

## Podcast #211 Transcription – Urban Survival Water Strategies

Jeff Anderson:

Hello, everyone. Welcome, welcome. This is Jeff Anderson, Editor of Modern Combat And Survival magazine and Executive Director of the New World Patriot Alliance, with another podcast to help you better prepare for any threat you may face in your role of protector and a patriot. As I said last week, this topic of urban survival is one that I find to be one of the most misunderstood topics out there in the prepping world. There's so much conflicting information all over the internet about whether you should or shouldn't be near urban areas during a crisis, also how do you sustain yourself if you do already live in an urban area, or you have to travel through an urban area for things like getting to major medical attention or resupply of resources and things like that?

Now, last week we talked about shelter options for these environments. How can you stay protected from the environment and stay out of the way, stay hidden, when you're in these types of areas, whether you live in an urban area or whether you are traveling through one? Now it's time to talk about how do you sustain yourself with the resources that you need when you're in these areas? The first one up for this week is talking about water, because if you've ever heard about the law of threes ... actually, weirdly enough, I've seen this as the law of fours recently, I don't know why that is ... but the law of threes when it comes to survival is you can survive three minutes without air, three days without water, and three weeks without food.

Now, those are some general guidelines for survival, but basically it does give you a level of importance of what you really need to be able to survive. Obviously, if you don't have oxygen, if you can't breathe, you're going to die within three minutes or so. Well, the next one of importance there is, you can last about three days without water. Now again, that's a subjective number, and it could be more, it could be less, depending upon several different factors actually. But obviously, water is more important than food. You need clean, drinkable water more than you need food. You can last longer without food.

I just got into a debate with a commenter on one of our YouTube videos. Actually, the video was about survival food and how much water that you need to have set aside, not just for food but for drinking and other needs as well. Basically, I mean the comments that this person made were really, really good. It was basically like how do you carry all this water? If you're bugging out, you need need three days of water, then how are you going to carry that much water? I'm going to talk a little bit about that as we go through there.

So there's some comments that were made that were really spot-on about you need to be very realistic with whatever your survival plan is. No matter what factor it is, you really have to pressure test this against reality versus fantasy. And that's what we usually find with this urban survival topic, is that it's really very much based on fantasy out there, and people that have never had to either survive in an urban environment or been in a situation where infrastructure was

down and resources were scarce in this type of an area. That's what this whole goal of this four weeks is, to really kind of get you past all that fantasy and get you to reality.

So listen, obviously, water is extremely important. Now, I know it's not that sexy of a topic. It's not like escape and evasion or other cool topics, but it is critical to your family's survival, to your survival. One of the things that I was going back and forth with this commenter is about how much to plan. This person was saying that you need a gallon of water per person per day. In this situation we were talking about really kind of like bugging out, like what do you put in your bug-out bag? Again, more on this a little bit later, but the big problem with that one gallon per person per day, that formula, is that that's really for a survive-in-place type scenario.

As a general rule, yeah, you want to plan for about a gallon of water per day per person, and that should cover everything from drinking water to even just making food and things like that. Not really for washing, we're going to take all that out. You're not going to take a shower with that same one gallon of water or anything like that. But as far as let's get down to the bare minimums here, general rule is about a gallon per person per day for a survive-in-place scenario. Now, you need a little bit less for kids, because they're not going to be drinking an entire gallon of water throughout the day, most likely. But your activity level when you're in a shelter-in-place scenario is going to be less than if you were trying to get to another location and if you had to bug out by foot, for example.

That's where your calculations really start to jump up super, super high. Now, I can tell you that when I was in the 10th Mountain Division, we did road marches every single week. It was usually a Friday thing. It was usually our PT for the week, our physical training for the week. We would do about a seven-mile road march, just to keep things lubricated, just to keep the joints going and everything, just to keep our muscles up to speed when it came to what our bodies were going to be needed to do in our ... I mean, we were a light infantry group. We were rapid deployment. Most of the time, we were on the ground carrying our stuff with us, walking to our next destination, walking to our next mission.

I can tell you that if we did, like, a multiple-day road march, and we would do a 100-mile road march once a year, either as four days or as five days. So we did it as four days, that's 25 miles a day. Now, I can tell you, whether we did it in four or five days, the average amount of water that one person used was about five gallons of water per person. A couple things here. We're talking about a long distance; 25 miles is a long distance. We're talking about elite military soldiers. 10th Mountain Division, we were hard chargers. We were in tip-top shape. We road marched all the time. We were already set up to be able to do this.

For the average family out there, you're not going to be doing 25 miles in a day. You're not going to be able to. You might only be able to get to maybe five, seven, 10 miles maximum, depending upon what resources that you have. Well,

let's say you have young children, it's going to be harder. You have elderly parents, if you're older, there's all kinds of limitations there. But you might still need, because it's really about the level of exertion that you do, you might need that same, let's say, three to five gallons of water per day if you're in that type of a scenario. Now, if you're bugging out by vehicle, you don't have a lot of activity, so you're probably not going to need all of that. But you need to plan for all of that, so you might need up to three to five gallons per person when bugging out.

A gallon of water is about eight pounds, so for evacuation conditions, you're talking about the possibility of needing between 72 and 120 pounds of water for let's just call it three days, a 72-hour bug out, with a backpack. You're not going to be carrying an extra 72 to 120 pounds of water. So how do you accommodate that? Well, we're going to get into that a little bit later here, but what I want to do is I want to give you three ways that you can find clean drinking water in urban environments.

Most people think well, if I'm in a wilderness survival scenario, I'll be able to find a stream or a lake or a pond somewhere. Well, that's oftentimes true. You can kind of follow terrain to be able to go down through, just using the terrain there, figuring out where water will accumulate, where streams might possibly be, even if you don't have a map. But when we're talking about urban environments, it really takes things to a whole ... you have to be very, very creative about how you do this. There are three ways that I show here that you can find this drinking water. They really are stored water that you have, hidden water that you may or may not know about, and then there's scavenged water. I'm going to break each of those three things down for you right now.

The first one is stored water. What we're talking about is water that you have control over. It's water that you can plan ahead or plan at the time of an incident, that is yours to basically control and do what you want with. We're talking about what you can do ahead of time. A lot of people, they're storing away extra water in, whether it's cases of small bottles that you can have, or it could be larger containers, such as a five gallon water cooler type that you might see normally at like a job placement or doctor's office or wherever. So there's those as well, and there are stacking devices that you can use to put those in as well.

One of the things that I like are called the WaterBrick, and what I like about these is that they basically look like large bricks. They are very opaque, so they keep sunlight from coming in. There are some that are blue. I've seen some some in other colors also, but the ones that I have are blue. I think there's a reason for that as far as when it comes to purifying of water as well. But what I like about these is that they have handles on them. You can stack them. You can carry them very easily. You can also store other things, not just water, in them, so can put food in them. You can bury these things. You can put ammunition in them. They're very versatile, so I love the WaterBricks and the different things that you can do with them. If you've never heard of them before, I'll put a link in

the show notes here or on the blog for the WaterBricks. Or you can just go to [www.mcsmagazine.com/waterbrick](http://www.mcsmagazine.com/waterbrick) and you can find them there as well.

Basically, you can store water ahead of time, and even if you are in a smaller place like an apartment, then you can still store water bottles underneath a bed and things like that. The other thing that you want to do is, for stored water, if you do live in an area ... we're talking about urban survival, and you do live in this area, you're going to shelter in place ... at the time of incident, like when you know something's happening that could affect your water supply ... now, that could be grid-down blackouts or if it doesn't come with a warning, you might find that your power's completely out, and you're not able to get any water out of your faucet.

But if it's something else that's coming like a hurricane that you are going to shelter in place for, or if it's any other type of forewarning that you have that something is coming, and you might not have water in the future, then what you want to do is you want to take action right away. If you still have clean water that's coming out of your tap, and you know that it's clean, you want to do something like fill up your bathtub as much as you possibly can, and make sure that you put a secondary stopper over the drain to avoid it from leaking down.

Basically, you want to collect as much water as possible while it's still coming out clean. So bathtub or bathtubs that you have in your house, really, really good option. Sinks as well, if you have that. Basically, how ever many sinks you have, you can fill those up. Any water containers that you have, whether it's old milk jugs, two-liter bottles from soda, those types of things, fill them all up with water. In other words, collect as much water as you can from the clean sources that you have for that shelter-in-place option that you have.

The other thing that you can do is, you can collect rainwater. Now, me personally, I am 100% on rainwater collection. We have a 52,000-gallon tank that takes care of our home. So for shelter in place, that is going to give me a lot of water. If there is no rain whatsoever, and we've had as many as six people, and I've had my mother-in-law and I've always, an aunt living with us as well, and we had all the kids, and we had about six people. That 52,000 gallons, if it didn't rain a drop in Texas, which oftentimes happens, then that would last us about a year and a half is what we figured, between with looking at how we were actually using water without conserving anything, right? And trust me, having kids that take 45 minute showers, that was a pretty conservative estimate.

But, rainwater collection, you can do, even if you aren't set up for it. Again, some local laws and even some state laws I think, Colorado used to be like this, but it's not anymore. Where you couldn't do rainwater collection. But what you can do is you can collect rainwater oftentimes in just those big 55, I think they're like 55 gallons, some of them are a little bit bigger, that you use for landscaping. So, you can get these at Home Depot, or Lowe's or any other kind of

department store. Some of them are very decorative. They almost look like terra cotta pots.

But I would get the largest one you can, and these are essentially used for watering a garden. But, you can collect the water to be able to be used later. Now, usually with any sort of true rain water collection, you're gonna wanna use like a metal roof and not a shingle roof. That's not what you use for rainwater collection. However, you are going to purify this water later, and we're talking about basically, this water you're gonna get to as a last resort if you're going to need it. Or it can be used for other things like washing dishes, or sanitation, showers perhaps, things like that. All right, so there's ways you can do that, but you can collect a lot of water through rain water, even if you don't have like a drinking rainwater collection system, okay?

All right, now if it is going to be a long crisis, here's what you wanna do. You wanna make sure that you use your largest sources of storage first. In other words, you wanna make sure that you go, if it looks like it's gonna be a long term crisis and the power isn't gonna come back on, and you're not gonna have access to clean water out of your faucets for a while, you wanna use that bathtub water first. Or that water that you have in the rainwater collection. The water in the sinks. If you have 55 gallon drums that you are using for water storage, because they do make those for survival purposes, then you're gonna use that water first.

Now, I will tell you that most people think it's exactly the opposite. What they'll do is they'll save that for their last minute water and what they'll use first is the most convenient water they have. Or basically water bottles. And that's really not the best way to do it, because if you do have to evacuate in a moment's notice, it's gonna be much easier for you to grab those stacks of water bottles or even the five gallon water container and stick it in the back of your vehicle, then it is to take a 55 gallon water container out, right? So you wanna use the largest containers first with all of that.

All right, so the number one way of getting clean drinking water in an urban environment is to actually have the water ahead of time, or at the time of the incident by storing the water. The second one is what we call hidden water. And this is water that you may or may not know even exists inside of your home. And if I ask you right now to go ahead and pause this recording and think about all the places outside of the faucet, outside of the shower and the bathtub, where do you have water in your home or around your home right now?

Okay, you start thinking about it, well if you have a hot water heater, like a regular hot water heater that stores the water and heats it up so it's always there, those are typically about like 40 gallons or so, some are bigger, some are smaller. But, all of that water is usable, to be able to be used for drinking water. Okay, so that's gonna be there. The important thing to do is if you do know it's gonna be a crisis that is gonna affect your water and things, you're gonna want

to shut off the water going in there, unless it's not something that's affecting your water tables.

Like, if you have your own well that goes into that tank, and your well's gonna get affected by that crisis, in other words, if it's not like a flood or something like that, then you're gonna be fine, you wanna leave it on. But if it is something that is gonna taint the water on the outside, you wanna make sure that you shut off the water that would be coming into that hot water tank, trap it what you have right there, and use that as your known clean water that you'll be able to use. Now, the way you get this water out is usually at the bottom, there's a little like a hose, there's a faucet down at the bottom that you would normally put a garden hose on.

About once a year, you wanna make sure you shut off all the water, and the drain valve and everything, and you open that up to make sure all the sludge at the bottom comes out. Otherwise, that kind of stuff that kind of cakes up, little bit inside of there, and then if you go to use it, you're gonna get a lot of sludge coming out. Or, it might even be all packed down in there and you can't get any water out. So about once a year, you just wanna make sure that you clean that out. But that is where you're gonna get the water typically, out of your hot water heater to be able to be used, okay. If you can't use the faucets and stuff.

Okay, another place that you can find hidden water in your home, are the back of your toilets. So I don't recommend that you use the toilets and we're gonna talk about this here in another minute as well. But I recommend that you don't use the toilets that you have during an emergency where water is going to be a factor, as far as availability. Okay, so use the back, keep the water in the toilet, keep the water in the back of the toilet, so that's the water that gets used to be able to flush the toilet essentially, but that's relatively clean water, okay.

Also, you wanna look at the pipes in your home. So, you have water coming from your hot water heater and from your drinking water source over into your home. Again, just like we did with the hot water heater, if you cut off the water to your home, so that it's not coming from an outside source like the city water system if it's gonna be tainted, if you can cut that off, then that water that you trap is available to you. And you'll find in different places, perhaps in your basement, it all depends on how your piping is, but you'll find these different drain locations that you should be able to take water out of there. You just have to be careful that you're taking out, actually clean water out of the pipes and you're not tapping into like the sewage pipes and things like that. Obvious, I know, but again if you don't really know, you've gotta figure out which of those pipes are actually clean water that you've got there.

So, that's hidden water, and you can think about other places that you might have. You might have a hot tub. You might have a pool that has water in it, right? You might have streams around your home that you didn't think about, or you didn't know about, right? Look at a ... go ahead and get, and pull out a map that you have. A topographical map, sometimes even road maps will have,

they'll have major waterways on them, but a topographical map will show you areas that water might collect, so it might just be a dry streambed, but you might find something that water will collect there, and if it's raining outside, you may be able to go and get water from that location. Or you might see other places where there are water sources around you that you just didn't even know about, right? Until you really look at that map.

So, but you wanna look around for those hidden water locations that you really didn't know, and then have those just on standby. Those are the ones you're gonna go to also, to be able to find water. The third one that we're gonna talk about is what I call scavenged water. Okay, so this is going to include ... actually there are a few different sources for this, but this is the stuff that you can go out and find. All right, outside of around your home. We're talking about, you have to go away from your home not to try and find this. We already did talk about waterways and things, but these do include like military water points, Red Cross relief stations, FEMA centers, things like that, where they are giving away, they have clean drinking water available to the public.

Now, I say this only if it's actually safe to go those locations to be able to get that water. All right, so I'm not gonna go to deep into this right now, but there are certain factors you need to really think about, whether or not you're gonna use the military stations, or FEMA, or the Red Cross, or things like that. So, let's talk about some other areas though, there are some hidden. Basically what you can do is you can go for that hidden water that we just talked about in other homes and in other buildings that are in these rural environments.

So whether you are going, you're traveling through an urban environment or you live near one, there might be people who have left or been forced out of their home, but the water is still good. Or they left, but maybe the water in the back of their toilets can be used. Maybe they have a pool that you can use. Maybe you know that they had a hot tub in there. You can go through these places and be able to find other things. If it's inside of an abandoned building that is like an office building, there might be water coolers that are in there. So, you wanna think about where is this water all hidden. It's not just yours, but is it hidden in other homes, is it hidden in other buildings that you can get to?

Also, outdoor water hoses. If the water supply hasn't been tainted to the point where it's completely undrinkable and you can't even purify it, outside water hoses or water faucets that other people have on homes or buildings is another source of water. Especially if you're traveling, and maybe pure water isn't really a problem, but you need water and you're in an urban environment, you can just go and find a faucet outside of a building or a home somewhere and just use that water, knowing that it's most likely drinkable, okay?

Another thing you can look for are fire sprinkler tanks that are up on top of or around commercial buildings. So, if it has a sprinkler system, that water either comes from piped in water systems, but a lot of them use water tanks because if it is, well for the purposes of, if it is a situation where there is no power, or it

doesn't have emergency power to use those sprinklers, whatever is gonna trigger them, whatever, it's a backup system that's pressurized, could be just through gravity of other means, but it basically looks like these, how do I describe them? Almost like a silo for like a farm, but on a much smaller scale. You'll see these on a lot of older buildings in cities, where they are water that's used there.

So that's another thing. Fire sprinkler tanks are out there. And we talked about water coolers and water bottles that are stored in other places. So, that's what you can do. You can look in and around other homes that have been abandoned. You might be able to find some water that people have left behind there as well, okay?

So those are the three areas, stored water, hidden water, and scavenged water, but there are a few important factors that you really need to consider here. Now the first factor that you really need to consider is that your water must be drinkable. Now that sounds obvious I know, but there's a reason why I say that. Because a lot of people that might think that the water is pure, and a good example of this is, if you were on top of a mountain somewhere, right? You're out hiking in the middle of nowhere, and you come across this gorgeous stream that's just like, there's rapids and the water is just, it's crystal clear, and you just wanna, and I've done this before, believe me I've done it. I've just gone down there and you just start drinking out of this beautiful mountain stream and it just tastes so great and it's so pure and it's so clean. And it's really not. Alright?

There's all kinds of organisms that are in all of these wild resources that are out there that might have things from animals, there might be excrement. It might be runoff from way, way upstream that comes from farms or other sources that you don't even know about, right? So don't ... The thing here is to always assume ... It's always best to assume that any water that you find during a crisis needs to be treated. It needs to be treated and made drinkable. Now there's a lot of ways to do that. There's water purification tablets, there's boiling, there's using bleach. I'm not going to go into all the how to's for all of those, but there are also commercial purifiers that are out there as well that will work both at home and on the move. And I'll go out into that here in just in a minute also. But the point here is that you really need to make sure that you purify any of the found, especially the found water sources that you have, if it hasn't come out of your faucet when you know that that water is pure and clean, okay?

Alright, the second factor is you need to think about water conservation. So there's a couple of different ways you need to look at this. So one is at home. So what I mean by conserving water at home is you want to limit the amount of activity that you do as much as possible. Now any sort of a crisis might make you put out more exertion because you might have to go out and fix damage to your home. You might have to go travel some place to be able to go and get resupply from whatever it is, your survival team, you're going to your rally point. Whatever it is. You might have to have some activity, but you want to limit that as much as possible to conserve your energy so you're not using up as much



food and water, food too, as you might have to if things were a little more strenuous for you, okay?

Also you want to make sure you have an alternative option for sanitation. In other words, for a toilet. So you know that you don't need the water in the back of the toilet to be able to flush a toilet. You can keep a bucket of water there and you can just pour the water in in order to use the toilet inside of your home. But again, if this is a true SHTF scenario, a collapse, and you don't know when that power is coming back on to be able to maybe get water back in the system or be able to get to more water, you want to conserve it as much as possible. And so what you need is an alternative type of a toilet that you and your family can use. Now you can get these, you can make them yourself out of some 55 gallon ... Not 55 ... Like five gallon drums.

They do make survival toilets, in a way. And they're really easy to use. It's basically ... You're just basically going to the bathroom inside of a trash bag. Obviously if it's number one, you can go outside, right? Yeah, you too girls. You can go outside too. But number two, you want to have some kitty litter there and all you really need is like a five gallon bucket with a trash bag in it and a little bit of kitty litter in the bottom and just keep some kitty litter next to it. You can keep kind of using it. But that's going to allow you to be able to conserve on that water as well. Now that's at home.

When we talk about when we're on the move, it's a little bit different. Conserving water on the move is a little bit harder because you're going to be putting out more energy. Now if you're in a vehicle, again, it's not as much of an issue, but what happens if your vehicle breaks down like we talk about and you still have to keep going to try to be able to get to your safe zone? Well, the last thing you want to do is be forced to put your backpack on your back and start walking. So you want to have an alternative means of traveling if you can. So we talk about the five phases of disaster in my training and what those are. So having an alternative means of transportation is one of those phases. So it might be a bicycle for example. It could be an electric bike, it can be just a bike that you pedal. But you're going to get much farther with less effort using a bike than you are putting a backpack on your back and heading off with your feet, right? So water conservation might just mean that you're able to travel farther with less effort, you're going to need less water, okay? So making sure that you have those alternative means of traveling if you need it.

The other thing that you can do is to travel at night, especially if you're in an area that's ... Like, I live in Texas. So if you live in an area where it is going to be hotter during the day, traveling at night is going to allow you to stay cooler so you're not sweating as much, you don't need as much water, you probably won't drink as much water there, right? So that's going to help you with water conservation as well, okay?

The third factor we need to talk about is mobility, mobility, because even if you are in a sheltering place in an urban area, you might have to bug out. Again, this

is why we say use those larger water stores for example, like your bathtub, which most people save for last and that's the wrong way to do it. So you want to be able to think about mobility and one way you do that is to save those small bottles for if you have to leave, or you may be able to get in the back of the vehicle, you might be able to put those five gallon water cooler jugs in the bag there, but if you break down, that five gallon water jug is not going to go inside of your backpack, right? It's not going to go in your bug out bag. It's not going to go on the back of your bike typically, right? So that's still not the best option there.

Now one thing that we talk about, and this is why with our Ex BOBs, they come with a water bag and an inline filter inside with the bag because what that allows you to do is to manufacture your own water along the way no matter where you are. So it doesn't matter if it is a scummy, green, algae covered pond, I can scoop the water into my bag and my inline filter is going to make that pure as it comes out the other side there, alright? So that means that I don't have to carry ... I know we talked before about are you really going to carry three days water with you? Are you really going to carry 72 to 120 pounds of water on your back? Of course you're not. This is what allows you to not have to do that, is to be able to go and actually go and scoop up water on the fly as you find it, refill and then you've got two liters of water inside of this bag. You can carry an extra bag in there with you as well.

Plus, the one that we give with our Ex BOBs comes with a shelter in place adaptor. And what this allows you to do is use the same inline filter, but use it on a much larger water source. It could be a 50 gallon industrial strength trash bag can be used as a water collection point. You can use that ... You can collect rain water in it. You can dump found water in it that everybody brings back to the home. You can dump it all in there and it can be nasty, that's fine. We have the ... What we have is a shelter in place adaptor that goes with our system that connects to where the inline filter is, just give you drinkable water in that. I've used that a lot of times when I've gone camping with my son or things like that, we use that with a central water bag in the campsite, alright? So mobility is that third factor that you need to really think about.

Now the fourth factor is security and it's ... Security is so important that it's actually going to get its own episode, alright? So security in an urban environment really, really is critical because you're talking about urban environments, that's where people are and you need to think about security with every aspect of your plan. We talked about it with shelter. Same thing goes for water. Those military water points, those FEMA camp water points, the Red Cross water point that you might go to. Well, what is the status of your area? Is it really safe there to go to? Or has it been, as we talk about, three days from calm to chaos, right? If it's an extended event and resources are running low all across the board, it doesn't matter if there's tons of water, if resources or morale is at an all time low and people are getting really irate and nasty with one another, take that where you want to take it, that is a huge concern for you, right?

So security is such an important factor. It touches on everything that we are going to be talking about in urban survival. Actually, everything in survival period we talk about security as a factor. But it is so important that it is going to get its own episode and that is coming up in our upcoming other series that we have for the Urban Survival Training series this month, alright? So that's all coming up. But go ahead and make sure that you go and get the show notes for this episode. You'll find it over at [www.mcsmagazine.com/211](http://www.mcsmagazine.com/211). Go ahead and download all there for free. Next week we're going to be talking about survival food options. How do you find food in urban environments that you can use for sustaining you and your family? All that's coming up next week and until then, this is Jeff Anderson saying prepare, train and survive.