

PREPAREDNESS 101: BASIC PREPAREDNESS PLAN

A PRACTICAL SEVEN STEP PLAN – By Jon Quesenberry

THIS PRACTICAL SEVEN STEP PLAN WILL ENABLE YOU AND YOUR FAMILY TO BE PREPARED FOR NEARLY ANY EMERGENCY LASTING UP TO 6 MONTHS!

INSTRUCTIONS:

- READ THIS PAGE CAREFULLY – IT GIVES ESSENTIAL INFORMATION FOR FOLLOWING THE PLAN.
- FOLLOW THE SEVEN STEPS COMPLETELY – ONE STEP EACH WEEK FOR 7 WEEKS! LAST STEP IS IMPORTANT!

YOU NEED TO KNOW THAT...

Of 100 people who want to be prepared only 3 actually begin & only 10% of those actually get prepared!
MAKE UP YOUR MIND NOW TO BE PREPARED BECAUSE...

“Once the emergency has begun the time for preparation is over!”

DO CHRISTIANS PREPARE FOR EMERGENCIES?

- **Noah was a prepper!** (God gave him a excellent strategy for surviving a world-wide flood)
- **Joseph was a prepper!** (God gave him a excellent strategy for surviving a world- wide famine)
- **God takes care of his people by warning them of danger and then giving them a good strategy!**
 - *“A wise person foresees danger and takes precautions. The simpleton goes blindly on and suffers the consequences.”* (Prov. 22:3)

THIS IS A GOOD PLAN. IF YOU FOLLOW IT YOU WILL BE PREPARED FOR JUST ABOUT ANY EMERGENCY!
BUT FOR ANY PLAN TO BE SUCCESSFUL YOU MUST...

- **DECIDE ON A PLAN** (IF NOT THIS ONE – THEN GET A BETTER ONE, AND REAL SOON!)
- **STICK TO THE PLAN** (KEEP GOING! IF YOU GET STUCK, MOVE ON TO NEXT STEP & COME BACK LATER!)
- **START RIGHT AWAY!** (“TEN YEARS EARLY IS BETTER THAN A DAY LATE!”)

WHERE DID THIS PLAN COME FROM?

- **EXPERIENCED PREPAREDNESS SOURCES & 15 YEARS OF MY OWN TESTING AND REVISION**
- **RELIABLE RESOURCES:** THE MORMON PREPAREDNESS BOOK
 - THE MORMONS HAVE BEEN PRACTICING PREPAREDNESS IN EARNEST SINCE 1992
 - THE MORMON PREP MANUAL IS THE MOST RESPECTED AND MOST RELIABLE RESOURCE
- **TESTED STRATEGIES:** “HOW TO SURVIVE THE END OF THE WORLD...” BY JAMES WESLEY RAWLES
 - RAWLES WEBSITE IS SURVIVALBLOG.COM – Has the BEST RESOURCES (See His “LIST OF LISTS”)
 - RAWLES HAS THE MOST “BALANCED” PREPAREDNESS PHILOSOPHY

TWO ESSENTIAL RESOURCES:

1. BEST PREPAREDNESS INFORMATION...

THE MORMON PREPAREDNESS GUIDE (PDF) (Pages 1-34 includes a lot of Mormon doctrine)

Download and print this Incredible 500 page resource off - before the lights go out!

<https://survivalcache.com/wp-content/uploads/2011/02/LDS-Preparedness-Manual.pdf>

2. BEST PLACE TO BUY BULK FOOD AND SUPPLIES...

EAST COAST FOOD STORAGE WAREHOUSE 3802 SNOW HILL LANE - TROY, VIRGINIA 22974

CALL BOB SNOW TO MAKE AN APPOINTMENT @ (434) 243-9762

EAST COAST HAS NEARLY EVERYTHING YOU NEED...(food, supplies, equipment even survival courses!)

Food and supplies for a FAIR price and is **just a 30 MINUTE DRIVE FROM CHARLOTTESVILLE!**

STEP #1: ORDER BASIC SUPPLIES & PREPARE YOUR HOUSE

CHOOSE A PLACE: Choose a place in your home that is cool, dry and inaccessible to pests (mice, roaches etc..)

- This is where you will put your preparedness food and supplies (shelves are recommended)

WATCH YOUTUBE VIDEO TO LEARN HOW TO PACKAGE DRY GOODS WITH MYLAR BAGS:

- Watch “Using Mylar Bags for Food Storage”: <https://www.youtube.com/watch?v=7rC80DafNWs>
- **DON'T SKIP WATCHING THIS VIDEO – It will help you see how easy it is to prep!**

ORDER SUPPLIES FOR LONG TERM STORAGE: (Amazon is your friend right now...)

- **BUY 100 resealable** (ziplock) 1 gallon mylar bags *for packaging food to keep it from spoiling* (Amazon)
- **BUY 300cc oxygen absorbers for packaging food to keep it from spoiling** (Amazon)
 - Put “1 gallon resealable mylar bags with oxygen absorbers” in Amazon search to find best deal
- **BUY 5 gallon FOOD GRADE buckets** (with airtight lids) for food to be stored in an airtight container
 - (3 buckets for each person in the home –not the cheapest ones! – \$11/each -Amazon)
- **BUY an “electric flat iron”** (or use clothes iron) to seal the bags (watch video!) (Thrift stores/Amazon)

BASIC ESSENTIAL INFORMATION: (These are the ESSENTIAL PRINCIPLES FOR FOOD PREPPING...)

- All Emergency foods should have a long shelf-life not require refrigeration
- YOU WILL BE STORING BULK DRY FOOD (rice, beans, etc..) AND CANNED FOOD (meats, fruit vegetables)
 - Package dry goods in 1 gallon mylar bags or buckets (with oxygen absorbers) **OR**
 - **BUY PREPACKAGED BAGS OR BUCKETS @ East Coast Food Storage** –have 50 year shelf life!
- Be sure to include OILS AND DRY MILK (Coconut oil is best – Keep in frig) & powdered milk (in mylar)
- Give priority to HIGH CALORIE, HIGH ENERGY DRY FOODS
 - Examples: rice, beans, potato flakes & oatmeal.
 - The best foods are those that require a minimum of steps & equipment to prepare.
- **BUY A LIFESTRAW (or 2) FOR EVERY MEMBER OF YOUR HOME!** (order RIGHT NOW from Amazon-\$17)
 - A Lifestraw is a drinking filter that allows you to drink from just about any water source
- Don't forget a manual can opener and eating utensils. (electricity will be off)
- Choose foods that your family will eat. (You will need to rotate out after 2 years -eat them & replace)
- Include an adequate supply of quality vitamins
- BE ABSOLUTELY SURE to Include some comfort foods (coffee, tea, candy, chocolate)

STEP #2: BASIC SUPPLIES (don't skip anything on this step!)

At the hardware store or from Craig's List:

- Obtain 2-4 sturdy deep shelves (1 for every 2 people) to store food & supplies (yes, you need shelves)
- LED flashlights (at least one per person) Headlamps are the best, leave hands free
- Batteries for the flashlights (at least 3 changes of batteries for each)
- A portable multi-tool (such as a Leatherman “Sidekick” or Gerber “Suspension” multitool) ~ \$50
- 1 roll of duct tape for each person (I recommend gorilla tape)
- 1 utility knife (with 12-24 extra blades)
- 1 box of thick (3ml) black trash bags (Great in emergencies! Why do you think the homeless love them!)

STEP #3: GROCERIES & DRY GOODS (Use a magic marker write date on each a place of shelves)

At Grocery store (Sam's Club or Costco): (get bulk-size cans and boxes)

- 6 large cans of meat for each member of the house (i.e., tuna, chicken or beef) (stuff you will eat!)
- 6 large cans of soup for each person (RAMEN NOODLES are good, freeze-dried at East Coast is best)
- 6 large cans of vegetables for each member of the household
- 6 large cans of fruit for each member of the household
- 2 1-gallon cans/bottles of olive oil for each member of the household (write date and store in frig)

- 7 five pound bags (or 1-35lb bag) white rice (in 5 gallon bucket w oxygen absorbers) 1 BUCKET/PERSON
 - Or buy a 50 year shelf life white rice in 5 gallon buckets from East Coast Food Storage
- 2 boxes of gallon zip-lock food storage bags for storing food once opened (and important papers, etc..)
- 2 1lb boxes of salt per person
- 4 Large “9 pack” packages of toilet paper per person (get thick “double roll type”)

STEP #4: Drug Store Run

At the Drug store:

- 1-2 Large 12 pack of anti-bacterial soap bars per person (get another pack to use for bartering!)
- 1 extra toothbrush for each member of the household
- 1 large tube of toothpaste per person
- 3-6 month supply of often used over-the-counter medications (Tylenol etc.. See FIRST AID below)
- 1 large bottles of liquid hand sanitizer per person (essential for pandemic scenario)
- 3-6 months of feminine hygiene supplies per female
- 1 large bottle of shampoo per person (after shampoo is gone, use bar-soap)
- **Family-size first aid kit (plus: antibiotic cream, band-aids & gauze bandages and medical tape)**

STEP #5: GROCERIES & DRY GOODS (Use a magic marker write date on each a place of shelves)

At Grocery store (Sam’s Club or Costco): *(get bulk-size cans, boxes and jars)*

- 4 Large boxes of energy snacks per person (granola bars, nuts, trail mix)
 - Seal in 1-gallon mylar bags (watch video page 1 to learn how seal food in mylar bags)
- 2 large jars of peanut butter per person (Jif has longest shelf life)
- 2 large boxes of powdered milk (repackage in mylar) or 2 cases (12 cans) of evaporated milk /person
- 7 five pound bags (or 1-35lb bag) pinto beans (in 5 gal. bucket w oxygen absorbers) 1 BUCKET/PERSON
 - Or buy a 50 year shelf life pinto beans in 5 gallon buckets from East Coast Food Storage
- 7 five pound bags (or 1-35lb bag) rolled oats (in 5 gal. bucket w oxygen absorbers) 1 BUCKET/PERSON
 - Or buy a 50 year shelf life oatmeal in 5 gallon buckets from East Coast Food Storage
- 4 5-lb bags of Sugar per person (repackage in Mylar bags with oxygen absorbers)
- 2 gallons of Clorox PLAIN liquid bleach per person (NEED THIS to clean surfaces and purify water!)
- 4 Large packages of paper towels per person

STEP #6: At your House (or second hand store)

Purchase or gather from existing household supply: (think “living like a farmer”)

- 1 wool blanket or down sleeping bag for each member of the household (to survive nights w/out heat)
- 1 wool sweater (yes wool!) for each member of the household (Thrift stores are the way to go!)
- 1 set of polyester- not cotton (warm) long underwear for each person (Thrift stores or Amazon!!)
- 2 - 3 games for entertainment (if you don’t like playing games don’t worry-you WILL like playing games)
- 1 - 2 thick and interesting book for each person (If you don’t like reading books... well, don’t worry...)
- 1 - area & state road map (Remember maps? Your GPS will not be talking to you with the grid down..)
- 1 work boots for each person You need good protective shoes to work outside (Walmart \$29-\$39)
- EITHER 1 Coleman Cook stove: (Coleman “Multi-fuel” is best)
 - 25 gallons of regular gas (Yes, that is five – 5 gallon containers. put *STABIL* gas stabilizer in each)
- OR 1 Propane stove
 - 3- 25 pound Propane tanks... The more propane the better!
- 1 Battery-operated or “crank-powered” weather/emergency radio (to get info when the lights go out)
 - “Running Snail Emergency Radio” (This is the a “basic option” for \$20)
 - “Eton Emergency Radio” (This is the “best option” for \$60)
 - BOTH have emergency, weather, AM, FM and is solar and battery powered & solar panel to keep battery charged. (Yes, Amazon has both!)
- 1 BIG PACK of Batteries for the radio -if it uses batteries (at least 5 changes)

STEP #7: Water Storage (Most Essential Provision)

- YOU CAN ONLY LIVE FOR 3 DAYS WITHOUT WATER!
- Purchase **45 GALLON TRASH CANS**: with tightly sealing lids (see chart below to determine how many)
 - (Or you can get **rain barrels** see http://www.thecarycompany.com/containers/drums/rain_barrels.html)
- Use the chart below to calculate HOW MANY cans/barrels to buy and HOW MUCH water to store.
- Place cans in your garage or basement and **fill them with water at the first sign of trouble!**
- **Add 1 teaspoon of Clorox (liquid chlorine “bleach”)** per every 10 gallons, cover and keep from sun.
 - Do this once every 60 days (The Clorox will shock the water and evaporate out of the water)
 - YES! You can drink water with bleach in it. All “city water” has at least this much bleach in it!

STORE DRINKING WATER NEEDED FOR AT LEAST 30 DAYS:

DRINKING WATER: minimum is 1 gallon/person/day for 30 days.

WASHING WATER: If you don't have stream/rainwater catchment then store 3 gallons/person/day.

<u>PEOPLE</u>	<u>DRINKING ONLY</u> (Minimum)	<u>DRINKING WASHING & FOOD PREP.</u> (Recommended)
1. 2 persons	60 gallons	180 gallons
2. 3 persons	90 gallons	270 gallons
3. 4 persons	120 gallons	360 gallons
4. 5 persons	150 gallons	450 gallons
5. 6 persons	180 gallons	540 gallons

You will need at least 30 days of water to get through the crisis portion of any emergency situation.

If you live in a big city you will need to store water for at least a 90-day crisis period.

Often, after the initial crisis period you can locate a source of water (a neighbor, nearby creek etc.)

IMPORTANT SUGGESTION – Don't use clean drinking water to wash yourself or your clothes etc... Place a rain barrel under your downspout to collect rain water or collect from nearby stream. If water is “kinda clear” it's great for washing! (Set your dishes/clothes out in the sun to dry for 2 hours! = UV rays kill bacteria!)

WHAT ABOUT A GUN?

You probably don't need a gun - Some of you have been told that you need a gun to survive an emergency situation. This simply is not true. I recommend spending your money on food not bullets!

- Carrying a gun puts you at high risk for death or injury in most volatile situations.
- People who want to take your stuff will leave you alive if you don't threaten them with a gun.
- If you pull a gun, you have a 50/50 chance of being shot yourself (usually with your own gun)
- 90% of people discover that they just can't pull the trigger when it comes to shooting another person.

If you DO choose to purchase a gun, THEN you should:

- Be a city dweller... If you live in a big city, it makes sense to own ONE gun because of people density/looting etc.
- Get a 9mm or larger pistol OR a “sawed off” 12g shotgun (the pistol is concealable, the shotgun is more lethal)
- Practice shooting until you can hit pull your gun out and hit a pie plate at 20 yards nearly every time.
- Learn how to carry and conceal your weapon so that you can access it quickly and safely when you need it.
 - Having a gun does you no good if you can't get your gun when you need it.
- “Pull your gun” ONLY when you are going to pull the trigger.
 - Never threaten with a gun. Threaten before the gun comes out. Then pull the gun out and shoot.
 - Waving a gun around does not work like the movies! Instead people panic & rush you to take your gun!
- Get at least 500 rounds of ammunition.
- Get one gun and practice, practice, practice. It's better to have no gun than a gun you don't know how to use!

FOOD SUGGESTIONS AND SUPPLY LISTS FOR YOUR 6-MONTH SUPPLY

HERE ARE SOME MORE IDEAS TO CUSTOMIZE AND EXPAND YOUR 6 MONTH SUPPLY..

FOOD LIST:

- Drinking Water (Treat Drinking water with 1 teaspoon Clorox/bleach per 10 gallons of water)
- Dried beef or Jerky
- Vienna Sausages, Tuna, corned beef hash (or other canned meats)
- Ready-to-eat canned fruits & vegetables
- Potato flakes (store 5 gallon airtight containers)
- White rice (store in airtight 5 gallon buckets)
- Beans (store in airtight 5 gallon buckets)
- Dry pasta (store in airtight 5 gallon buckets)
- Flour (store in airtight 5 gallon buckets)
- Oatmeal (store in airtight 5 gallon buckets)
- Baking powder
- Sugar (store in airtight 5 gallon buckets or mylar)
- Cooking oil (Olive oil -2 year shelf life in frig, Coconut oil – 5 year shelf life in frig)
- Salt (Get a flat of 1 pound boxes – salt does not spoil)
- Instant coffee or Tea Bags
- Pepper and other basic spices (cinnamon, onion powder,
- Canned soups
- Comfort foods (blocks of plain chocolate or chocolate bits)
- Evaporated Milk (East Coast Food Storage has powdered milk in airtight mylar bags)
- **Multi-Vitamins – Get plenty of vitamins for every member of your home**

COMPLETE FIRST AID KIT

Assemble a first aid kit for your home and one for each vehicle. A first aid kit should include:

- Band-Aids (Lots of bandaids)
- Antibiotic Ointment (1 big tube)
- Sterile bandages (4X4's) 4" stack
- White bandage tape (2 rolls)
- Butterfly Sutures (for closing deeper cuts)
- Alcohol pads
- Latex Gloves
- Thermometer (small digital)
- Iodine Wipes
- Sterile Surgical Blades (etc..)
- Small hand sanitizer, small bar of soap
- Ace wraps
- Insect Repellent
- 2 Tongue Blades
- Ammonia inhalants
- Activated charcoal pills (poison ingestion)
- Imodium pills (treats diarrhea)
- Benadryl pills (treats allergic reactions)
- Ibuprofen pills (for pain/swelling)
- Aspirin pills (lots of uses!)
- Decongestant (pseudoephedrine)
- Anti-bacterial wet wipes
- Burn Gel
- Soap
- Vaseline
- Zinc Oxide
- Box of rubber or latex gloves
- Box of masks
- Tweezers, small scissors
- Strong black thread and needle (DIY suture)
- Anesthetic spray (Bactine cleanse & numb)

EMERGENCY PREPAREDNESS RESOURCES:

BEST RESOURCES:

1. **THE LDS PREPAREDNESS MANUAL**; -2012 – FREE DOWNLOAD – Just download and print it now
Download from: <https://survivalcache.com/wp-content/uploads/2011/02/LDS-Preparedness-Manual.pdf> (don't give your email address to LDS.. If this link is dead, do a search for "LDS preparedness manual" to find another source that won't keep your email address)
2. **HOW TO SURVIVE THE END OF THE WORLD AS WE KNOW IT: TACTICS, Techniques, and Technologies for Uncertain Times** - 2009 - by James Wesley Rawles (Amazon \$12.00)

Tools & Supplies (for survival outside of your house)

- Tents (any size but in good useable condition – make sure you have stakes to secure the tent)
- Needles, thread
- Mess kit (portable, washable & reusable plastic cups, plates, and utensils)
- Non-electric can opener
- Battery-operated radio and extra batteries or Solar powered radio (ETON models are the best)
- Flash light & extra batteries
- Chemical light sticks
- Cash in small denominations (at least \$100)
- Map of the area (local & state for locating others – GPS will not be working!)
- Fire extinguisher: Small canister, ABC type
- Waterproof Matches
- Hand axe
- Camp shovel
- Fold-up saw
- Pry bar
- Dust masks
- Roll twine
- Duct tape
- Shut-off wrench, to turn off household gas and water
- Bolt cutters – to get through blockages like chain link fences etc...
- Adjustable Wrenches
- Cooking stove & fuel (VOLCANO 3 FUEL STOVE IS THE BEST - Amazon)
- Candles
- Water filtration system (BIG BERKEY FILTER IS BEST – Amazon)
- Water purification tablets