



Just in Case: How to Be Self-Sufficient When the Unexpected Happens

Kathy Harrison

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If disaster strikes and public services are limited, you want to know that your family will be taken care of. Learn how to inventory and rotate your food supply, pack an evacuation kit, maintain communication with loved ones, and much more. You'll soon gain the ingenuity and resourcefulness to get your family through even the most unfortunate circumstances.

Just in Case: How to Be Self-Sufficient When the Unexpected Happens Details

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Author : Kathy Harrison

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From Reader Review Just in Case: How to Be Self-Sufficient When the Unexpected Happens for online ebook

Logan Hughes says

Kathy Harrison's heartbreaking and cathartic and soaring foster care memoirs make her sound like a down-to-earth, practical person, which she no doubt is and must be to care so well for so many children, but her how-to guide to self-sufficiency has a weird, panicky, fanatical tone. It's hard to take her good suggestions, like knowing how to turn off the water main so you can do it in the dark if your heat goes out in winter to prevent your pipes from freezing, when they're mixed in with suggestions I am never going to take, like keeping a months' worth of nonperishable food in round airtight containers in my convenient bunker. Okay, maybe she didn't say bunker. According to the other reviews, this book is on the LESS doomsday end of the survivalist spectrum, which, yikes, is all I can say.

Meg Lakowski says

Helpful book for "normal" preparedness.

Cathy says

Everyone needs to have this book on their bookshelf. It is very detailed with preparedness tips for every type of emergency. It also teaches many preparedness skills and has a large food storage recipe section.

Lisa Kearns says

This book covers many categories of family preparedness - food and water storage, heating (and the dangers of fire and carbon monoxide in the home), first aid, threats from weather, earthquakes or civil unrest, and basic information for someone just realizing how important these things are. The book is organized into easy to read chapters, with charts, drawings and bulleted blocks. I recommend this book to anyone who wants to learn how to keep their family safe, organized and unafraid in emergencies.

The only drawback, in my opinion, is that the author is rather preachy about global warming, peak oil and recycling. I don't think her personal opinions belong in this type of book.

Neligh says

“If you must rely only on yourselves and the goods and resources in your home, can you still live comfortably and safely? If you must leave your home to find safety elsewhere, can you be out of your house in ten minutes, confident that your home is secure and that all family members know where you are going,

how you will get there, and how to keep in touch with each other? Some planning now will ensure that your answer will be 'yes' when you need it to be." (p.49)

I. The OAR System: Organize, Acquire, Rotate

Ch. 1 Organize (*Finding Space, Assessing Needs, Getting Ready to Store Food*)

Ch. 2 Acquire and Rotate (*Building Your Food Supply, Finding and Storing Water, The Other Necessities of Life*)

"It is wise to try out your system from time to time. Prepare a complete meal using only your camp stove. Use only stored foods and eat by candlelight. Don't open the refrigerator and don't run to the store. Could you do it? Was something critical, like a manual can opener, missing? Now is the time to figure out what works and what doesn't and make adjustments. Practice like this will serve the dual purposes of tweaking your skills and systems and rotating your supplies. It might just turn out to be the best night of the week." p.37

II. Preparedness: Getting Your Home and Family Ready to Handle Crisis

Ch. 3 Personal Preparedness (*Health, Skills, Bookkeeping (Know where your important documents are), Financial Preparedness*).

Ch. 4 Home Systems (*Power, Lighting, Cooking, Heating, Refrigeration, Sanitation*)

Ch. 5 Communications (*Keeping Informed, Keeping in Touch*)

Ch. 6 Preparedness with Children

Ch. 7 Pets

Ch. 8 Preparing Your Car

Ch. 9 Evacuation

III. Dealing With Disaster: What to do in an Emergency

Ch. 10 Loss of Power

Ch. 11 Fire in the Home

Ch. 12 Natural Disasters (*Extreme Heat, Winter Storms & Extreme Cold, Floods, Wildfires, Thunderstorms, Landslides, Tornadoes, Hurricanes, Earthquakes, Tsunamis*)

Ch. 13 Toxic Hazards

Ch. 14 Pandemic

Ch. 15 Terrorism

IV. Doing it Yourself: The Arts of Self-Sufficiency

Ch. 16 Skills for Independence (*Purify Water, Gardening, Cold Storage, Heating with Wood, Wild Foods, Wilderness Survival*)

Ch. 17 Food from Scratch (*Canning, Dehydrating, Pickling, Making Yogurt, Making Cheese, Baking Bread, Sprouting*)

Ch. 18 The Stored Food Cookbook

"I write about managing a home for a period of time without running water or electricity as though it is a given that such things are necessary for survival. In fact, people have lived without such luxuries for millennia, and all over the world, many people live without them now, either by choice or necessity. We turn these luxuries into necessities when we forget the skills we need to manage without them." (p.155)

...and when they are completely integrated into our infrastructure. It's not just that I don't know how to cook in a fireplace, it is that modern fireplaces are not designed for cooking; in contemporary homes, there is no

arm in the fireplace from which to hang a pot, no pots that could survive open flame cooking, no room for a woodpile. It's not just that a lack of running water is a problem; it's that in suburbia no running water means no water period. It would be easy to find a house with three living rooms (and we'll still need a storage unit for all that shopping!), but you'd be hard pressed to find one with a pantry, never mind a cellar. Trying to prepare for even a three day collapse of our infrastructure and services makes me realize how absolutely dependent today's life is designed to be. Our homes are engineered to work in a real time, moment-to-moment supply of electricity, gas, and water. If the power goes out in January, the modern home *immediately* loses any ability to cook, to provide heat, to provide hot water, to prevent the pipes from freezing and bursting. The author discusses these systems in Chapter 4 and how to create alternatives for each so that, in the event of a breakdown, you can simply "slip into an off-the-grid mode..." p. 54

Anne says

Kathy Harrison presents a compelling look at why we are more at risk from systemic failures in the power, food, transportation and communication networks than ever before and offers ways for families to prepare to meet those challenges. This isn't a "survivalists" manual. It won't tell you how to live in a fortified bunker so you can be ready for the apocalypse. But it will tell you how to assess your family's exposure to risk, prioritize your planning and prepare for disasters of different degrees and duration. There's a lot of good information here, more than can be easily absorbed in one reading.

The e-pub version leaves much to be desired, however. When the book is in plain text, it manages to be very legible, but the chapters with recipes are poorly formatted, with measurements failing to be properly converted. You're left wondering if "v cups" is a quarter cup, half cup, three quarter cup, or something else; not the best way to read a recipe. In addition, what are presented as sidebars or notes in the print book are dropped haphazardly into the text in the e-pub version, suddenly breaking into the middle of a sentence with an unrelated paragraph, leaving the reader wondering what the hell just happened. It's a pity the publisher couldn't have taken a bit of extra time to properly prepare the text for the electronic version.

Sarah Avery says

I bought three emergency preparedness books the summer before Hurricane Sandy, because my area was about due for another big hurricane season. Boy, did we get one. Of those three books, Just in Case was by far my favorite, and the one most relevant to my life. I was not a competitive survivalist. I was a mom with two tiny children, a husband skeptical about prepping, and not a lot of money to spare. Harrison made it easy for me to figure out where to begin, what to prioritize, and how to talk about the hurricane, once it was on the

way, with my kids. If I could recommend only one preparedness book, it would be this one.

Patricia says

A great book for preparedness - not the crazy survivalist type, but everyday well-being. We've all had the power go out, or been snowed in, or been too sick to leave the house for several days. How would you fare in any of those situations? Could you eat, stay warm, have enough meds, flush the toilet(s), keep your kids from going bonkers with boredom?!? Just in Case will help you plan and prepare for almost any situation ranging from a 24-hour power outage to a months-long pandemic.

I was pleased that a lot of the suggestions are things that I have already done. My family does need to prepare a go-bag for evacuations, but if we have to shelter-in-place we're pretty well set for a month. I imagine that some of my friends will be heading over to my house when/if the disaster happens. :-)

Small peeve/Personal opinion: Some of Harrison's directions for preservation and/or food preparation are overly complicated. I realize that she's working to prevent botulism and other possible problems, but sometimes simple is best. I have my own yogurt method that is easier than hers, as is my dehydrating method for fruits & veggies.

Debra Kaitschuck says

While some of the tips are "common sense" and much of the book was review for me because of the classes I've taken recently, I did find the book contained a lot of great reminders and resources. For example, I never would have thought to keep a copy of our cats' immunizations records with our vital records to grab & go in case of an evacuation, nor had the need for feeding & water bowls and trash bags for cat waste entered my mind in the case of an evacuation. I'd previously only thought about grabbing the cats themselves & having food and water for them in case of an evacuation.

The book covers a wide range of topics. As a result, there may be additional research you want to do based on something brought up in the book. The author includes various titles of other books for reference on different topics. I do find that this book might come in very handy and may just pick up a copy of it from the bookstore when I return this one to the library (after my husband reads it).

Staci says

This is a really good book about disaster preparedness and self-sufficiency, particularly for those with young families to think of. The author is a mom from the northeast and you get the sense that she has done everything she is writing about. This is not a he-man survival "expert" giving you the down-low on how to survive in the Amazon or the Artic Circle, this is a modern, everyday woman giving you good information on how to survive the disasters one would have a chance of experiencing in regular, everyday America.

Charles Franklin says

Great book that emphasizes how REALLY unprepared modern society is for all of the stuff that could kill ud

Ruthie Jones says

I love these types of books, and I am inspired to become prepared to live off the grid. I refuse to live in fear of disasters and other events that cause us to lose power, water, food, etc., but it pays to be prepared for all types of situations, even a short power outage. This book covers everything from getting yourself, family, home, and car into a state of preparedness to tips on handling emergencies to basic skills needed in case you have to live off the grid short-term and long-term. Very helpful!

Pammy says

Always a sucker for a deal and for many things practical, I thought I would preview this in hopes of suggesting it to others or giving it with a wedding gift this summer. Sound information is presented in a very accessible way. Much of the content was covered in the school of life with my ever-prepared mother, but I used the checklists for an emergency evacuation kit and a few of the recipes to supplement my favorite stash. A good "basic reference" for a new household or folks who may have lived a previously more privileged life and now need to be able to do things for themselves.

Carolyn F. says

This is a prepper-mild instruction book which I liked. Lots of little helpful hints. I don't know about draining the household water out completely without trying to save some. There were recipes at the end using some of the products she mentioned or things you have stored yourself. Since I'm a "open the can and stir" kind of cook I just passed those. Although while I'm typing this I am going to take some food preservation classes offered locally - so really what am I talking about!?

Michelle says

This is not an "extreme prepper's" viewpoint book. This is a book with a broad and thorough view of general preparedness for a typical family. I appreciated her ideas on dealing with children which most books gloss over as well as preparing your home if you have to evacuate. This is a very good read for anyone anywhere that might find themselves out-of-place after any natural disaster, a failure in supply chains, or a simple week without power in the dead of winter. This is a great choice for a family beginning to think that it's wise to have some reserves for when you can't get them and need them.

