecting bottles and jars	
	Start building or strengthen your backyard fence	
	Go shopping for an alternate weapon	
Day 13	Go to the shooting range – take your second family member with you	
	Keep working on practicing being more observant	
	Talk to your family about the right defensive attitude	
	Continue practicing fast draw techniques	
Day 13	Continue collecting bottles and jars	
	Continue practicing fast draw techniques	
	Talk to your family about the right defensive attitude	
	Keep working on practicing being more observant	

Day 14	Finish building or strengthening your backyard fence	
	Start practicing with your secondary weapon	
	Go to the shooting range – take your second family member with you	
	Keep working on practicing being more observant	
	Talk to your family about the right defensive attitude	
	Continue practicing fast draw techniques	
	Continue collecting bottles and jars	
Day 15	Start building planters to prevent people from driving into your house	
	Develop defensive drills for your family	
	Teach your family how to be more observant	
	Go to the shooting range – take your second family member with you	
	Practice with your secondary weapon	
	Keep working on your attitude and practicing being more observant	
	Talk to your family about the right defensive attitude	
	Continue practicing fast draw techniques	
Continue collecting bottles and jars		
Day 16	Finish building planters to prevent people from driving into your house	
	Talk to your family about OPSEC & secrecy	
	Run your first family defense drill	
	Go to the shooting range – take your second family member with you	
	Practice with your secondary weapon	
	Keep working on your attitude and practicing being more observant	
	Talk to your family about the right defensive attitude	
	Have your family practice being more observant	
Continue collecting bottles and jars		
Day 17	Fill your new planters with plants, preferably ones with thorns	
	Instruct a third family member in shooting techniques – have them practice dry firing	
	Go to the shooting range – take your first and second family member with you	
	Practice with your secondary weapon	
	Keep working on your attitude and practicing being more observant	
	Have your family practice being more observant	
	Run a family defense drill	
Continue collecting bottles and jars		
Day 18	Survey your home to determine where your safe room should be and your escape routes	
	Develop a plan for barriers and obstacles inside the home	
	Start making caltrops	
	Go to the shooting range – take your third family member with you	
	Practice with your secondary weapon	
	Keep working on your attitude and practicing being more observant	
	Have your family practice being more observant	
	Run a family defense drill	
Continue collecting bottles and jars		

Day 19	Build escape route from your safe room	
	Instruct your family on barriers and obstacles inside the home	
	Go to the shooting range – take your third family member with you	
	Practice with your secondary weapon	
	Keep working on your attitude and practicing being more observant	
	Have your family practice being more observant	
	Run a family defense drill	
	Continue collecting bottles and jars	
	Continue building caltrops	
Day 20	Pick up the burglar bars you ordered two weeks ago	
	Build alarms that you can use to know when people enter your property	
	Go to the shooting range – take your third family member with you	
	Practice with your secondary weapon	
	Keep working on your attitude and practicing being more observant	
	Have your family practice being more observant	
	Run a family defense drill	
Day 21	Continue collecting bottles and jars	
	Continue building caltrops	
	Install the burglar bars on your windows	
	Develop a family communications plan	
	Go to the shooting range – take your third family member with you	
	Practice with your secondary weapon	
	Keep working on your attitude and practicing being more observant	
Day 22	Have your family practice being more observant	
	Run a family defense drill	
	Continue collecting bottles and jars	
	Continue building caltrops	
	Start fortifying your safe room's walls	
	Instruct a fourth family member in shooting techniques – have them practice dry firing	
	Buy radios for your family's communications	
	Go to the shooting range – take your first, second and third family member with you	
	Practice with your secondary weapon	
Keep working on your attitude and practicing being more observant		
Have your family practice being more observant		
Run a family defense drill		
Continue collecting bottles and jars		
Continue building caltrops		

Day 23	Finish fortifying your safe room's walls	
	Talk to your family about OPSEC & secrecy	
	Train your family in using the radios and radio procedures	
	Go to the shooting range – take your fourth family member with you	
	Practice with your secondary weapon	
	Keep working on your attitude and practicing being more observant	
	Talk to your family about the right defensive attitude	
	Have your family practice being more observant	
	Run a family defense drill	
	Continue collecting bottles and jars	
Continue building caltrops		
Day 24	Survey your home for good hiding places for your stockpile of supplies	
	Hold sniper and lookout training for your family	
	Go to the shooting range – take your fourth family member with you	
	Practice with your secondary weapon	
	Keep working on your attitude and practicing being more observant	
	Have your family practice being more observant	
	Run a family defense drill	
Day 25	Build hiding places for your stockpile of supplies	
	Go to the shooting range – take your fourth family member with you	
	Practice with your secondary weapon	
	Keep working on your attitude and practicing being more observant	
	Have your family practice being lookouts	
	Run a family defense drill	
	Continue collecting bottles and jars	
Continue building caltrops		
Day 26	Build hiding places for your stockpile of supplies	
	Go to the shooting range – take your fourth family member with you	
	Practice with your secondary weapon	
	Keep working on your attitude and practicing being more observant	
	Have your family practice being more observant	
	Run a family defense drill	
	Continue collecting bottles and jars	
Continue building caltrops		

	Build hiding places for your stockpile of supplies	
	Instruct a fifth family member in shooting techniques – have them practice dry firing	
Day 27	Go to the shooting range – take your first through fourth family member with you	
	Practice with your secondary weapon	
	Keep working on your attitude and practicing being more observant	
	Have your family practice being lookouts	
	Run a family defense drill	
	Continue collecting bottles and jars	
	Continue building caltrops	
Day 28	Move your supplies into their hiding places	
	Develop a bug-out plan	
	Go to the shooting range – take your fifth family member with you	
	Practice with your secondary weapon	
	Keep working on your attitude and practicing being more observant	
	Have your family practice being more observant	
	Run a family defense drill	
Day 29	Continue collecting bottles and jars	
	Continue building caltrops	
	Build a sandbox	
	Train your family on the bug-out plan	
	Go to the shooting range – take your fifth family member with you	
	Practice with your secondary weapon	
	Keep working on your attitude and practicing being more observant	
	Have your family practice being lookouts	
Day 30	Run a family defense drill	
	Continue collecting bottles and jars	
	Continue building caltrops	
	Develop your firing positions for a variety of attack scenarios	
	Talk to your family about OPSEC & secrecy	
	Bust up your bottle and jar collection	
	Go to the shooting range – take your fifth family member with you	
	Practice with your secondary weapon	
	Keep working on your attitude and practicing being more observant	
Talk to your family about the right defensive attitude		
Have your family practice being more observant		
Run a family defense drill		