

PREPPING FOR BEGINNERS

There is no ONE way to prep.

It's common to feel overwhelmed in the beginning. Take a deep breath and start with baby steps. One step at a time will get you there. One idea is to just buy an extra can or two of your favorite foods when you go grocery shopping.

Now, know what you are prepping for:

--Wildfire? Flood? Bugging out? What is YOUR reason?

*You pick what you think is most likely to happen first and start prepping for that. Build on as you move to the next most likely scenario.

Here's two good places to start:

Natural Risk Index for Natural Hazards, on: fema.gov

Columbia University has some great information on their website, you will have to dig a little, but it's worth it: ncdp.columbia.edu. They also have some maps.

Once you have decided what to prepare for first, begin by getting the very basics. Those items will likely be necessary for a variety of different emergencies. A good, reliable backpack is one example.

--Know the Rule of 3's:

3 minutes without air

3 hours without shelter

3 days without water

3 weeks without food

Start small.

Don't get overwhelmed.

Don't blow all of your savings on preparedness items, make a good budget and budget the items into it.

Know what you are getting and *why*.

Try to avoid cheap Chinese knockoffs.

It's generally cheaper to assemble your own items to make a kit than buying one premade.

Don't make assumptions on what you do or do not need. Try to think of yourself and your family and *what you use and will need*. Again, the "why" will help with this. Remember also, that some things might be useful as trade items.

You need to know how to use everything you get or have. PRACTICE.

Two is one, one is none. Things break, get lost, are or become unusable. Have more than one.

Keep your items in no more than 2 or 3 places. You don't want to keep them in just one area of your house in case of fire, earthquake, etc. but you do need them *easily* accessible to *everyone* in the house. And everyone needs to know where things are at.

Don't neglect your physical and mental health, now, and in your preparations.

Best Places to Begin:

Start assembling a 72-hour kit for you and your family. Don't forget any pets you have.

Assemble a bug-out bag for each person in your household

Assemble a Car Kit/Get home bag for each person in your household

Then you move on from there, do your research, there are many great resources out there. Also, follow your "gut instinct". Have fun.

Another suggestion:

Go "primitive" camping in the warmer weather so you will all know how to put up a tent, carry heavy things in a backpack, how to distribute the items, who does best with what, make "assignments" so everyone knows what they are responsible for, cook over an open fire, find foods you like, and ones you don't. This gives your family invaluable practice and will help you focus.

Also, to begin with, don't put food into your supply that you and your family won't eat. You might do this later on, as a means to trade for what you want, but wait until later, and only if you find a really great sale.

Another way to prepare: Increase your knowledge and skill set in "bartable" trades.

Sewing

Hunting

Cooking

Carpentry, etc.

Become knowledgeable in something that will be useful in "darker" days ahead.

BREATHE. YOU GOT THIS!