

# Glossary

## ***EDC and Prepper's Acronyms and initialism***

For someone new to the EDC Preparedness world, there are a whole new variety of terms and acronyms that won't take long learn.

### ***Acronyms / initialism***

- B.O.B. - Bugout bag
- B.O.L. - Bugout Location
- B.O.V. - Bugout Vehicle
- B.O.V.E.K - Bugout Vehicle Emergency Kit
- D.E.K. - Drivers Emergency Kit
- E.C.R.V. - Emergency Communications Response Vehicle
- E.M.P - Electro Magnetic Pulse
- EmComm - Emergency Communications
- E.D.C. - Everyday Carry
- M.R.E. - Meals Ready to Eat
- M.O.C.O.M. - Mobile Command Vehicle
- S.H.T.F. - S\*\*\* Hits The Fan
- V.E.K. - Vehicle Emergency Kit
- V.L.E.K. - Van Life Emergency Kit
- W.R.O.L. - Without Rule Of Law

### ***Acquiesce (verb)***

To accept, comply, or submit tacitly or passively

### ***Alt Media & New Media***

Alternative media are media sources that differ from established or dominant types of media in terms of their content, production, or distribution.

### ***Alpha Strategy (noun)***

A survival strategy, that involves storing extra food and supplies with the intention of barter or charitable contribution in the event of a disaster or minor crisis.

### ***Bivvy (noun)***

A bivvy is an emergency waterproof sleeping bag made of a thin reflective polyester film to retain your body heat. A good bivvy will reflect about 90% of your body's heat back inside of the bivvy.

## EVERYDAY CARRY PREPAREDNESS

### ***Bug out (verb)***

To bug out is to move out of your current location that is in potential threat and relocate to a safer location.

### ***Bug out bag (noun).***

A bug out bag contains essential kit pre-prepared in a backpack or containers in which a Prepper will use to escape a location, containing emergency food and water, clothing for each person and many useful items.

### ***Bug In, Shelter in Place, Hunker Down***

Bugging in holding out in your current location, at home for example, which has well stocked food, fuel and is secure and hunkering down until the impending danger or situation has passed.

### ***Burner Phone***

A burner phone is an inexpensive prepaid mobile phone that is used for temporary use, after which it may be discarded.

You might use a burner phone and a burner wallet in an area you may be robbed, concealing your real phone. Also for privacy if you have to use Apps from dodgy suppliers. Burners can be purchased with prepaid minutes and a burner sim.

### ***Burner Sim***

A burner SIM refers to a cheap, prepaid SIM card that you can insert into another phone. You may plan on only using the SIM card for a limited period of time or discard it.

### ***Burner Wallet or Burner Purse***

A wallet includes items such as a little cash and fake credit cards, which you can hand over should you be mugged, thus keeping hold of your real and valuable items.

### ***Cache (noun)***

A cache is a hoard of food, supplies and survival equipment that is buried or hidden to conceal it. It can be retrieved if you have to leave your location and it will provide supplies en route to another location to replenish supplies.

### ***Confirmation Bias***

To acquire, recall, consume and interpret information that is consistent with one's existing beliefs. Confirmation bias favours information that reinforces their current beliefs.

### ***Comms Prepper***

A method by which individuals, families, emergency services and governments have pre arranged procedures of communications when the grid goes down such as internet and mobile phone systems. This can resolved by using radio communications and satellite phones and terminals.

***Coronal Mass Ejection or CME (noun)***

CME's are eruptions from the sun that break free from its atmosphere. If masses of plasma reach the earth they can may cause power outages, disrupt radio communications and damage satellites. The CME precedes a solar flare by emitting electrically charged gas towards earth.

***Cyber Crime***

Cyber crime is any criminal act in which computers and networks are used, or hacking. In addition, cyber crime also includes traditional crimes committed on the Internet.

***Deepfake***

Deepfake, 'depp learning, fake', can use Ai algorithms to allow unskilled users to synthesise Deepfake media. Photos, videos, and audio can Deepfaked to create fictional images and videos for revenge, propaganda, and mis information. A deep fake is a form of cyber crime where a persons identity is replicated to spread false information.

***Doubling Down***

To commit more strongly to a position, strengthen one's commitment to a particular strategy or course of action, typically one that is potentially risky.

***Dry Storage Food***

Dry foods for long term storage in sterilised jars and containers. You can store dried pasta, rice, pulses, lentils, dried chick peas, and dried fruits. Complete meals in jars can be prepared in advance for re-hydration.

***Dutch oven (noun).***

A cast iron pot with a raised lipped lid that is used to cook on hot charcoals on an open fire, with the option to place hot coals on the lid. You can make any stews, breads, pies, casseroles, cakes , just about anything. Dutch ovens must be seasoned with coconut oil or similar, and never washed with washing up liquid.

***Echo Chamber***

An echo chamber is an environment, generally online, where someone encounters information and opinions that only reinforce their own. Echo chambers can create misinformation and skew a person's perspective causing difficulty in considering opposing viewpoints.

***Every Day Carry or EDC (plural noun)***

Everyday carry is a collection of items that is carried or stored ready for use daily and in an emergency. They can fit in a pocket, belt, backpacks, bags and storage containers.

***Electro Magnetic Pulse or EMP (noun)***

An EMP is a burst of radioactive energy which can cause a surge of electrical current in electronics devices and vehicles may cause damage and a shut down of the power grid.

## EVERYDAY CARRY PREPAREDNESS

### ***False Flag***

A hostile or harmful incident, such as an attack, that is designed to deceive people into thinking it was actually perpetrated by someone other than the person or group responsible for it.

### ***Faraday Cage/Bag (noun)***

A Faraday cage, developed in 1836, is shielding device, a meshed pouch or bag, to shield electronic equipment from solar eruption or an EMP.

They are more popular for shielding your car keys, contactless credit cards, smart phones preventing digital pick pocketing and tracking by organisations and governments.

### ***Food Insurance (phrase)***

A phrase that describes the peace of mind that you have food reserves for the long term.

### ***Gaslighting***

Gaslighting is a form of emotional and psychological abuse when a person or an organisation uses verbal dialogue and behavioural tricks to convince another person or persons they cannot trust their own judgment or are losing their mind, to gain control.

### ***Genetically Modified Organisms (GMOs).***

Genetically Modified Organisms, a gene from one species of plant or animal is transferred to another creating something artificial and not found in nature. GMOs can be harmful to humans. A hybrid is different, this is a cross between two species.

### ***Ghee (noun)***

Ghee is clarified butter where the solids are removed eliminating bad cholesterol or LDLs. It is better for cooking at higher temperatures than non-clarified butter and has a long shelf life. It can be used in all types of cooking.

### ***Greenwashing (verb - transitive)***

Greenwashing is a marketing strategy used by companies and organisations by taking an existing product or service and spinning its environmentally friendly virtues and conveying them as green, disguising any environmentally damaging issues.

### ***Grid (noun)***

The entire infrastructure and network of the electricity grid in a country or region. It encompasses gas, communications, food distribution, running water and waste water.

### ***Grid down***

A Grid down event could be a simple blackout, loss of gas, energy, logistics and distribution break disruption caused by anything from a weather event, war or deliberate shut downs and failure.

***Living Off grid***

Living off-grid means that Preppers can function without relying on the national infrastructure and the Government. They can be self sufficient with solar energy, food, water and communications. This can be a lifestyle choice or for emergency situations.

***Insurrection (noun)***

An organised and a possible violent act of rebellion or revolt against a governing authority or established government of a nation-state or other political entity by a group of its citizens or subjects.

***Larder (noun)***

A larder or Pantry is a cool place for storing food. They are located in the coolest part of the house. A deep larder is for food storage that can last dozens of years. Some people have two or more larders.

***Meals Read to Eat or MRE (noun).***

MRE 's are used by the military, organisations and individuals. They are pre-prepared two or three course meals that can be consumed directly from foil sealed bags, hot or cold.

***Military Spec***

Military Specification suggests a product or material is tough and durable because it was manufactured to a military standard with good quality materials.

***Molon Labe***

A classic term used by patriots generally in the US, Molon Labe , means "Come and take them [my guns]." It's a warning declaration to anyone considering taking the guns, an expression of defiance. It is a Greek phrase to assert their Second Amendment rights. (Greek: μολὼν λαβέ molōn labé)

***Non-GMO seeds (plural noun)***

Non-GMO seeds are seeds that have not been genetically modified. They are seeds that can be planted over and over again, endlessly. Also referred to as Heirloom seeds.

***Narcissism***

Narcissism is characterised by a desire for excessive admiration, an inflated sense of self importance, and strong a belief that one is unique and deserving of special treatment. Narcissists show a lack of empathy for others.

***Normalcy Bias (noun)***

Normalcy bias, or normality bias, is a cognitive bias which causes people to minimise or disbelieve warnings of an impending disaster to threat.

There is a tendency to expect that things will continue to occur in the future the way they have typically occurred in the past, to continue to be normal.

## EVERYDAY CARRY PREPAREDNESS

These individuals grossly underestimate the likelihood of a disaster and its potential adverse effects. They can go about their normal daily lives during a disaster in their neighbourhood and become frozen and unable to act in time.

### ***OSINT (acronym)***

Open Source Intelligence. The collection and analysis of information from overtly public sources for actionable intelligence. Often a method used by organisations, investigative journalists and nation security agencies.

### ***Paracord (noun)***

Paracord is cordage used by the military which has a braided sheath made of a durable nylon used in a parachute chord. It is a very versatile and can be used for anything relating to building a survival shelter, emergency shoe laces, rope and knot work.

### ***Paraffin Wax, (noun)***

Paraffin wax is used in food sealing in airtight Kilner preserving jars. The paraffin wax is melted and poured over food contents in the jars which solidifies and seals the food. It is also known as baker's wax. It is odourless, tasteless and food safe and will not ferment or become mouldy. It's also used as a fuel source for small burners.

### ***Patriotism (noun) British English***

Devotion to one's country and concern for its' defence.

### ***Preppers (plural noun)***

Preppers plan for food security, safety, inconveniences and in times of a crisis such as economic collapse, natural disaster, pandemic, or catastrophe. Prepping provides peace of mind and resilience.

### ***PREPPERS Acronym***

- **Prepare** for the expected & unexpected.
- **Respond** appropriately.
- **Evaluate** realistic scenarios.
- **Plan** ahead, the future.
- **Procure** resources.
- **Evolve** EDC Preparedness.
- **Resilience** & optimism.
- **Share** skills with family, friends, next generation.

### ***PSP (initialism)***

Preparedness Security Procedures

***Rule of Three (phrase)***

This describes how we can only survive for three minutes without air, three hours of harsh weather exposure, three days without water, and three weeks without food.

***Sedition (noun)***

Crime against the state. Sedition may have the same effect as treason. It can be limited to the offence of organising or encouraging opposition to government in a manner such as writing or speech, that falls short of the serious offence of constituting treason.

***Sheep (noun)***

People herded like sheep by the Government and organisations and they will not question authority, they don't prep, and they will be among the first to suffer the consequences in a conflict or event. They rely on the state to save them.

***Snowflake (noun)***

Someone with a radical liberal mindset, a pejorative for an "entitled" person.

***Survival Seeds (noun)***

The first choice for self sufficient and health conscious families. Survival seeds are non GMO and non hybrid seeds. They are to be planted and replanted endlessly, which is not the case with genetically modified seeds.

***Virtue Signalling***

An attempt to show other people that you are a good person by expressing opinions that will be acceptable to them. It is also an expression used to call out an individual, company, or organisation that suggests they are only backing an idea to appear favourably.

They do not truly believe in the cause they publicly support, they are acting out of bad faith, because they have an ulterior motive.

***Worse Case Scenario Bias***

Worst case scenario bias are people that magnify minor situations. This type of catastrophic thinking leads people to fixate on the worst possible outcome leading to over reaction, poor decision making and reckless behaviour.

***WROL (initialism)***

Without Rule of Law which describes a potential lawless state of society.

# Phonetic Alphabet

## *Vocal Communications*

Communication over long distances has been accomplished over the centuries. Using visual signals such as flashing lights Semaphore Flag Signalling System and using sound emitting devices such as whistles, bells.

Communicating using human dialogue, similar sounding letters such as 'T', 'B', 'C' and 'M' & 'N' was invented. When communication was solely dialogue, over a radio, clarity was key such as during wartime with the transmission of map co-ordinates.

Because of its prolific use, phonetic alphabet 'spelling' became part of normal language in civilian life, especially when speaking over the telephone. They are still in regular use today for especially across language barriers.

The Phonetic Alphabet is also a key skill for EDC Prep and Amateur Radio operators.

## *Alphabetical*

**A - Alpha**

**B - Bravo**

**C - Charlie**

**D - Delta**

**E - Echo**

**F - Foxtrot**

**G - Golf**

**H - Hotel**

**I - India**

**J - Juliett**

**K - Kilo**

**L - Lima**

**M - Mike**

**N - November**

**O - Oscar**

**P - Papa**

**Q - Quebec**

**R - Romeo**

**S - Sierra**

**T - Tango**

**U - Uniform**

**V - Victor**

**W - Whiskey**

**X - X-ray**

**Y - Yankee**

**Z - Zulu**



# Morse Code

## *International Morse Code*

Morse code is a form of communications to encode text in a sequences of two different durations, called dots and dashes. It named after Samuel Morse and is used today in radio communications which is a very efficient method of communicating over very long distances.

Morse Code is used for radio, telecommunications, light, sound and dialogue and even brail like touch. Quite incredible. It another skill for EDC Preparedness, Amateur Radio and many other communications.

### *Alphabetical*

A ● — B — ● ● ● C — ● ● ● D — ● ●

E ● F ● ● ● G — ●

H ● ● ● ● I ● ●

J ● — — K — ● ●

L ● — ● ● M — —

1 ● — — 2 ● ● — — 3 ● ● ● — — 4 ● ● ● ● —

5 ● ● ● ● ●

N — ● O — — P ● — ● ●

Q — — ● ● R ● — ● ●

S ● ● ● T — —

U ● ● ● V ● ● ● ● W ● — —

X — ● ● ● Y — ● ● ● Z — — ● ●

6 — ● ● ● ●

7 — ● ● ● ●

8 — — ● ● 9 — — — ● 0 — — — —

### *Code Order*

E ●

I ● ●

S ● ● ●

H ● ● ● ● A ● —

U ● ● ●

V ● ● ● ● W ● — —

J ● — — R ● ● ●

L ● — ● ● F ● ● ● ● P ● — ● ●

1 ● — — 2 ● ● — — 3 ● ● ● — — 4 ● ● ● ● —

5 ● ● ● ● ●

T — — M — —

O — — N — ● G — — ●

Z — — ● ● Q — — ● ● D — ● ●

B — ● ● ● K — ● ● ●

C — ● ● ● Y — ● ● ● X — — ● ● ●

6 — ● ● ● ●

7 — ● ● ● ●

8 — — ● ● 9 — — — ● 0 — — — —

# Your Experiences

## ***Everyone Has a Story to Tell***

I've mentioned some events and experiences throughout this book.

Consider some of your own experiences of situations from the very basic to something a lot more serious where you had to improvise or survive.

- What was your experience?
- Was this someone else's experience that affected you?
- Was it unexpected?
- Was it intentional?
- Were you prepared for it?
- How will you prepare for it in the future?
- What will you change?
- What was the long term outcome?
- How did it change your life?
- Was it a positive experience?

***Prep List / Notes / Events***