

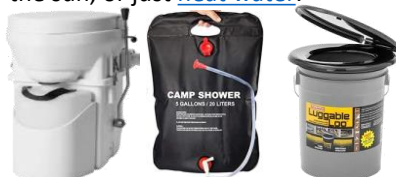
This is a single page to instruct how to become a prepper, with some beginning instructions on various topics. This covers the basics that you can start on your own right away. Keep in mind that food and even other items worst enemy for long term storage is oxygen, heat/light, moisture. Links are on images and within the text below. [Prep Link](#).

Water

Keeping water is the #1 prep. One way is to store large amounts of water in safe containers. Another way is to use a water filter like Berkey, which is highly [rated](#). This assumes you have access to water. If you bugout or are mobile, you can use [LifeStraw](#). Not all water filters are the same, but Berkey has been rated the best, with claims it can filter pool water (but cuts the life of the filter in 1/2 by doing so). Water needs vary by size, weight, sex and other factors, but the minimum amt of water needed daily is ~2 gallons. Using this calculation, 55 gallons would last a family of 4 about 1 week.

Waste/Shower

The best composting toilet, and most expensive, is [Nature's Head](#); it separates liquid and solid waste and works very well. Alternatively is the [C-Head](#) which is similar and more affordable, and lastly the camping toilet called [Luggable Loo](#) or a standard [cassette](#) camping toilet, or a home made toilet. Be sure to have toilet paper or some [alternative](#), like [portable bidets](#). If you use composting toilets, you will need to also have a [medium](#), such as peat moss, saw dust, etc. **Showers:** you can use [wet wipes](#) or a [camping shower](#) you heat in the sun, or just [heat water](#).



Nature's Head Camp Shower Luggable Loo

Other Areas

Security: You need to make a plan for security, protection & defense. There are ways to [secure](#) your home and have [firearms](#) ready.

Communication: You need some form of communication, such as [radios](#), CBs, [shortwave](#), etc.

Medical: You need to have some medical [equipment](#), medicines, and medical books (at least one for [dental](#) & one [medical](#)). You can purchase [cheap](#) medical supplies.

Laundry: Another issue is doing laundry; there are creative manual ways to do this, from [wash board](#) to an [agitator](#) to a manual [laundry washer](#). Make sure to store soap.

Spiritual: Your faith or spiritual [preparedness](#) is very important. In times of crisis, people typically draw closer to God. Embrace your faith and pray for deliverance.

Food

Food is the #2 prep to have as a prepper. There are three basic types of food storage – short term & perishable, medium term or pantry and long term. Short term is stuff you have in your fridge or kitchen shelves with a short shelf life. Pantry items are longer term is 3 or so months, or maybe up to a year. Long term has been stored and/or has a food type that can withstand a long duration of time. *And don't forget pet food.*

One of the many items you can get at Costco or Sams is canned **Meat**, as shown with this [chicken](#). You can get various types of tuna, corned beef and others. These have a somewhat long shelf life.



Tuna a year, beans 1-3 years, [spam](#) 5+ yrs. The best buy dates and expired are often [not](#) what they advertise. There are lists of [long lasting survival](#) foods that can guide you and includes how long each last.

You also need to know how much food you will need for yourself and others and how long you want it to last – weeks, months, years. It helps to know how much [1 year of food](#) looks like for one person. It doesn't have to be just long term food, [shown here](#), but can and should be a mix of short term, medium term and long term. You can also buy emergency food like that shown here – many brands are sold in stores or on-line, such as [Wise Foods](#), [Be Prepared](#), [Thrive Life](#), [LDS](#) and [Honeyville](#). Your food storage should be a combination of all of these. You should also have on



hand bulk food items like different types of beans, rolled oats, rice, lentils, pasta. If you buy [grains in their raw form](#) they last a long time; or use beans (white beans, hard red wheat beans) like that sold on LDS site link above which you can use a hand or electric grain mill on, as shown to the right. One such mill is [Wondermill Jr. Deluxe](#)



Handmill. Another option is to get a food dehydrator like that shown to the left and store in [mason jars](#) with [oxy absorbers](#). This food will last many years.

Shelter

Shelter is important during civil unrest. Some choose to hunker down in their existing homes while others plan to bugout, maybe have an off grid location. Even if some have a place to go, unrest may occur preventing leaving their existing location. The location where you end up needs to have all your provisions and security, and you may be called upon to shelter others. A method some people have chosen is underground bunkers, like that shown here. [Atlas Survival Bunkers](#) has grown in popularity, especially in [COVID-19](#). Homemade safe shelters have also been built, including safe rooms.



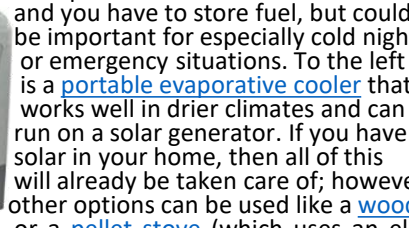
Power

Power is important to have during civil unrest. There are many options for power, from a small phone power bank like that shown to the left, or a larger solar power generator like the Jackery Lithium Power Station shown below. It is a large lithium battery that can be powered from A/C, car charger or solar panels like that shown to the right. You can also get a lead acid battery that costs less, but weighs a bit more, like the [Goal Zero](#) solar generator. To all of these you can get [solar batteries](#) as well as a solar [battery charging pack](#). One last item is a [gas powered generator](#) but is not recommended because it's limited to the amount of fuel you can store, which only lasts a few months, and it is very loud to operate and can call attention that you have power. If you install [solar on your home](#), some states allow to have a cut off switch to the grid so you can use [only solar](#) if grid goes down.



Heating/Cooling

Depending on where you live, heating your shelter (or for that matter, cooling your shelter) may be an issue. To keep warm, of course make sure you have [heavy blankets](#), jackets and/or sleeping bags. You can also get a propane heater like [Mr. Heater](#), keeping in mind it produces moisture when used and you have to store fuel, but could be important for especially cold nights or emergency situations. To the left is a [portable evaporative cooler](#) that works well in drier climates and can run on a solar generator. If you have solar in your home, then all of this will already be taken care of; however, other options can be used like a [wood burning stove](#) or a [pellet stove](#) (which uses an electrical fan) or even a fireplace (make sure you have plenty of wood fuel). You can also have an area in your shelter (house) where everyone can get together to keep each other warm.



Cooking

Cooking the food you store is important as well, and many long term storage food items require water to re-hydrate, so make sure you have ample water for cooking. You can purchase rather cheaply a propane/butane camping cook stove like that shown here. Again, you have to store fuel to use this stove. You can also buy a [solar oven](#) that takes no fuel, or use a [rocket stove](#) that can burn on twigs and wood. Yet another option could be to have a [wood stove](#) with a cook top that can cover both heating and cooking.



Gardening/Seeds

Although in the food category, you can also do some gardening, which is usually outdoor but can come indoor. If outdoor, you have to defend your garden. You can purchase food [seed banks](#) that last a long time, or take up [homesteading](#) and [canning](#).