TIME FOR THE BRITISH TO RISE UP

SURVIVE & STAND FAST

A Practical Handbook

Civil Preparedness & Off-Grid Living

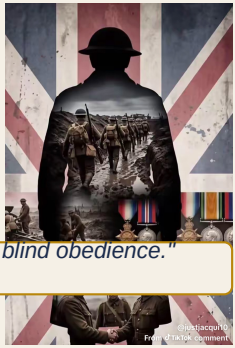


Prepared in Peace — Prevail in Storm

WARRIORS OF BRITAIN · COMMUNITY EDITION

WHY THIS HANDBOOK

Conflict does not always arrive with armies on the horizon. It can creep in: supplies fail, order frays, voices are silenced, neighbours turn on neighbours. This is not a call to violence — it is a call to prepare, to stand together, and to protect what is ours: our families, our communities, our liberty.



"United we stand; divided we fall — but unity demands trust, not blind obedience."

OUR CORE PLEDGES

- Prepare out of responsibility, not fear — readiness is the duty of every free citizen.
- Defend decency when others descend — how we act in crisis defines who we are.
- Protect the vulnerable — the young, the old, the sick are our first charge.
- Stand for truth — verify every rumour; reject every false narrative.
- Share freely, never sell — knowledge kept is knowledge wasted.

Self-reliance is liberty. A people who cannot feed, water, or defend themselves cannot remain free.

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Read this booklet in full now. Then keep it with your grab bag. In a crisis you will not have time to learn — only to act.

1 RECOGNISE THE SIGNS

& Begin Preparation Now

WARNING SIGNALS — WATCH FOR THESE

- Fuel rationing, long queues, or pumps running dry.
- Banks restrict withdrawals; currency loses value week by week.
- Police abandon routine patrols — only major incidents answered.
- Deliveries stop; supermarket shelves stay empty for days.
- Media speaks with one voice; opposing views removed or throttled.
- Neighbourhood groups form — some for protection, some for predation.

THE 72-HOUR GRAB BAG — ONE PER PERSON

ITEM	PURPOSE
2L water + purification tablets	Immediate hydration
Oats, dried fruit, hard biscuits	No-cook energy
Waterproofs, boots, hat, gloves	Exposure protection
Wind-up torch & radio	No-battery comms
First aid + prescription meds	Health & survival
Cash (small notes), ID, deeds	Proof & trade
Whistle + signal mirror	Communicate without phones

Store what you eat, eat what you store. Rotate stock so nothing expires. Build from 2 weeks to 1 month to 3 months — gradually, without drawing attention.

2 HOME DEFENCE & SECURITY

Legal, Proportionate — Without Firearms

In Britain firearms are not available to most civilians. Security rests on four principles: Deter, Detect, Delay, Defend — always within the law.

DETER: Reinforce doors and windows with stout locks. Keep boundaries maintained — a home that looks capable attracts less trouble than one that looks wealthy or helpless.

DETECT: Noise is your first warning: tin-can tripwires on fences, a dog, wind-up alarms. Set them at every approach.

DELAY: Gates, dense thorny hedges, stout barriers — buy the minutes you need to gather your family into a safe room.

DEFEND: Only proportionate, legal force. Know your rights; act with restraint. Lethal force carries grave legal and moral consequences even in crisis.

LIGHT & INFORMATION DISCIPLINE

- Blackout curtains; dim lamps only. No visible light after dark — sound also travels far at night.
- Never post stores, locations, or plans online. Speak only to those you trust with your life.
- Agree a safe room in advance — one interior room with supplies, water, and a means to bar the door.

Silence is a shield. Loose lips endanger lives. OpSec — operational security — begins long before trouble arrives.

3 FOOD — GROW, STORE, PRESERVE

You Are What You Have Put By

BUILD YOUR LARDER — 3 MONTHS MINIMUM

- Prioritise long-life staples: rice, oats, lentils, flour, honey, salt, sugar, tinned meat/fish/veg, dried milk.
- Store cool, dark, dry — airtight containers, rodent-proof.
- Rule of thumb: 2,500 calories per adult per day — hard physical work demands more.

GROW — EVEN IN SMALL SPACES

- Reliable UK staples: potatoes, kale, carrots, beetroot, broad beans, onions, garlic.
- Use raised beds, window boxes, grow-bags, allotments — use every inch of ground and light.
- Save seed from your healthiest plants — open-pollinated varieties only, so they grow true next year.
- Learn wild foraging only from a trusted local guide: brambles, nettles, dandelion, elder. NEVER eat what you are not 100% sure of — misidentification kills.

PRESERVE WITHOUT POWER

- Drying, salting, pickling, jamming — methods older than electricity.
- Root clamp: layer straw → roots → earth outdoors — keeps vegetables frost-free all winter.
- A surplus today is a meal next spring. Preserve at peak, eat in scarcity.

Start a garden now. The best time to plant a tree was twenty years ago; the second best time is today.

4 WATER — FIND, FILTER, STORE

3 Days Without Water = Death

3 MINUTES WITHOUT AIR · 3 HOURS IN EXTREME COLD · 3 DAYS WITHOUT WATER

- Store 4–6 litres per person per day minimum — drinking plus hygiene. Food-grade barrels; keep dark to stop algae.
- When taps fail: rainwater from roofs (divert the first dirty flush), streams, ponds, springs. NEVER assume water is safe.

PURIFY — EVERY TIME, NO EXCEPTIONS

- 1. STRAIN through clean cloth to remove dirt and debris.
- 2. FILTER through layers of sand → charcoal → cloth.
- 3. BOIL vigorously for 3+ minutes (longer at altitude).
- 4. OR use chlorine dioxide tablets — lightweight, tasteless, reliable.

RAINWATER COLLECTION

- Divert roof run-off into covered barrels with a simple downpipe filter.
- Screen the inlet to keep out leaves and insects.
- Use stored rainwater for washing first; purify before drinking.

Dirty water kills more people than fighting. Cholera, typhoid, dysentery — all spread by bad water. Never skip purification.

5 ENERGY & POWER

Live Without the Grid

DISCIPLINE FIRST — INSULATE BEFORE YOU BURN

- Thick curtains, draft excluders, closed-off rooms — cut your need before you cut your wood.
- Cooking: a rocket stove uses little fuel and burns clean. A wood stove or open fireplace with a sound flue is gold.

ARNING: NEVER cook indoors with charcoal — carbon monoxide is silent and fa

- Light: beeswax/tallow candles, oil lamps, solar lanterns — keep sessions short and dim.
- Heating: season firewood 12+ months before burning. Stack off the ground, covered, with air flow.
- Power: small portable solar panel + power bank for radio, phone, essential medical devices. Hand-crank charger as backup for overcast weeks.
- Long term: petrol and diesel degrade, grow scarce, and draw attention. Do not depend on them.

The cheapest energy is the energy you do not use. Insulation and frugality beat any generator.

6 FIRST AID & MEDICAL

When Hospitals Cannot Come

Learn these skills BEFORE crisis strikes. St John Ambulance and Red Cross courses remain the gold standard — attend one while they exist.

PREVENTION = BEST MEDICINE

- Clean hands stop sepsis — soap and water before every meal and after every latrine visit.
- Dig latrines downhill and downwind from any water source. Bury waste deep; move the hole when full.
- Sanitation failure causes epidemic disease — far deadlier than any wound.

EMERGENCY SKILLS

- BLEEDING: press hard directly on the wound. Elevate the limb. A tourniquet is ONLY for unstoppable arm/leg bleeding — mark the exact time applied.
- SHOCK: lay flat, keep warm, reassure. Shock can kill faster than the injury itself.
- WOUNDS: clean with boiled, cooled water; dress with sterile or boiled cloth. Watch for redness, heat, pus — signs of sepsis.
- PRESCRIPTIONS: obtain and store repeat medication where possible. Know expiry dates.

When no hospital exists: rest, clean food, clean water, and clean hands. Nature heals if you do not hinder it.

7 MOVEMENT & EVACUATION

Stay Unless You Must Leave

- Evacuate only if: your home is unsafe, water is exhausted, or an instruction is verified from MULTIPLE unrelated sources.
- Plan A AND Plan B destinations — trusted family or friends, never crowded centres.

STUDY MAPS NOW — TODAY

- Avoid motorways and major routes — they are choke points and conflict zones.
- Mark quiet lanes, woods, farmland, springs, and shelter on paper maps (phones will fail).
- Walk your planned routes in daylight. Reconnaissance done in peace saves lives in war.

IF YOU GO — LOW PROFILE

- Blend in: muted, dark, weathered clothing — no bright gear, no new-looking kit.
- Move at dawn and dusk; rest and hide through midday and night.
- Leave no trail: cover footprints, stick to tree lines and cover, avoid open ground.
- Carry water first, then high-energy food. Mobility matters more than a heavy pack.

A fool travels light and fast; a wise man travels light and slow — and arrives alive.

8 COMMUNITY, TRUST & INFORMATION

You Will Not Survive Alone

Trust is your greatest wealth — and the hardest thing to rebuild once broken. Build your network now, in peace, when you can judge character calmly.

FORM SMALL, PROVEN GROUPS — 4–6 HOUSEHOLDS

- Match skills: who grows food? who heals? who knows the land? who repairs? who can teach children?
- Agree rules early: shared stores, watch rotas, dispute resolution, care for the vulnerable.
- Agree simple signals — visual or audio — that do not depend on phones or radios.
- Crowds are targets. Small, disciplined, trusted groups endure.

INFORMATION DISCIPLINE

- One source = rumour. Three unrelated sources = closer to truth. Verify before you act.
- Reject panic and extreme voices — they serve only themselves and thrive on chaos.
- Protect children from constant, toxic news. Routine and hope are their shield.
- Speak carefully. What you say today can be used against you tomorrow.

When society fractures, decency is what keeps you human. Stand together, not in crowds.

9 LONG-TERM OFF-GRID

Shelter · Waste · Mental Strength

SHELTER

- Your existing home is best — strengthen it gradually, year by year.
- If displaced: natural hollows, fallen branches, tarpaulin. Orient away from prevailing wind. Never sleep directly on cold earth — build a raised platform of branches and foliage.

WASTE = RESOURCE

- Compost everything organic — it returns fertility to your soil, which feeds you.
- Burn paper and card; bury human waste far from water; wash and reuse every container.
- Off-grid, nothing is rubbish. Everything is a resource waiting for a use.

MENTAL RESILIENCE

- Routine anchors sanity: fixed times for meals, work, and rest.
- Protect sleep — exhaustion makes fatal decisions. Share watches so everyone rests.
- Mourn your losses openly, but do not camp in grief. Hope is a discipline, not a feeling.
- Teach the children. They adapt, and they are the future you are fighting to preserve.

The strongest survival tool is between your ears. Keep it sharp, keep it calm, keep it hopeful.

REMEMBRANCE
& THE PATH FORWARD



They did not fight for empire. They fought for home, for kin, for a land worth living in. That duty passes now to us.

We do not seek conflict — but we will be ready. We stand for Truth against lies, Honour against betrayal, Freedom against chains.

"Rise up — not in anger, but in duty; not in division, but in unity; not for power, but for each other."

— WARRIORS OF BRITAIN —

IMPORTANT NOTICE

This handbook is written for civil resilience, community preparedness, and self-preservation. It is NOT a call to violence, rebellion, or insurrection. Where law exists, act within it. Where law fails, act with proportion, humanity, and honour. Protect human life above all other considerations.

The authors accept no liability for the use or misuse of this information. First-aid and survival guidance cannot replace professional training. Always seek qualified medical, legal, and safety advice where available. Foraging guidance is general — never consume any wild plant unless identified with absolute certainty by an expert.

FINAL PRINCIPLES

- Preparation is not fear — it is responsibility.
- Knowledge cannot be taken from you.
- Self-reliance is liberty.
- Defend decency — when others descend, stand higher.
- Protect the vulnerable — that is what makes us civilised.
- Prepare in peace to prevail in storm.

SHARE FREELY · NEVER SELL · KNOWLEDGE KEPT IS KNOWLEDGE WASTED

WARRIORS OF BRITAIN · TRUTH · HONOUR · FREEDOM