

Temporal Prep List

Spiritual and Temporal preparation to prepare us for events in these latter days.

Just get started. You'll be amazed at how when you prayerfully put in a little effort, and be true to your desire. The Lord will make miracles happen in your life. I bear witness resources will come into your life, little by little, as you put your faith in him and do a little action first.

Some of these values below are calculated for 1 adult for 1 year of supplies. Not everything will work for everyone, just do the best you can and the Lord will magnify your efforts.

Food Storage

Goal: Store 3 month Food supply of foods your entire normally eats or would normally eat. Then get a year supply of more basic foods like grains, rice, and wheat/flour"

Food	
Calorie Intake	Adult men need about 2400 calories per day. Women need about 2,000 calories. Children need about 1,200.

3 month supply	Food that your family normally eats				
Item	Quantity	Servings	Cost (each)	Total	Link
FREEZE DRIED MEALS					
Wasatch Pack	1	60	\$367	\$367	View
30 day Food storage bucket	1	307	\$145	\$145	View

1 year food supply	More basic food supplies				
Item	Quantity	Servings	Cost (each)	Total	Link
GRAINS					
White Flour (6 can case)	6	292	\$43	\$237	View
Quick Oats (6 can case)	6	149	\$43	\$237	View
White Rice (6 can case)	6	297	\$54	\$297	View
FRUITS					
Fruit Variety	1	100	\$180	\$180	View
VEGETABLES					
Carrots (#10 Can)	1	40	\$19	\$19	View
Green Beans (#10 Can)	1	40	\$23	\$16	View
Mashed Potatoes (#10 Can)	1	45	\$13	\$13	View
Corn (#10 Can)	1	22	\$15	\$15	View
DAIRY					
Milk <i>Dry 50lb bag</i>	1		\$169	\$169	View
Eggs <i>Scrambled</i>	1		\$180	\$200	View
SUGARS / OILS / FATS / SALT					
Coconut Oil (84 oz container)	3		\$33	\$99	View
Salt <i>50 lb bag</i>	1		\$26	\$52	View
Sugars <i>50 lb bag</i>	1		\$53	\$42	View
Buttered Powder	3	600	\$20	\$60	View

When buying salt and sugar. It's easiest to get [large buckets like this](#) and fill them up with your sugars and salts. Different colors of buckets will help you keep things organized or label them appropriately.

Extra Links for Food storage that will help you out

- For more detailed information on food storage and amounts needed [click here:](#)
 - Watch short presentation on food storage: [Timestamp in video - 20:00 to about 35:00 \(15 min\)](#)
 - Longer, probably better discussion on food storage: [Watch Here](#)
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For long-term water storage

Water Capture and Filtration		
Why this is important	It's not possible to store all the water you're going to need for your whole family (for drinking, cooking, cleaning). Its important to engineer a way to capture water for ongoing use. With the use of tarps and surface area, you can capture rain water. Be able to store water for a month or 2 so that you can recapture water when it rains every month.	
Item	Cost Each	Link
Water Purification Tablet	\$16	View
Sawyer Squeeze	\$30	View
Basic Tarp	\$15	View
Life Straw Gravity Filter	\$109	View
Water Purification System	\$299	View
32g Trash Canister (capture water) (stack when empty)	\$20	View

Extra Links for water that will help you out

- For more detailed info on water capture [click here](#)

- Watch short presentation on water. Especially the part about capturing water with tarps: [Timestamp in video - 36:00 to about 57:00 \(21 min\)](#)
 - Longer, probably better discussion on water: [Watch Here](#)
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Fuel

Fuel (Cooking)		
Backup Plan	It's important to try and have 3 ways to cook for an emergency. The Hot plate will be contingent on what size of generator you get.	
Item	Cost Each	Link
Firemaple Personal Cooking System	\$65	View
Solo Stove (wood burning kit)	\$189	View
Alcohol Burners	\$15	View
Denatured Alcohol (gallons) (1 month supply)	\$25	View
Electric Lighter	\$10	View
Hot Plate (1000w) <i>Get 2, 1 for backup</i>	\$17	View

Getting a solar generator will be one of the most important things you can do. You will need to also do a few modifications on it to protect it from any EMP (natural or man-made). It's easy to do but it's an important thing to protect your equipment and to make sure you have the fuel necessary to cook for your family. I have felt strongly like in our area in Utah, major portions of the state will be out of power for an extended amount of time. If a major earthquake is to occur, it could be months before power is restored. Getting a large solar generator, some solar panels to charge, and then possibly a smaller power station to make things more portable, will be one of the key differences in how your experience will be.

Fuel (Solar Kits)	
Note	Once you start looking, you'll find there are hundreds of options from different companies. Don't get too sucked in. 600w-1000w at minimum. Something 2000w will be even better.

Item	Cost	Link
600w power station	\$210	View
700w power station	\$399	View
700w + solar panels	\$798	View
1000w + solar panels	\$1649	View
2200w + solar panels	\$1399	View
Extra Charging Wire	\$46	View
Solar Input Enhancer	\$199	View

Fuel (Gas Generator)		
Note	There are some pros to having a gas generator, but you'll also need to store gasoline and oil as well. You'll probably want to store 10-20 gallons of gasoline. Use the fuel stabilizer to make your gasoline to last up to 2 years.	
Item	Cost	Link
1800w Gas	\$369	View
3500w Gas	\$479	View
2200 Honda	\$1099	View
Fuel Stabilizer	\$8	View

Extra Links for Fuel that will help you out

- For more detailed info on fuel / shelter / clothing [click here](#)
- Watch condensed presentation on fuel: [Timestamp in video - 57:00 to about 120:00 \(33 min\)](#)
- Longer, probably better discussion on fuel: [Watch Here](#)

Clothing

Clothing will be one of the most important things you can do to help compensate for heat and cold. You won't need to heat your house as much if you are properly protected. Try to get a base layer, mid layer, and top layer, and then finally a "shell" or "insulated" layer for each member in your family. Get some good socks and shoes for each member of your family too. Also get some sort of hat or head wear. For all the items of clothing, stay away from Cotton.

As you get all the items of clothing for each individual family member, try to keep it all packaged together so it's organized.

I'll show ideas below for each item below and then you can select what will be good for you and your family and go from there. Replicate this pattern for smaller kids.

I've also been thinking, there's a good chance you have a lot of mid-layer stuff already. Just focus on getting a base layer, and then a good top layer and shell, and then use the clothes you have already for a mid layer.

Clothing	
BASE LAYER	
Item	Link
Women's Base Shirt and Pants	View
Men's Base Shirt and Pants	View
MID LAYER	
Unisex Mid Layer Top	View
Women's Mid Layer Top	View
Unisex Mid Layer Bottom	View
TOP LAYER	
Men's Top Layer Fleece	View
Women's Top Layer Fleece	View
Unisex Top Layer Bottoms	View
SHELL	
Women's Shell Top	View
Men's Shell Top	View
Women's Shell Bottom	View
Men's Shell Bottom	View
SOCKS / SHOES / CAPS / GLOVES	
Women's Socks	View

Men's Socks	View
Unisex Caps	View
Men's Boots	View
Women's Boots	View
Unisex Gloves	View

*Shells should be extremely lightweight. Don't make the mistake to get a heavy shell.

Extra Links for clothing that will help you out

- For more detailed info on clothing [click here](#)
 - Condensed video on clothing: [Watch Here](#)
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Shelter

The goal is to try and heat 1 room, maybe 2 if your family is large. Large enough for you all to sleep in to stay warm.

Heating	
Item	Link
500w Heater	View
Electric Blanket	View

I chose to use a window unit below because it's something that you can power with the solar generator you are getting above. This will be enough to cool 1 room. If you feel you need 2 rooms, then get 2 of these. Just be aware that it will take double the power if you are running off of your generators.

Cooling		
Item	Cost	Link

Window AC Unit	\$160	View
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First Aid / Vitamins

You may need to do more research here for what you and your family needs. Jase medical will give you pre-made kits of antibiotics that you won't be able to get when emergencies happens. I would recommend getting a couple of them, maybe one under your name and one under another in your family. The rest below are going to be items that will come in handy, especially the vitamins.

First Aid / Vitamins		
First Step	Do an inventory of everything you already have	
Item	Cost (each)	Link
Jase Medical	\$259	View
FIRST AID SUPPLIES		
Bandages <i>Box of 300</i>	\$17	View
Disposable Gloves <i>Box of 100</i>	\$10	View
Masks	Whether you like these or not, it will be important for you to have one for each member of your family. It will cause less contention in society and give you better access to resources when needed.	
ORAL MEDICATION		
Ibuprofen <i>(1000 count)</i>	\$22	View
Tylenol <i>(1000 Count)</i>	\$27	View
Benadryl (Allergy) <i>(1000 count)</i>	\$10	View
Clariton (Allergy) <i>Only get if ya need it</i>	\$18	View
Anti-diarrhea	\$5	View
Silver Spray	\$29	View
Burn Ointment	\$10	View
ESSENTIAL OIL		

On Guard <i>For immunity support</i>	We have a distributor account with doTerra if you need help getting any of these oils. You can also find similar oils online or even at Good Earth.	
Frakensence <i>For Immunity and healing</i>		
Oregano <i>Help with viruses</i>		
Breathe <i>Lifesaver for stuffy noses</i>		
Digestion <i>Amazing for upset tummies</i>		
On Guard Throat Lozenges <i>Will help with sore throats</i>		
Breathe Throat Lozenges <i>Helps to breathe at night</i>		
Empty Roller Bottles <i>Pack of 12 or 25</i>	\$18	View
Fractionated Coconut Oil <i>For making roller bottles mixes</i>	\$12	View
VITAMINS		
Vitamin D + K2	\$30	View
Vitamin C	\$25	View
Magnesium	\$15	View
Multi / Prenatal	\$18	View
B-12	\$10	View
Zinc 30mg pack of 600	\$36	View
Electrolytes <i>Pour into water</i>	\$35	View
Multi for kids	\$36	View

I think it may be a lot cheaper to get vitamins for adults, and find a way to give it to your children by finding the right amount. You can break pills in half for example.

Extra Links for vitamins that will help you out

- For more detailed info on first aid / vitamins [click here](#)

- Condensed video on Vitamins: [Watch Here](#)
 - Condensed video on First Aid: [Watch Here](#)
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Sanitation

Having some understanding of proper sanitation for you and your family may make the difference in life and death. It will prevent diseases and also give you some much needed refresh to have clean clothes and a clean body.

Sanitation / Hygiene				
Item	Quantity	Cost	Purchased	Link
Solar Shower	1	\$36		View
Privacy Tent for Shower	1	\$50		View
Privacy Tent for Toilet	1	\$50		View
Black portable toilet	1	\$26		View
Extra bags 80 pack	7	\$18		View
Norwex Detergent Or detergent of your choice				
Handsoap <i>Buy some in bulk</i>				
Lime	1	\$12		Viewew
Norwex Body Clothes	2			
FEMININE HYGIENE				
Bloody Buddy Cup				View

*The Buddy cup is a new concept, but it will allow women to not have to worry about tampons anymore. Do some research on their website to see how it works. I think this is the best solution long-term for menstruation every month.

Extra Links for sanitation that will help you out

- For more detailed info on sanitation [click here](#)
 - Condensed video on sanitation: [Watch Here](#)
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Backpacks - Bugout Bags

Coming Soon

Communication

Coming Soon

Tools

Coming Soon

Other Things

Financial

Note	Money may become less important if calamities are bad enough for a long period of time, at least for the first little bit it's good to have emergency money, in various places (home, car, someplace else)
Item	Amount
Cash	
Gold	
Silver	

A lot of these items below are going to just be for the family. I am not going to say how much you should get for the sake of time. There are a lot more items to add below, but use your best judgement into figuring out what you think you'll need.

Misc		
Note		
Item	Purchased	Link
Flashlights		
Rechargeable batteries with Charger (AA and AAA)		View
Extra AA Batteries		View
Extra AAA Batteries		View
Headlamps		
Can Openers		
Duct Tape		
Super Glue		
Freezer Bags		
Hand Sanitizer		
Lip Balm, lotions, creams		
Paper cups, plate, bowls, towels		
Toothbrushes, toothpaste		
Toilet Paper		

Tiptoes		
Board Games		
Paracord		
Sleeping Bag - light and warm		
Tents		
Bug Spray (Doterra, or find your own)		View
Shovel		
Axe		

Baby / Toddler	
Disclaimer	Use this below to get ideas of what you are going to need specifically for your infants or toddlers
Item	Purchased
Binky	
Diapers	
Extra Clothes	
Blanket	
Wipes	
Formula	