

A background of autumn leaves in shades of orange, red, and yellow, with a dark tree trunk on the right side.

ARE
YOU
PREPARED?

THOSE WHO STUDY HISTORY
PREPARE!

WHERE TO BEGIN?

1. Get your home ready for 2 weeks to 2 years of self-reliance
2. Be able to leave your home with only a moment's notice
(Bug out Bags)
3. Prepare for emergencies that happen away from home
(Get home bags and everyday carry)
4. Learn core skills and practice with your gear
5. Share and recruit
while continuing to learn and going beyond the basics

RATIONAL REASONS WHY YOU SHOULD BE PREPARED

Number of people affected by disaster type (1994-2013)

(NB: deaths are excluded from the total affected)

55% 2.4 billion floods

25% 1.1 billion drought

15% 660 million storm

3% 121 million earthquake

2% 93 million extreme temperature

13 million other – mass movement, wildfires, volcanoes

**EVERY PERSON,
regardless of politics, age, income,
location benefits from being prepared,**

You should be prepared.

Everyone should be prepared.

Many preppers have seen forces in our world making things worse: mandates, targeted pipelines, viruses, supply chain interruptions, war, invasions, riots (Atlas Shrugged)

Our American abundance has made us lazy

Do you know how to make a fire, dress a wound, live without electricity?

We should be ready for natural disasters and economic or government shut downs.

Could you help yourself? Your family? Your neighbor?

Peace of mind comes with being ready for unforeseen events.

The next 10 years could be very challenging.

TIPS AND COMMON MISTAKES

FOUNDATION: AIR, WATER, & SHELTER

Many preppers refer to the RULE of 3s:

You can survive for 3 minutes without air,
3 hours without shelter in bad conditions,
3 days without water and 3 weeks without food.

Also add 3 ways to do something, 3 solid contacts and 3 emergency plans

AND THEN.....

Once you're got those covered you can then think about the next layer and so on. At the top of the pyramid is self-actualization, which means things like enjoying hobbies and "finding yourself."

Use these two critical frameworks to keep your preparations grounded and prioritized. For example, it's much better to have four boring meals than two of your favorite meals. Believe it or not, we see people making these mistakes all the time.

2 WEEKs: Home checklist summary

- Water:** 15 gallons of potable water per person (1 gallon per day).
Have ways to treat dirty water via either a water filter that is portable or units that sit on the counter, like a Berkey.
- Food:** at least 23,000 calories per person (1,500 calories per day). Ready to eat, shelf stable food that need no more than boiling water to prepare. Get a mix of what you normally eat and prepper food.
- Fire:** lighters, matches, and backup fire starters
- Light:** Flashlights, headlamps, candles, lanterns

CONTINUING...

Heating and cooling: indoor safe heaters, extra blankets, USB powered fan

Communication: either a one way NOAA radio (for weather updates) or a two way ham radio

Shelter: a cheap tarp comes in handy for improvised shelter, plugging holes in the house, and clearing debris

Hygiene: hand sanitizer, wet wipes, camp soap

Power: spare batteries and rechargers (solar chargers)

AND.....

Tools: axe, shovel, work gloves, wrench, for gas lines, zip ties, duct tape, etc.

Self-defense: that's up to you, WHAT EVER YOU ARE COMFORTBLE WITH

Cash: whatever you can stash silver coins

Mental health: board games, books, headphones, movies downloaded to a tablet, etc.

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Medical: list of prioritized home medical supplies

FINALLY.....

Documents: copies of deeds/titles, insurance policies, birth certificates, maps, pictures of family members in both physical and USB thumb drive forms

Local and emergency info: write down important contact numbers, know location of hospitals

Emergency plans for your family: safe houses, routes, alternate transportation, phone trees, burial

Guide Books: Emergency and How To

Medical: Drug replacement

First Aid: Basic and more advanced

Preserving: Canning, dehydrating, smoking, salting, freezing

Survival: Off the grid living

Alternatives: Heat, electricity, communication

Bug Out Bags (BOB) for every Adult

Level 1 First Aid Kit

32 oz potable water stored in a hard canteen

Water filter

Ready to eat Food

Tinder

Field Knife

Cordage X 50', zip ties

Waterproof paper and pen

Lithium ion battery pack

Toilet paper

Jacket / outer shell

Top Base Layer

Underwear, Pants, shirt

USB charging cable and wall plug

Respirator

Water purification tablets x 20 40

Contractor trash bags X2

Lighter x 2 matches

Headlamp

Multitool

Tarp

Documents, maps, Cash

Condensed soap

Nail Clippers

Socks, Hat, gloves, Boots

Bandana / gaiter

One or Two way radio

Storage bags 20L dry bag and 5X ziplocs

GET HOME BAG

Have a get home bag (GHB) in your vehicle trunk, work locker, office or wherever else it can be safely stored in a way that's near you during your typical day.

Have an everyday carry (EDC) items you keep on your person at all times, either on your body or in a daily use pack, like a backpack or purse.

Car supplies. Items for car problems.

EVERY DAY CARRY CHECKLIST

Emergency details (laminated card of important info kept in a wallet)

Hidden cash, silver coins

Phone (usually with downloaded maps and helpful apps)

Lithium Ion rechargeable battery pack

Flashlight

Pocket knife

Multitool

Lighter

Paracord

1st aid kit

Weatherproof notepad and pen

Respirator

Self-defense weapons, pepper spray, etc.

WHAT TO KEEP IN YOUR VEHICLE

In case of Emergency info kept in a glove box

Window breaker and seatbelt cutter tool

Mylar emergency blanket or extra coat

Hat, sunglasses, sunscreen, bug spray

Tire Repair Kit

Spare tire

Plug to turn a cigarette lighter into a USB charger

Kitty litter, sand or other spreadable traction

Windshield scraper

Stored water and/or a water

Maps

Jump start battery

Jumper cables

Tow strap

Road flares

Tire wrench

Jack

Traction board

Deicing wiper fluid

Small Shovel

SHARE AND RECRUIT

Prepping is more effective and more fun when you share the responsibility with your friends, family, and neighbors.

During the **Great Depression** for example, studies show that areas with higher “community mindsets” fared much better than areas where people tended to go it alone.

More:

Why and how to talk about prepping with your inner circles

You clearly don't want to broadcast your prepping to people you don't know, whether in the form of public social media post or obvious "flags" around your home.

Don't paint targets on yourself or your stuff when an emergency hits.

Family, friends, neighbors, and co-workers are all potential recruits. Not only will you feel good about helping others, you'll be better prepared the more of the varied skill set you have around you.

TIP:

A great way to meet other like-minded folks in your community is through local training – which may even lead to creating or joining a “resilience circle” or prepper mutual-aid group.

Community Emergency Response Team (CERT) course are a free and popular example. You can just go for the class or sign up to be a community volunteer that’s activated during a crisis.

HAM RADIO CLUBS

These are formed by like-minded folks, who often want to help during emergencies.

HAVE YOU ASSUMED or DISCUSSED YOUR SHELTER

Have you made solid plans? Or Just assumed you would be welcome?

Who have you made your plans with?

When do you activate your plans?

Where do you meet up?

What are you to provide?

WATER PURIFICATION

Straws, portable filter bags

Purification additives:

tablets, silver biotics, iodine, activated charcoal, peroxide

Pitchers, counter tap like the Berkey filters

UV lights, sunlight, boiling

FOOD SUPPLIES: 2000 CALORIES A DAY

Pantry – 6 month to 2 years –bulk purchases such as the *Mennonite Store*, *Sam's Club*, *Costco*.

Canned – 1 year to 5 years – jars can be hard to get not, impossible later

Dehydrated – 1 year to 5 years – jars or mylar bags (Pack Fresh USA)

Freeze Dried – up to 25 – *Harvest Right*, store in mylar bags or Cans

Seeds – 1 to 3 years – *Seeds of Change*, *Turtle Tree Seeds*, save your seeds

Survival Packets – *Thrive life*, more useable like groceries, to save 15% off monthly shipments <https://www.thrivelife.com/invite/NDQ0Mjgz/>

4 PATRIOTS & My Patriot Supply – for large packages

MORE THAN BEANS AND RICE

- Grains:** Rice, oatmeal, barley pearls, millet, quinoa, bread flour, granola, cereals
- Protein:** Canned chicken, tuna, salmon, beans, jerky, protein powder, frozen meats
- Fats:** Olive oil, coconut oil, freeze dried avocado, seeds & nuts (soaked and dried)
frozen butter, canned butter, tallow
- Veggies:** Canned, dried, frozen, freeze dried, powdered
- Cellar Foods:** Apples wrapped in paper, potatoes, onions, garlic squash
- Spices/herbs:** Very important for digestion, immunity, uplifting/encouraging
mentally/emotionally
- Liquids:** Coffee, tea, hot chocolate, juice, drink powders like lemonade, canned juice
- Junk food:** Popcorn, suckers, gum, chocolates, sparkling drinks

HOW WILL YOU DO THESE THINGS

Defend and protect self and supplies

Get, keep and clean water

Remove human waste and trash

Provide supplements/medicine

Communicate with others, get news

Get from one place to another

Mental Health – read, music, keep records, calendar

Hygiene – bathe, toilet paper options, tooth care, feminine care, hair cuts/shave

Cook and preserve

Heal wounds

Heat the shelter

IF THE PRESCRIPTIONS RUN OUT

Heart Regulation – Mother's wort, Hawthorn, Cactus Homeopathic

High blood pressure – Garlic/capsicum, Magnesium, kidney support

Antibiotics – Colloidal silver, garlic, goldenseal, Oregano Essential oil

Depression – mood elevator formula, Ignatia Homeopathic, St. John's Wort

Anxiety – 5 flower remedy, aconite, Potassium, citrus oils

Pain – Valerian, Phenylalanine, peppermint and other oils, CBD oil

Food poisoning – Digize essential oil, activated charcoal

Head aches – water, peppermint oil, M-grain oil

High blood sugar – Golden Seal/artichoke

Blood thinners – Garlic, Vitamin E

Thyroid – Iodine, Thyroid Support

Restless legs – Valerian, hops

Stroke – cayenne pepper, black pepper

Covid – Ivermectin, White pine, Boron, NAC (nacetillcysteine), Quercetin

Other items: Oxygen tanks, Silver biotics, Food Grade Peroxide, Bag Balm, MMS

Resources.....

<https://4patriots.com/>

<https://mypatriotssupply.com>

<https://raincountryhomestead.blogspot.com>

<https://harvestright.com › home-freeze-dryers>

<https://www.youtube.com/hashtag/3dsolarpanelsystem>

<https://myhomesteadlife.com/preppers-checklist/>

<https://www.seedsavers.org/heirloom-seeds>

<https://www.theheirloomseedstore.com>

<https://www.thelostways.com/>

<https://hamstudy.org>