

Preparedness 101

The class will cover the basics as you to start your journey to being prepared



PREPPERNET

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About PrepperNet

PrepperNet (formerly known as the Carolina Preppers Network) is an organization of like-minded individuals who believe in personal responsibility, individual freedoms, and preparing for disasters of all origins. This group is aimed at individuals that have interest in gaining knowledge, acquiring new skills and networking with like-minded individuals that are preppers and survivalists.

Goals of PrepperNet:

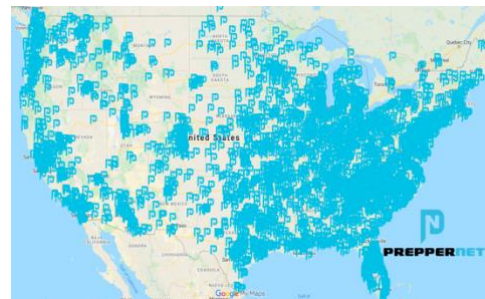
- Provide a venue for preppers to meet other preppers in their local area in hopes of members creating MAG/Survival Groups. 90% networking – 10% training/fun.
- Connect Preppers in the USA with our Opt-in/Opt-out real-time directory while providing OPSEC for all.
- With our partnership with AmRRON, PrepperNet will help create a nationwide prepper communications plan.
- Provide an Expert Panel of industry leaders to help train, motive and unite preppers nationwide.
- To Unite Preppers at a local level by providing group leaders with the training and tools needed to run a successful group.
- Create a nationwide network of local prepping groups.



Ever wonder why the “P” word seems to have a negative connotation when brought up in a conversation with non-preppers? It wasn’t that long ago that everyone was a prepper. In today’s fast paced world, most people cannot think back to what happened on their social media accounts last week let alone think about how difficult life would’ve been like just 100 years ago. It is completely foreign for some to think that hard times could befall them in today’s modern age. We that consider ourselves “Preppers” know and understand that it is stark possibility. Not because we live in a fantasy world or are hopeful something

like and EMP will happen. Those that want an EMP to occur are literally crazy! There are enough fiction books out there that paint just how terrible an EMP would be for us all, even Preppers. There are also enough real-world events to prove why it is imperative that we all must have some level of self-sufficiency and preparedness.

Ever hear knowledge is power? Well, knowledge is so much more than that. Knowledge can save your life, the lives of your family, friends, neighbors, community and quite possibly our country. In striving to get my wife on board with prepping, we started watching the series *Alone*. After watching people do some remarkable bush crafting, she asked out loud how they even know to do that stuff, where do they learn that. I told her that we can buy all the fancy gadgets, water purification systems, solar systems, bug out bags, firearms that money can buy, but without core knowledge of survival and self-reliance, all that stuff is useless without training and learning.



So, the call for Preppers of the world to unite does not mean we all jump into a mutual assistance group at some off-grid retreat together. What it means is that we share knowledge, learn from

each other, help others understand that the term Prepper IS NOT what some television show's idea was of preppers. The PrepperNet movement is an opportunity for us all to share our knowledge on preparedness! Join us and help Unite Preppers in America.

Join Now at PrepperNet.com



[Prepping Academy Radio Show](#) is a live broadcast where we discuss all things prepping, survival and self-reliance. Our Goal at The Prepping Academy Radio Show is to expand your thinking & motivate you to take action – because it's time that we get prepared.



Introduction

If you have been watching the news or even taken a walk down the street, spoken with neighbors or gone anywhere, you know the world is in bad shape.

Everywhere you look, there is a serious threat. Every day we hear of something new that threatens to upend our daily lives. Threats can come from anywhere. It could be a threat from a foreign attack, political fallout or Mother Nature herself.

More and more people are beginning to understand why a small percentage of the country are preparing to survive the worst-case scenario. For too long, these people have been made fun of, laughed at and been labeled derogatory terms in general. Preppers are less concerned with what skeptics think and more concerned with how they will keep their families alive after a major disaster.

There are plenty of people who will pooh-pooh the idea and say it is overreacting. Unfortunately, Americans are not nearly pessimistic enough. Even after there have been plenty of examples, Americans believe the government will swoop in and take care of them in the event of a disaster. Even if, best case scenario the government could somehow mobilize aid to a hard-hit area, it is going to take days. When that aid arrives, it is going to be a fight to see who gets the minimal supplies brought into the area. We've all seen the fights over a bag of flour or people giving up food for water or batteries.

Tragedy strikes when you least expect it. It's why we have insurance on our homes, cars and bodies. Doesn't it make sense to have an insurance policy on your overall survival in the event of some kind of travesty? Wouldn't you prefer to depend on yourself then other people or the government. No one is going to take care of you and your family like you do.

Stockpiling food, water and other emergency supplies is your insurance policy. If you've ever wondered what it takes to build that insurance policy, this is the book for you. One of the main reasons people don't bother preparing for an emergency is because they are convinced it is too hard or they don't have the means. Everyone does. It's the will to do it that is lacking. It is a choice you have to make.

It doesn't have to be difficult or feel like you are staring at a monumental task without the first clue about what to do. This book will take you through the process, one step at a time, one month at a time while answering the questions that you are sure to have. Take your time and accept that prepping is a marathon,

not a sprint. It isn't something you do over a weekend or even in a month. It is a way of life. It's adopting a new way of thinking and making conscience decisions about things in your daily life.

You can do it if you put your mind to it. A person's greatest weapon is their own mind. Mind over matter is one of the first lessons you need to learn when you are thinking about survival. Willpower to get things done and the determination to take that first step is all you need.

This is the moment you've been waiting for. You're primed and ready to hit Amazon with your card in hand.

STOP!

This is not a one-stop shopping list. This is a way to get you started. As mentioned earlier; every family preps a little different. You do you. Don't let yourself get overwhelmed. Don't do and get the items outlined here and consider yourself fully prepped. Don't get disappointed when you look at the list and wonder why you don't see a year's worth of freeze-dried food.

This is a guide to take you through one-year of prepping. You want to stay organized and know what you have. Imagine going to the toy store with your kid who has a thousand-dollar gift card. Said kid is going to go buck wild, filling carts with so many toys that by the time the kid gets home, he forgets what he even bought. It's overwhelming and there are going to be a few favorites while everything else is forgotten. It gets pushed to the wayside only to be discovered much later down the road.

You don't want that to happen with your preps. Every single item you add to your shelf is valuable. You need to know it intimately. How does it work? How often can you expect to use it? Is it good enough for what you need? This is going to be broken down into bite-size bits for you to more easily savor and digest.

What to Purchase

You're going to see a slow build as we move through the months. You may feel like you're not getting anywhere, but you are. You are starting with the most basic, most essential items. If the apocalypse were to happen three months after you started your prepping journey, you're going to be set up pretty well, even if you don't have a year's supply of food.

Double Your Pantry

Take a look at your pantry right now. You probably have a couple boxes of mac and cheese, peanut butter and some canned foods. That is the stuff your family eats. That is what you want to buy. The next time you go grocery shopping, buy an extra one of each item. You want to start doubling your standard food pantry. This is going to carry you through a few extra days in case of a minor emergency. Doing this, isn't going to break the budget. You may not be able to buy your fancy coffee every day that week, but you are going to have a little cushion in the food department. If you normally buy two boxes of mac and cheese, buy four and so on.

Magnesium Fire Rod

These are dirt cheap, maybe a couple dollars each. Do yourself a favor and buy several, just in case one gets misplaced. A fire rod is a tool that can be reused over and over to start a fire with. Do yourself a favor and take one of these out of the package and get familiar with how to use it. There is a bit of a trick to it, but once you know how, you won't struggle in the future. There are various brands, but they are essentially all the same. Getting the kind with an attached striker is a great choice.

Sawyer Water Filter

Water is one of the most important elements of survival. It ranks higher than food in the grand scheme of things. But, water can kill you if it is harboring nasty viruses, bacteria and other nasty invisible parasites that will cause some serious intestinal issues. You can almost guarantee you will find water, but you cannot guarantee the water is safe to drink. This is why a Sawyer Water Filter is a must-have. A filter is an instant way to make water safe to drink by running the water through the porous filter, removing 99.9 percent of harmful bacteria and parasites that can be found in water that has been infected with human or animal feces.

You'll find there are several different types of Sawyer water filters. Choose one that best fits your family's needs. If you are a one-man show, you can go with a personal filter. If you have children to think of, go with a little bigger filter or buy a personal filter for each member of the family.

Tub Water Storage Bag

These handy tools, the most common brand being the B.O.B, are perfect for an urban survival situation. The bags are used as a tub liner. You put the plastic bag in the tub and fill it with water. The bag has a drain hose that you can use to fill water containers with potable water. After an emergency, you will want to fill the bag immediately. Don't fill it hours later. The water coming through the lines will likely not be potable i.e. safe to drink. It won't be filtered or purified, especially in a city water supply system.

Pool Shock

This is something you'll want to buy at the end of season if you can. You'll get a killer deal on clearance. Ideally, you'll want to buy a bucket of this stuff to purify water, making it safe to drink, wash your body and wash dishes in. It is essentially powdered bleach. Unlike liquid bleach, it isn't going to weaken in a few months and be useless on your emergency supply shelves. It only takes a tiny amount of the powdered bleach to purify a gallon of water. One bucket on your shelf is plenty.

5 MREs Per Person

MREs, meals ready to eat, are thought of very fondly by anyone that has served in the military. MREs have come a long way in recent years and are actually quite palatable. The meals include high-calorie portions of food that require no heating. Simply open the package and eat. You could technically get by with one MRE per day, which means having 5 on hand per person gives you a week's worth of food. Buying in bulk is your best option. Look around and check out the different meal options available. You will quite surprised to see it is a lot like reviewing a restaurant menu.

Trash Bags

This may seem silly, because really, who's going to worry about taking out the garbage in an apocalypse? You are. You have to be. Garbage is filth. Filth breeds disease. You don't want to be dealing with a filthy environment when sanitation is already limited. Trash bags aren't just for garbage. There are hundreds of different ways you can use them to aid in your survival. Buy as many as you can afford and stash them away. ideally, you would want to focus your effort on the

sturdy, outdoor bags that are larger and more durable than a flimsy kitchen bag. However, you will want some of those as well. Save all those plastic grocery bags you get too. Those have a multitude of uses and in most areas, they are completely free.

[SAS Survival Guide](#)

No matter how much you think you will remember, it doesn't hurt to have a backup guide to refer to. Your life may truly rely on this tiny, pocket-size book that contains valuable information on what to do to stay alive.

[Flashlight](#)

This may seem like a no-brainer, but not all flashlights are created equal. An LED flashlight is best. It will be brighter and use less battery power, meaning you won't have to worry about storing a ton of batteries. It's a good idea to have one flashlight on hand for each member of the household. Have at least one set of spare batteries for each light as well. You don't need to drop a lot of money on a flashlight, but you will pay more for a high-quality flashlight that is going to last you. Unfortunately, the dollar-store lights are not ideal for a survival situation. You could certainly have some on hand, but go for the better quality, slightly heavier and more durable lights.

[Leatherman Multitool](#)

This is a survivor basic. Leatherman tools come in all shapes and sizes. They are easy to slip into your pocket and extremely useful when you've had to flee your situation with only your knife in hand. If you've never seen an episode of MacGyver, go back and watch a few and you will understand why one of these multitools is an absolute necessity.

Learn and Train

You can't win a gold medal in anything if you've never learned about it or trained for it. Survival is the same thing. Dumb luck only gets you so far. You need to have some idea about what you are doing and you have to know how to do it without having to think too hard about it. Think about the basketball stars who can score a basket while looking in the opposite direction. They can do that because they have practiced enough to know exactly where they need to be positioned, how much push they need on the ball and where to aim. It comes naturally to them.

Survival skills need to be second nature to you as well. That only happens with a lot of practice.

Know Two Ways to Start a Fire

This is a tough one for some people to understand why it's so important. Today, when you want a fire, you crumble up some newspaper and light a match. Easy peasy, one and done. Think survival situations. You won't have tinder and you probably won't have a match. You need to know how to use that magnesium fire rod. Now, imagine you had to leave everything behind and bail out. You need fire to survive, which means you'll need to know how to use a bow drill or the basic two-stick method. Anyone who has ever tried to start a fire with a primitive method will tell you it isn't easy. It is brutal, painful and downright frustrating. Know how to do it and know the expectations so when you find yourself in that situation, you don't give up hope. Hope is the key to staying alive.

Know Two Ways to Purify Water

Same scenario, you escaped with your life and nothing else. You didn't get to grab your filter or your purification tablets. What else can you do to make water you harvest safe to drink? Study up on making a filter from charcoal and rocks. Read up on some of the water sources that are considered safe to drink from without any kind of filtering or boiling. Water is life—period.

Put Together Important Documents

Not every apocalypse ends with the entire country falling apart. There may be an isolated incident in your neck of the woods which means the rest of the country is still functional and you will be able to pick up the pieces of your life after a disaster. To do that, you'll need to prove who you are in almost any scenario. Keeping important documents like your birth certificate, social security card, marriage license, passport and a copy of your driver's license can help you get back on track a lot faster. Along with these documents, deeds to property you own, insurance policies and wills are a good idea to keep together in a safe place like a fireproof safe that can be grabbed on your way out the door or found after a devastating disaster.

Plant a Small Garden

This is too easy not to do. It can be a container garden on your back patio or digging up that flower bed and putting in some peas and tomatoes. You don't have to have acres at your disposal to supplement your food supply. By starting with a small garden, you get to learn by doing. You'll learn how much water is

needed and how to combat weeds and pests. These are all things you want to know now before your small garden is all you have to eat.

Start on a Family/Personal Emergency Plan

You absolutely must have an emergency plan in place. You have to know what to do when disaster strikes. Planning now gives you the opportunity to run through various settings and come up with the best option. You don't want to be thinking about the best way out of a burning house when it's on fire. Seconds count in an emergency. With every family member knowing exactly what to do when they hear the tornado siren or they hear the emergency broadcast about some kind of major event, you can worry less about telling them what to do and just do it. See the section outlining how to come up with an emergency plan in a later chapter.

Is Survival 401k for You?

Mindset

Mind over matter is real. It is what makes the difference between dying and surviving. Your brain is your most valuable tool. Everyone has one. It is yours to do as you please with. It is the one thing that cannot be lost or taken. You need to know how to use your brain to control your mindset.

Let's first talk a bit more about what mindset is before we get into the homework portion.

Mindset: the established set of attitudes held by someone

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And we know; attitude is everything. You choose to be happy, sad, mad, or stressed. When you are looking at the end of the world as you know it, you can probably understand why it is important to choose a mindset that is conducive to surviving. Giving up, feeling hopeless or simply getting mad at the situation helps nothing. Choose to live and fight. Choose to look at the situation as a challenge you can handle. If you climb out of the house that toppled around you and look at the devastation and focus on that alone, you're not going to make it. When you climb out, you look at what you can do to stay alive. What can you scavenge?

Who can you help? Be grateful you are alive. Don't get sucked into that pit of ugliness that is only going to get you killed.

If you have a family depending on you, falling into that trap isn't an option. You have to be positive, even when they are crying and convinced it's hopeless. Change their mindset. We talked earlier about people who think prepping is stupid because there's no point in surviving an apocalypse. That's mindset. It is not yours.

There are a few things you can read and watch to help you get into the proper mindset.

- Read "[One Second After](#)" by William Forstchen
- Check out [SouthernPrepper](#) on YouTube
- Listen to [Prepping Academy](#) podcast
- Watch the movie "[Panic in the Year Zero](#)"
- Read "Survival Theory: A Preparedness Guide" by [Jonathan Hollerman](#)
- Join a [PrepperNet](#) group, a quick internet search will find one in your area

That is the first two months of prepping. You'll find it is much easier to get into when you take it slow and easy.