

Now you should really be into the swing of things. You walk and talk like a prepper and always have an eye out for good deals on anything you could put to good use after a major disaster. Hopefully by now, you've connected with some like-minded people who are interested in prepping as well. Tossing around ideas, helping each other out and learning how to build a bow drill with a partner is always much more fun. Embrace your new prepper lifestyle and keep up the stamina and commitment.

What to Purchase

We're moving into some of the bigger purchases that are going to help round out those supplies you've been slowly putting away over the last few months.

Rice 200-pounds

Rice is a versatile ingredient that can be used to thicken a plain soup or stew or made into a main meal. White rice is your best option because it will last for decades when stored properly. Unfortunately, brown rice might be better for you, but it will go rancid after a year or so of sitting on your shelf. Check out the chapter on storage tips and tricks to extend the life of your dried grains. Your price for a 50 pound bag of white rice should be less than \$20. I would look at Costco, Sam's and US Foods.

Beans(pinto) 200-pounds

Beans are high in fiber and protein and can be used as a main course, especially when you can't get your hands-on fresh meat. Pinto beans can be boiled, refried, baked or added to a stew. You can certainly choose to mix up the types of beans you store. Black beans are an excellent choice and versatile. Same with the rice I would look at Costco, Sam's and US Foods.

[2 BaoFeng Radios](#)

You will need a way to communicate after a disaster wipes out cell towers and shuts down landlines. Two-way radios are your best option. You'll be able to stay in touch with family if you have to go out on a scavenging mission. Most of these radios also include channels to listen to the emergency broadcast system. Choose radios that have a large range. Some radios will not work in heavily treed areas or on a downtown city street with a lot of buildings in the way. Read reviews and choose carefully. [6-Pack](#)

Galvanized Trash Can

Having a few electronics stashed in a galvanized trash can with a lid and lined with aluminum foil and insulated with cardboard is a great idea. This is your own little Faraday cage and it costs next to nothing. This will protect your electronics in case of an EMP. Home Depot or Lowe's.

Eneloop AA Batteries

Your flashlights and portable radios are going to need power in the form of batteries. Ideally, you will want to store Eneloop AA batteries for your electronic devices. These are rechargeable. You won't need to store cases of batteries when you go with a rechargeable kind. And yes, you will have a way to recharge them (coming soon). [AA16](#), [AAA16](#)

Cash

If you find yourself in the middle of an emergency and need to get out of town or want to join the crowd to buy the last bit of something on the shelves, you're going to need money to do it. If the power is out, your debit and credit card isn't going to work. Few businesses will do it the old-fashioned way. Having at least \$70 in five-dollar bills and \$30 in one-dollar bills ensures you can still grab what you need without worrying about finding an ATM. Smaller bills are best. You don't want to risk losing something larger or a store owner unable to make change.

Dehydrator

An electric dehydrator might not do you a lot of good post-apocalypse, but it is going to go a long way to getting you ready for the event. Between the killer sales you find at the farmer's market and the food you're growing in your garden right now, you are going to have an abundance of produce. Drying your own fruits, veggies, meats and herbs is a cost-effective way to stockpile food. You get to decide what seasoning recipes you use or don't use and flavor the food the way you like it when you preserve your own food. A simple five-tray dehydrator is plenty.

5-Gallon Buckets with Lids

We mentioned the buckets earlier, here is where you are really going to start stockpiling them. Check Craigslist and tap into any friends in the restaurant industry that have an inside track on old pickle buckets, frosting buckets or any other food item that has been packed in buckets. Be wary of buckets that you do not know the history on. You want to stick with food-safe buckets that have not been used to store chemicals. Chemicals leach into the plastic and in turn, can leach into your food. Buying in bulk is a great way to go. Home Depot or Lowe's. I like the [Gamma lids](#) for the buckets once they are open and you are using.

Oxygen Absorbers

These tiny little silica gel packets are found in jerky and pill bottles. They help absorb moisture to prevent food spoilage. Buy them in bulk. They come in varying sizes. You will need these for your food and ammo storage. [Link to determine how many you need.](#)

Silver

Silver coins and broken jewelry should be saved. Silver is going to still hold value, even after a financial collapse. Precious metals are always going to be worth something. That one earring you have or that old dime put out in the sixties is going to be worth quite a bit in world with no currency. Keep your silver in a safe place—a safe deposit box may not be accessible in certain emergencies.

Can Opener

A lot of long-term emergency food storage are in cans. One of the best emergency supplies to have with you is a can opener! Stockpile a variety of can openers because during a catastrophe you might not be able to find one or you may not be able to open your cans because your only can opener doesn't work. You need to have many of the military style can openers like the P38 or [P51](#). Get the P51 it's bigger and easier to handle.

Train/Action

Now it is time to really step up your game. The next few items on the list are going to really thrust you into the prepping world.

Family Communication Plan

Can you imagine how terrified you would be if you couldn't talk to your family, especially your children, after a major disaster? It could make you absolutely crazy with worry. The likelihood you would be with your family on a typical Monday afternoon in September is probably pretty rare, which means if a disaster strikes in the middle of the day in the middle of the week, you need to have a communication plan in place to check in with one another. There are a lot of options here. Find out what works best for your family and write it down. Make sure everyone in the family knows what to do.

Learn How to Set Up a Shelter

This is so important. This is one task your kids will probably be more than happy to practice with you. There are many ways to build a shelter. Learn how to build a variety of shelters using different materials. You may not have a tarp with you. A debris shelter is a common choice or using sticks and logs. The key is to learn the best way to make these shelters, so you are pro at it when it is your only shelter option and a snowstorm is headed your way.

NRA Class

The NRA hosts a variety of classes. It would be wise for you to sign up for the handgun course to get ever better with your recently purchased gun. There are online courses available to make it much easier and more convenient for you to get the training.

Char Cloth

Do a little research on char cloth and how it can help you quickly start a fire when you are in a survival situation. Once you realize how helpful

this tiny little tool is, you will want to make a few pieces yourself to stow away in your bug out bags.

Dehydrate Food

Don't let that dehydrator sit on the shelf. Learn how to use it. You can dehydrate just about anything. Try some apple or banana slices if you are in the off season to get the hang of it. Onions and fresh herbs are available year-round as well. Your dehydrator can do a lot more than just dry food. Try making your own trail mix and fruit leathers as well.

Store the Rice and Beans

Follow the tips outlined for dry storage and get your rice and beans properly stored for the long-term. Once you get the hang of it, you can start adding more items to your dry storage as they come up on sale.

Seek Out a Prepper Friend

If you've been on any of the prepper forums, you may have found some people that live close to you. A search on Craigslist is also an option. Visit your local library and check on the bulletin board for local meetings. Prepping is becoming very popular and even in the most rural of areas, you are likely to find a group to connect with. Try and find one person you really respect and can depend on in the prepper community.

Prescription Medicine and OTC Med Substitutes

Pharmacies and big drug manufacturers are not going to survive an apocalypse. If you are someone dependent on medicine to live or function, you need to start looking into natural medicines now. There are plenty of natural pain relievers, fever reducers, anti-inflammatory agents and even natural antibiotics. Study up on the herbal meds. Buy a book and keep it on hand so you know what plant treats what ailment.

Mindset

You should be really immersed into the prepping world by now. You've watched the movies; you've read the books and you are paying attention to what is happening in the world. Here are a few more things you can look into to give you another perspective on life after the apocalypse.

- Read "[The Final Day](#)"
- Listen to Prepper Recon Podcast
- Watch "[American Blackout](#)" by National Geographic
- Watch [Scott Hunt](#) on YouTube
- Scott Hunts Book "[The Practical Preppers](#)"
- Read Mark Goodwin's books series "[The Days of Noah](#)"
- Read "[The Case for Christian Preparedness](#)"