

***NOTE: This is a running list. The tip you are looking for may be down at the bottom of the list. Use command+F to search for the specific tip you're looking for :)**

Tip #20 Grab and Go List

In Case of Evacuation

- PURSE/WALLET
- CELL PHONE With contact phone numbers and chargers.
- MEDICATIONS
- FLASH DRIVE With important documents and pictures. Possibly in a fire- proof box.
- CAR/HOUSE KEYS Keep gas tank at least 1/2 full at all times.
- BACKPACKS Each member of the household should have their own.
- COAT/JACKET/BLANKETS Depending on the weather.
- HOUSE PETS Collar, leash, blanket, toy, food/water with dishes.
- FOOD 1 insulated bag with cold foods (use ice packs). 1 bag for dry foods. Water (bottled water or 5-gallon jugs).
- BABY SPECIAL NEEDS Diaper bag, diapers, wipes, formula, binky.
- SENIOR SPECIAL NEEDS Glasses, dentures, hearing aid, cane, walker, wheel chair.

Remember, you may only have 3-10 minutes to evacuate!

If you'd like this list in a nice printable version along with a bunch of other great info, check out our [Car Kit Bundle](#) or our [Mom's Guide To Preparedness](#).

Tip #19 Basic 72-Hour Packing List

If you need backpacks, here is an [affordable option](#) (you can split the pack with friends or family!) but don't forget to search around the house first!

Here's the list of items for a basic kit:

Emergency Supplies

- [Emergency blanket](#)
- [First aid kit](#)
- Flashlight with batteries
- [Hand warmers](#)
- [Water filter straw](#)
- [Lighter](#)
- [Poncho](#)

- [Emergency Radio](#)
- [Whistle](#)

Clothing

- Long shirt and pants
- 2 pairs of socks
- 2 pairs of underwear

Sanitation & Hygiene

- Wipes
- Chapstick
- Comb
- Deodorant
- [Feminine hygiene](#)
- [Hand sanitizer](#)
- Tissues
- Lotion
- Razor
- Shampoo/conditioner
- Soap
- Toilet paper
- Toothbrush/toothpaste

Food & Water

DAY 1

- Instant oatmeal, evaporated milk
- Crackers, peanut butter, dried fruit
- Ramen noodles, pudding cup
- Fruit snacks, hard candy

DAY 2

- Dry cereal, evaporated milk
- Canned soup, pudding cup
- Instant mac & cheese, applesauce
- Granola bars, fruit snacks, hard candy

DAY 3

- Instant oatmeal, protein shake
- Tuna/crackers, pudding cup
- Instant rice side packet, fruit cup

- Granola bars, fruit snacks, hard candy

Water (1 gallon/4 liters per person per day)

Personal Documents & Money

Place items in a waterproof container.

- Emergency phone numbers
- Family emergency plan
- Name, address, family photo
- Cash in small bills

Activities

- Activity book
- Pen and [paper pad](#)
- Stress relief item (book toy, etc.)

Tip #18 how to not get consumed with fear from the world

1. When you are feeling fear escalate, set a timer for one minute, sit comfortably and breathe deeply while expanding your belly. Breathe in for 4 counts and out for 5 seconds. Try to do even longer as time goes on
2. Call a good friend who can ground you. Someone objective that loves you and can talk you down!
3. Spend lots of time studying truth and the word of God. Scary things might happen, we have been counseled by the prophet to a. Know how to hear Him b. Learn how the Lord works. It's never as bad as it seems
4. Pray for discernment between truth and lies. Sometimes our brains make up lots of stories and that's ok! It's up to us to bring ourselves back to truth and reality. The news is not always reality nor are the things our brains come up with
5. Do what you are able and trust God with the rest. Involve Him with every step. He will lead you to what YOU need and you can trust that your needs will be met as you follow each prompting.

Tip #17 Cheat Sheet of How Long Food Will Last If It's Repackaged

Our favorite [Amazon Mylar bags](#)

Food Type	Shelf-Life (in sealed Mylar bag with oxygen absorbers)
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Hard Whole Grains (Dry corn, buckwheat, hard red wheat, soft white wheat, kamut, durum wheat, spelt)	10+ years
Soft Whole Grains (Oats, quinoa, rye, barley)	8+ years
Professionally-Dehydrated Vegetables	10-20 years
Professionally-Dehydrated Fruits*	10-15 years
Home-Dehydrated Fruits and Veggies*	2-5 years
Freeze-Dried Fruits and Vegetables	25 years
Legumes (Beans, lentils, chickpeas, split peas)	25+ years
White Rice	10-30 years
Brown Rice	2-5 years
White Flour	10-15 years
Whole-Wheat Flour	10 years
Corn Meal	5-10 years
Potato Flakes	30 years
Pasta	20-30 years
Dry Non-Fat Milk	15 years
Cheese Powder	10-15 years
Powdered Eggs	5-10 years
Nuts	1-5 years
Granola	1 year
Yeast*	3-5 years
Baking Soda, Baking Powder*	30 years
Sugar*	Indefinitely
Honey*	Indefinitely
Salt*	Indefinitely

***Pro Tip:** Do NOT include an oxygen absorber when bagging any type of sugar, yeast, baking soda, baking powder, honey, or salt. These foods do not need any oxygen absorbed.

Want more info on how to use Mylar bags??

- Download our app [Download our free app](#) and go to Learn > Physical > Food Storage > Mylar Bags
- Grab our [Mom's Guide To Preparedness](#)

Tip #16 Building a Stock of Toiletries

1. Record the day you bought certain toiletries so when you run out, you can see how long it took you to get through it!
2. Make a list of the things you use every day, weekly, and monthly. Start with the daily stuff and build out from there. We have a recommended toiletries list in [Preparedness Project App](#)
3. Sign up for subscriptions and forget about them 😊😊 but seriously I have accidentally built up about a year of my favorite tooth powder and several other products because of a subscription I kept forgetting about. But it totally works out because I will love to have that if I for some reason can't get it in a season. And if I build a little too much, I can always pause the subscription for a bit!
4. Record your toiletries in the [Preparedness Project App](#) for reminders for when to restock

Tip #15 Shelf-Stable Food Storage Dinners on

Here is the recipe I showed in the reel:

<https://faithfulplateful.com/breakfast-burritos-wfpb-vegan-oil-free-freezer-friendly/>

These are the shelf-stable ingredients I used for the meal:

- Tortillas
- Black beans
- Frozen onions
- Frozen peppers
- Salsa
- Nutritional yeast
- Chili powder
- Cumin
- Salt
- Pepper
- Paprika
- Garlic powder
- Turmeric

And here is the list of meals you shared with us!

- Lemon Sausage Pasta
- Pasta with Bolognese
- Canned Chicken Salad
- Onion Tomato Pasta
- Spaghetti and Meatballs with Sourdough
- Chili
- Taco Soup
- Chicken Enchiladas with canned chicken
- Pasta and sauce with a protein
- Fiesta Ranch Pasta Salad
- White Chicken Chili
- Pasta e Fagioli
- Soup

Tip #14 What I Would Do When Starting, Knowing What I Know Now

1. Pick one thing and do that first. There is no need to try to accomplish it all at once and in fact, that's totally counterproductive
2. Trust the promptings of the Lord and seek inspiration on what to prioritize first in preparedness I.e. water storage, food storage; 72 hr kits
3. Seek help and advice of someone that has done it and knows a lot. Get their product recommendations and experience so you aren't reinventing the wheel. Check out our courses and master classes that show you to get it done in little baby steps that feel almost effortless. Get 67% off starting Monday!

Tip #13 Sourdough Recipe and Tips

First Tips and then recipe:

1. This recipe is very forgiving. Please do not overthink the ratios. You can add too much water or too much flour and it will come out just fine.
2. On a hot day, you can put your starter outside and it will grow faster. Do not put it in the oven. I know a lot of people swear by it, but there's a chance you could cook your starter and lose it forever, so let's just not go there.
3. Get a rubber band or dry erase marker to mark where your starter is starting (before it rises) so you can see when it actually doubles in size
4. If you're not sure if the starter is ready to use, take a small dollop of it and drop it in a glass of water, if it floats, it's ready!
5. If you want more of a sour taste in your sourdough, you can do the proofings for a little longer than normal. I like to do the long proof (in the fridge) for up to 3 days sometimes and it turns out beautifully.

Sourdough Recipe

Written by Alexis Byers @the.preparednessproject (Adapted from @cieraskitchen)

The morning of your bake, you will need to activate your starter. Mix the following:

- **100g water**
- **100g starter**
- **100g flour**

Keep it in a warm spot. Once it doubles in size and is bubbly (usually 4-6 hrs), you're ready to start.

Ingredients:

- **225g active sourdough starter**
- **760g warm water**
- **1050g white flour (I do a half and half mix of bread flour and all purpose, the recipe works if you do either one or both)**
- **25g sea salt or pink Himalayan salt**

Directions:

1. Mix the starter and water until it looks milky.
2. Add salt and stir.
3. Add flour and mix until incorporated.
4. Cover and let it rest for 30 minutes.
5. Uncover and stretch and fold every 30 min for 2 hours (4 times total).
6. After the 4th fold, cover and let the dough rest for another 2 hours on the counter.
7. Dump the dough onto a floured surface and cut it in half using a dough cutter.
8. Using the envelope fold, shape the dough into 2 tight balls.
9. Place the balls in proofing baskets (or a bowl lined with a tea towel or parchment paper) and cover with plastic wrap (don't forget to flour them).
10. Put in the fridge for at least 2 hours or overnight.
11. Preheat the oven to 450° with your Dutch oven pot inside.
12. Turn your loaf out onto parchment paper and score your loaf.
13. Add your scored loaf to the pot (with the parchment paper) and bake for 20 minutes.
14. Remove the lid and let it bake for another 20 minutes.
15. You can either bake one loaf at a time or both at the same time if you have 2 Dutch ovens. Happy baking!

Notes:

It helps if you use the same flour every time to activate your starter. I have found when I activate my starter with a different flour than what it's "used to," it take longer to double in size. ***This is only for activating the starter, the bread itself will work great with different flours!

Tip #12 How to Store Food In Mylar Bags

Our favorite [Amazon Mylar bags](#)

1. Get everything set up in an assembly line including the mylar bags, oxygen absorbers, and your sealer of choice (straightener, heat sealer, clothes iron). You can take your time filling up the Mylar bags. But, once you open those oxygen absorbers, you need to seal them quickly!
2. Use a scoop or a funnel to fill up the Mylar bags with food. Give the bags a good shake to ensure the food is settled. Fill the bags to about 4-5 inches from the top. Make sure you don't overfill the bag, or it will be tough to seal. Label the bags with the contents and the date.
3. Seal all but the last 2 inches of the Mylar bag. Make sure there aren't any little pieces of food in the seal. Seal as close to the top of the bag as possible. That way, you'll have room to reseal the bag again.
4. Have all of your bags ready to go. Open your oxygen absorbers and place them in a mason jar with a lid. Add the oxygen absorbers to the bags, press out any extra air and seal the remaining 2 inches.
5. Reseal the leftover oxygen absorbers in the bag they came in or keep them in an airtight container.

Want more info on how to use Mylar bags??

- Download our app [Download our free app](#) and go to Learn > Physical > Food Storage > Mylar Bags
- Grab our [Mom's Guide To Preparedness](#)

Tip #11 How to Get Answers to Prayer 🙏

1. **Prepare for your prayer.** Sometimes you need a little warm up to really connect and feel the spirit during your prayer! Take a moment to listen to a hymn, take a few deep belly breaths, allow your mind to get quiet and feel grateful. Grab a pen and paper to write down the answers that will come. Elder Richard G. Scott called the pen your "revelation antenna"
2. **Consider what you're going to pray about and even write it down ahead of time** it helps to think about what you're going to pray about first. I usually don't remember to do this. Haha! But it's a great way to stay on task and not get distracted when you have a plan. And writing can bring more meaning and revelation to your prayer
3. Open your prayer and start with gratitude. He loves when we are grateful and it helps us to open up our hearts as well
4. **Ask ALL the questions.** God loves questions and He loves seeking. Especially when we are willing to put in the spiritual work for it! Take your time and listen to between each one (or at the end of your prayer) and allow Him to bring ideas and thoughts in your mind. I like to write them as I go so I don't forget.

5. **If you don't receive an answer straight away, be patient, but also don't shy away from a little more spiritual work!** Sometimes answers come in the pondering or through another person, but more often the Lord can speak to us so clearly when we open up the scriptures, attend the temple, ponder during the sacrament portion or other parts of church, or when we fast along with our prayer. President Nelson said, "The Lord loves effort!" and I have seen big responses from Him with a little bit of sacrifice.

Tip #10 Testing your 72-Hour Kit Items

Here are the items I showed in the reel about testing your 72-hour kit before you need it:

- [EcoFlow Delta](#)
- [Car Kit](#)
- [Camp Stove](#)
- Lighter
- [Lantern](#)

If you'd like to get our full list of what to pack in your 72-hour kit, you can get it one of a few ways:

- [Download our free app!](#)
- Get it in our [Emergency Car Kit Bundle](#)
- Get it in our [Mom's Guide To Preparedness](#)

Tip #9 Air Doctor

Air Doctor has an amazing set of home air filters that we have used for years and love. They're having an amazing sale until June 30th.

[Check out the link here](#) to grab one of their amazing filters before the sale ends!

I personally (Alicia here) have had the AirDoctor 3500 for 5+ years and have used it in our main living space and it has worked great. They have a filter replacement pack you use to replace about every year! I recently got the AirDoctor 2500 and I'm excited to use it in smaller spaces!

Tip #8 How to wake up in the mornings to read the word of God!

1. Waking up early actually starts the night before! Big time! Evaluate your evening routine and see what you can do to get to bed early so you can work in 7-8 hours of sleep and wake up at least an hour before your kids.
Do you need to eat dinner a little earlier so you can get it cleaned up before the kids go down and not worry about it? Should you get yourself ready for bed with teeth brushed and face washed while the kids are in their evening bath? These are things I have

implemented, but you can take a look at your routines and intentionally make adjustments that work for you.

2. Set an intention in the evening to wake up early. Decide that's what you're going to do. Think about it before you go to bed, as you say your prayers, as you set your alarm. Make the choice now so when the alarm rings and you're tired, you already know what you're going to do because the decision has been made.
3. Pray and ask Heavenly Father for help. He will be so happy to help you spend more time with Him! Watch the power to wake come into your life!
4. Have your reading materials ready to go the night before in one place so you don't have to take time to look for it in the morning.

Bonus tip: I have a rule that I try not to look at or use my phone until after I read my scriptures. It helps me so much to focus better and stay on task. I'm not perfect at it every time and I sure notice a difference in my attention and how efficiently I complete my study.

Tip #7 5 Low-Tox Camping Meals To Try This Summer

1 Protein Hot Chocolate

- 4 ounces bone broth
- 1 scoop [Just Ingredients hot chocolate](#) (use code **the.preparednessproject** for 10% off!)
- ½ scoop collagen powder (optional)
- Salt
- Cinnamon

(All of these ingredients are shelf stable and can be kept on your shelves!)

2 Pancakes and Eggs

- Kodiak Cakes pancake mix made according to box directions
- Bananas
- Organic maple syrup
- Scrambled eggs with cheese

(Keep pancake mix, maple syrup, freeze dried bananas, and freeze dried eggs on your food storage shelves, and cheese in your freezer.)

3 Hot Dogs

- Grass-fed hot dogs
- Naked Organic hot dog buns
- Coconut oil popcorn (like Lesser Evil)
- Apple slices

(Keep popcorn on your food storage shelves and hot dogs and buns in your freezer!)

4 Chicken Tin Foil Dinners

- Organic chicken cutlets
- Red potatoes

- Asparagus

Get the [full recipe](#) here! (Keep red potatoes in a cold storage room and chicken and asparagus spears in the freezer!)

5 Protein Oatmeal 🥣

- High protein oatmeal packet (like Health Warrior)
- 1 scoop collagen
- Almond milk
- Grapes

(The oatmeal, collagen, and almond milk are shelf stable and can be kept in your food storage!)

BONUS MEAL!

6 Low-Tox Smore's 🍫

- Pamela's Gluten Free Graham Crackers
- Dandie's Vegan Marshmallows
- 1-2 squares dark chocolate

(All of these ingredients are shelf stable!)

Tip #6 Clean Food Items That Are Easier To Store In Food Storage

Here are some of the most regular clean food items I buy that are EASIER to store in my food storage than the alternative would be!

- MILK! I buy organic coconut milk (boxed and canned at Costco) - we ALWAYS have some on hand. We use both all the time and it's seriously the best to be able to run down to our food storage and get milk without having to go to the store
- Organic Beans - Beans are a superfood and are such a wonderful staple to any diet. I eat a lot less meat than I have in years past and beans are a great replacement for protein and stay on your shelf WAY longer than meat in your fridge or freezer.
- Maple Syrup - ok the alternative of normal sugar on this one can stay stable for longer, BUT maple syrup has a great shelf life and has a much lower glycemic index (which reduces blood sugar fluctuations)!
- Juice! I don't ever buy normal juice at the store anymore - it's another one that can cause blood sugar fluctuations and can lead to health issues over time, but I do love having organic Cherry juice on hand - this is yummy, can be used to make popsicles, and is great to give to your kids when they're sick or struggling to fall asleep.
- Ghee - It's an alternative to normal butter that is shelf stable! I still will often use high quality butter, but fats are something that can be hard to store on the shelf for too long - and ghee is a great option for that and has much lower lactose and galactose

Tip #5 Non-Plastic Containers

As promised I've linked [the glass tupperware containers I use](#) and I'm telling you, you will never find a better price than at Costco. They are about \$10 less in warehouse than online.

If you don't have a costco membership or you're just an amazon girly, here are the [same ones on amazon!](#) And [some similar ones for a little bit less!](#)

Sams Club has some [similar](#), but they don't have the snap-on lids and that's a straight deal breaker for me because the snap-ons last a lot longer and seal better (I own both kinds)!

If you have little ones and you need VERY durable non-toxic glass cups for kids you can get some [here](#). Alicia has these and said she has dropped them several times and they haven't broken yet!

Notes:

You don't necessarily need to throw away your plastic Tupperware, use it to send leftovers home with people when you have them over and tell them you don't need it back! I do that all the time!

When I get leftovers in a plastic or styrofoam box, I simply switch it to the glass Tupperware when I get home and then I can heat it safely in the container when I'm ready to eat, no problem!

Tip #4 How To Get Your Check Engine Light Diagnosed for Free

1. Go to your local automotive car part store like O'Reilly or Autozone.
2. Ask to borrow their OBD reader.
3. Take it to your car and plug it in under the steering wheel.
4. Turn your car on, but without the engine running.
5. Let the tool scan your car and record your mileage.
6. Take the reader to the store associate and have them run the results.

The check engine light on our car gave us a code that had to do with the catalytic converter. The car repair shop I called quoted me \$2000 to get it replaced, but the employee at the automotive part store recommended a \$30 product that would fix the problem for us!

This is [the product](#) he recommended.

And this is a similar [OBD reader](#) you can get on Amazon to check the check engine light at home.

Tip #3 Detox Bath


So excited you want more info about the detox bath I love. SO many people ask about it and it's SO simple.

- 1/4 cup - 1 cup of Apple Cider Vinegar (I prefer the Braggs brand - you can find it at a local grocery store for the cheapest price)

- 1/4 cup - 1/2 cup of Baking Soda (I get a huge bag at Costco - last I got it, it was less than \$10 for a HUGE bag). The combination of the baking soda and ACV is powerful.
- 1/4 cup of Magnesium! My favorite brand is Living the Good Live Naturally (<https://livingthegoodlifefully.com/>) - we are working on getting you a code if possible, so stay tuned - we'll send an email about it if we do! This is the highest quality, easy to use magnesium I've found. You pour 1/4 cup in with your bath (or eyeball it). Magnesium is SO important when you are stressed or eating a lot of sugar.

This bath is SO great for so many things. We have something exciting in August where we'll go more in depth to it with details and any questions you have!!

Tip #2 Sprouts Sale and Easy Meal Plan

This deal is only at  Sprouts grocery store. Until 6/27, they have \$10 off of \$75 when you order online at <https://shop.sprouts.com/> PLUS until the 11th they are doing BOGOs on TONS of organic produce and other items (check your local ad for what is on sale in your area)

There were 3-4 things items I bought at Costco for this week of meals for FREE because of my dividend! WIN.

Everything else I need is coming from my food storage!

Crucial step: plan ahead what you're making. and what you really need.

Ok here is what I'm making this week!

 Breakfasts:

- 1 Breakfast burrito bowls
- 2 Blender oat pancakes with sausage
- 3 Steel cut oats with apples

 Dinners:

- 1 Easy Thai vegetable and chickpea curry, Rice
- 2 Grilled chicken w/ Hummus, Israeli salad, Homemade pita bread (or tortillas, whatever I have time for 😊)
- 3 Chicken tacos with mango salsa, rice and beans
- 4 Burgers with home made buns, corn, homemade sweet potato fries
- 5 Paleo (dairy free) white chicken chili

Tip #1 3 Foods To Cut To Clear Acne

Red dye

Common foods that have red dye are candy, popsicles, cereal, and drinks.

Inflammatory oils

The best oils for your health are avocado, coconut, and olive oil. Any other oil can cause inflammation which means break-outs!

Items that weren't organic/non-GMO

Once she started buying the organic or non-GMO version of items in her food storage, her body started to heal and her skin started to clear up!

We hope that was helpful! The suggestions above are a great starting point and baby step you can take to heal your body and your skin.