

Now that you have gotten your feet wet in the prepping world, you're going to be a little more familiar with how this works. Everything on the list is going to be vital to your long-term survival. You are building up by starting with the most important gear first. As you go along, you'll add the items that make life easier, but are not absolutely critical to your immediate survival in the days following a major event. That isn't to say the items on the lists over the next few months are any less valuable, but it is about building up.

Now that you've been exposed to some of the gear that's out there, you're probably pretty excited. There are some really awesome gadgets out there once you know where to look. If you did some browsing on Amazon or any of the internet stores geared preppers and survivalists, you probably had a hard time limiting yourself. Be patient. The cool stuff is coming.

What to Purchase

4 - 5 Gallon Gas Cans

Gas is always the first thing people rush out to buy in any emergency. You need gas in your car and for your portable generator if you have one. You don't want to be one of the poor saps that has a working vehicle but can't get out of the way of a disaster because you don't have any gas and the lines at the pump are miles long (literally this happens before and after every hurricane). Buy a couple gas cans, fill them up and add some fuel stabilizer. Make sure you are using the fuel and replacing every three to six months. A few of my friends like the cheap [NATO](#) gas cans and they seem to be holding up well.

Fuel Stabilizer PRI-G

We just talked about adding stabilizer to the fuel you buy. Now, think post-apocalypse. You siphon gas from every car you can find to use at a later date. You'll want some stabilizer on hand to extend the life of the gas you scavenge. Bad gas can leave you stranded and cause major damage to the vehicle you are using to escape with or your portable generator. It's cheap, so buy plenty. You can also extend the life of [Diesel fuel with PRI-D](#)

2-Month Supply of Freeze-Dried Meals

You can look online or head down to your local Wal-Mart or most grocery stores and find these cans. A single can is touted as a 30-day supply for a single person. Ideally, you would want to have a few options available to you. You don't want to eat spaghetti and meatballs every night for sixty days. Shop online for good deals. Shipping can be more, but if you have met another prepper, you can do a large order and generally get free shipping. Avoid buying the single meal packages. This will cost you a small fortune and take up a lot of room on your shelves.

DIY First Aid Kit

Save yourself a small fortune and put together your own first aid kit. Medical supplies are cheap! When you buy in bulk from online marketplaces or even the dollar store, it is even cheaper. Don't get stingy here. Survival is tough. You are going to be dealing with a lot more cuts, scrapes and burns. Be ready to handle those situations. Keeping a wound clean is going to be a top priority. Bandages, gauze and etc. are too cheap not to have a ton on hand. Check out some of the many free lists available on the internet and build from there. Having a few of the

more specialized items like suture kits, slings and even casting material is a good idea as well. If you want a full bag look at the [Scherber First Responder Bag](#).

Rocket Stove

Rocket stoves are super easy and effective to use when you are on the move or hunkering down inside your home and can't fire up the stove or grill. A good survivalist knows how to make a rocket stove from a tin can and that is definitely something you should learn. However, having one already sitting on the shelf ready to use means you don't have to run around looking for tin snips or risk getting a serious cut by trying to make a rocket stove when you are desperate. You can buy a rocket stove or read up on how to make one now with the proper equipment to make the job easier and safer. I also like the ones that you can break down like the [Marsh Kettles Mini Rocket Stove](#)

Handgun Glock 19 9mm

You need to be able to protect yourself and all the supplies you have gathered. There are going to be some who are hesitant to buy a gun, but it is better to have the ability to protect yourself and your family than to be left at the mercy of an attacker. Post-apocalypse scenarios are dangerous and it isn't because of the disaster—it's because of the survivors. People will be absolutely desperate for food, water and shelter. People who would normally ever do anything to hurt someone else, are going to be changed. It will be a dog eat dog world out there. Be ready.

Ammo 500 Rounds - 9mm

A gun is useless without bullets. Make it a point to buy bullets every week and store them properly. If they will be store in a safe, make sure it is airtight and moisture free. You can't afford your ammunition to be damaged by a damp environment. Ammo isn't just for you to use to defend yourself. It will be a high-value trading item as well.

Large Tarp

A tarp has about a hundred different uses in survival. It can serve as a shelter, a gurney or a way to carry supplies. When you are shopping around for tarps, it is a good idea to think how you would use it in survival. One of the most common reasons preppers store this particular item is with the idea it will be use to make a shelter. Given that, you have to assume you would rather not draw attention to

your shelter, announcing your presence to anyone out there looking to take what you have. Look for tarps that are brown, forest green or even camouflage. You know where you live. Buy a color that will blend in with the environment you are most likely to be hiding in. Avoid the bright blue tarps. I like the brown ones.

[550 Paracord](#)

Ah, paracord, so cheap, so easy and so plentiful. You can buy paracord keychains, dog collars, bracelets and lanyards. One of the basic pieces of a survival kit is going to include cordage of some kind. Cordage can be used in a bow drill setup for building a fire, to make a shelter or hold up your pants. Paracord is strong and you get a lot for very little. Each length of paracord is comprised of strands of cordage that can be stripped away. You will use a lot of paracord.

[Knife](#)

You have to have a knife. A good full-tang knife is the best choice. Full tang means the handle and blade are forged from the same piece of metal. You won't have to worry about the handle separating from the blade or snapping off. The knife material is up to you. There are benefits to the most popular choices of either stainless steel or high carbon steel. It's up to you what you choose. Your knife will be used for protection, harvesting meat, cutting rope and possibly hacking up wood. Spend a little more and get a knife that feels comfortable in your hand and is going to be durable. A knife that everyone needs is [Morakniv Companion Fixed Blade](#). These are great knives and are very sharp.

[Survival Medicine Handbook](#)

This was mentioned earlier, but let's say it again. You are not a human computer. You cannot possibly remember every little thing there is to know about survival, including first aid. This particular book is especially useful because it focuses on using herbs and other natural remedies to treat conditions when there are no doctors available. It will take you through how to do stitches and even setting a broken bone. This book is going to be very handy when you can't run to the emergency room and there are no pharmacies around for you to fill prescriptions. Also, Dr. Joe and Nurse Amy are good friends and are on PrepperNet's Expert Panel.

Training

If you remember, the first two months it was a lot about learning skills. This month, it is building on what you learned and getting a bit more physically involved in the prepping world. Survival is both emotionally and physically taxing. If you're a couch potato, pay attention.

Start Building Your Bug Out Bag

You are going to hear a lot about bug out bags the more you get into prepping. They are the single most talked about pieces of gear in the survival world. Everyone has one, now it's time for you to join the ranks of preppers around the world and build your own. There are hundreds of free lists of what you should be putting in your bug out bag. Get to work.

Practice Shooting

Last chapter, you bought your gun and some ammo. This chapter, it's all about putting that gun to use. Head to a shooting range and get the feel for your gun, hone your accuracy. You may only get one shot. Make it count. It will also save ammunition when you can't run to the store and buy more.

Work Your Garden

Get out there and work your garden. If you've never pulled weeds, built a trellis for peas or tomatoes, now is a good time to figure it out. Get familiar with the different problems any garden will face whether it's yellow leaves or an infestation of beetles destroying your crops. Learning the signs and knowing how to take care of the problem while you still have Google available is a good idea. Keep your garden healthy. You never know when the food you harvest is going to be all you have to eat. Keeping the garden going also ensures you are working the soil, preparing it for the following growing season.

Cook a Meal on Your Rocket Stove

We talked about buying a rocket stove, now it's time to put it to use. Yes, all that handy gear you are adding to your shelves needs to get put to work. Learning the little nuances of cooking on a rocket stove will ensure you don't scorch the only meal you have available in a survival situation. You need to know how much fuel to add and how long you can expect it to take for the meal to cook. It'll be a fun learning experience that you can get the whole family in on.

Take a CCP Class

A CCP is a concealed carry permit, which is what you will need to carry your handgun with you. Few states have open carry laws, which means you will need a permit. The class is a good idea in general, teaching you safety skills you should always practice when firearms are around. Keep your permit up to date and on you at all times.

Physical Fitness Plan

You cannot, absolutely cannot be out of shape when it comes time for the apocalypse. How can you possibly expect to hike twenty miles, uphill to your retreat if walking upstairs to your bedroom leaves you winded? Survival after a major disaster is going to include a lot of walking and a lot of hands-on work. Chopping wood, hunting and carrying water are all grueling tasks that will become a part of your daily life. You need to be prepared to do those things without feeling like you are going to pass out. Not only will you be doing a lot of physical activity but being in good physical shape also decreases the risk of other medical problems. You won't have access to doctor and medicine. You need to be in the best shape possible and be as healthy as possible to really pull off the survival thing.

Mindset

Let's talk mindset again. You're reading from last month was meant to give you a glimpse of what life will be like after a disaster. It's to prepare you for the worst possible scenario. You can always hope for the best and there is a good chance it won't be as bad as Hollywood makes it out to be. Think of the birthing classes you attend before giving birth to a child. It is not an experience for the faint of heart, which is why there are so many books and classes to prepare you. Think of prepping in the same respect. You need to watch it and see how others pull it off. Study how they respond and how they overcome the trials they are forced to deal with.

The following are your mindset prepping tools.

- Read "[One Year After](#)" by William Forstchen (the follow up to the first book)
- Check out [ZeroHedge.com](#) to stay abreast of current news topics that could signal a financial collapse or other significant event
- Read the headlines from the [drudgereport.com](#)
- Watch "The Twilight Zone: [The Shelter](#)"
- Watch the movie "[Prepper](#)" 2016 version
- Read "[Patriots](#)" by Rawles

As you are checking off items on this list, make sure you are staying vigilant. Really pay attention to the news and listen to what is happening all around the world. It isn't likely there will be a warning issued when things are about to go bad. It is vigilant preppers who keep their head up and pay attention that will know when it's time to go to ground so to speak.