

Beginning Important Preparations

Prepping becomes more of a new lifestyle rather than just purchasing a few items. Then it turns into an obsession. I wanted to recommend a few of the bigger important starting items.

1) a 72 Hour Pack. These are designed for if you only have 5 minutes to leave the house, grab the 72 hour pack. Many companies already assemble these for you. This is a combination of items that make being away from home in an emergency for 3 days (72 hours) much more tolerable. Don't get the cheapest, and don't get the most expensive. Have one for everybody in the family, including pets. Tailor it to your individual needs.

We are seeing more and more that events are causing people to leave their homes immediately. Massive fires burning down towns, hydro-electric dams collapsing, flash floods, chemical & nuclear accidents, and maybe a pandemic shutting down the world's supply chain.

<https://beprepared.com/emergency-kit/emergency-kits.html> (explore this site)

2) A Coleman Duel Fuel (\$60) or 3 Fuel stove (\$110). The ability to heat food and water is key! These all run on Coleman fuel (which will be very hard to find) and normal unleaded car gasoline (which a few liters will be very easy to find - which is what makes this stove important). It is also a great backpacking stove.

<https://www.walmart.com/ip/9870598?>

This 3 fuel MSR stove model also runs on Kerosene (\$100), but I think is not so needed.

https://www.amazon.com/MSR-WhisperLite-International-Multifuel-Backpacking/dp/B00516OWEG/ref=sr_1_22_sspa?keywords=Coleman+Exponent+Multi-Fuel+Stove&qid=1576349427&sr=8-22-spons&psc=1&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUFSOUg3TkpWT1M5RzcmZW5jcnlwdGVkSWQ9QTAzNTQzNTUzS1U0VIQ2U0JESU9YJmVuY3J5cHRIZEFkSWQ9QTA1NDE0MDhBT0JQNDk1NUZMRVgmd2lkZ2V0TmFtZT1zcF9idGYmYWN0aW9uPWNsaWNrUmVkaXJlY3QmZG9Ob3RMb2dDbGljaz10cnVl

3) A Coleman Duel Fuel lantern (\$80).

<https://www.walmart.com/ip/Coleman-Premium-Dual-Fuel-Lantern-with-Case/29005438>

Again, it works on unleaded car fuel and you will always be able to find a liter or 2. Buy extra mantles.

** have a 5 gal can of unleaded gasoline stored. Put in preservative so it lasts a year or so.
*** and make sure you have a bunch of Bic lighters

4) Water Filter & extra elements (\$330). Probably one of the most important investments to make. Big Berky is the most popular but there are others that are comparable.

<https://www.amazon.com/Berkey-Gravity-Fed-Filter-Purification-Elements/dp/B00BWIWZJI>

Also store some water in 5 gal jugs. You can purchase them at the big box stores like Costco or BJ's. The square containers you can stack. Again this gives you some lead time to find replacement water and empty containers will be useful in storing more water. .

A bunch of smaller portable water filters are also recommend. At time of writing you can buy a Sawyer mini water filter for only \$20 off Ebay or Amazon. Good to have one of these in your glove box even in the Porsche, Mustang, Bugatti or R1200 GS.

5) A year of food for 1 person, or 6 month for 2, ect. It stores for 10 years. Having at least 3 months for everybody in the family is critical. Very simply, if for some reason the food system gets interrupted this gives you 3 months to find alternatives while the rest of the population has 3 days.

It is not perfect, and can be tweaked with additions, but covers the big issues.

<http://beprepared.com/food-storage/one-year-supplies-and-combos.html> . If left in original boxes, it can be thrown in a car and be very portable.

Here is a minimum 1 year supply for 4 people. I know Hollerman personally.

https://foodassets.com/one-to-four-year-emergency-food-kits/1-year-family-plan-jonathan-hollerman-special.html?search_query=hollerman&results=1

Please note. In December 2018 the Department of Home Security (DHS) has come out and recommended that you store 6 months of food for each person in your household. That was increased from 3 days. I realize this is an intelligence test, let us see who passes.

6) A folding knife. Swiss Army - medium size. Remember the Tom Hanks "Cast Away" movie.

http://www.llbean.com/llb/shop/41646?productId=713399&attrValue_0=Red&pla1=0&mr:trackingCode=2242DA02-BFE7-E511-80ED-00505694403D&mr:referralID=NA&mr:device=c&mr:adType=plaonline&q=3091386_google&cvoproton-

You can find on ebay at 1/2 price confiscated by TSA and resold courtesy of our government.

7) A good Multi Tool - (\$25 to \$100) . Leatherman are generally considered the best but a little overpriced for the name.

https://www.amazon.com/Leatherman-Wingman-Multi-Tool-Stainless-Steel/dp/B005DI0XM4/ref=sr_1_5?ie=UTF8&qid=1477005363&sr=8-5&keywords=multi+tool

Here is a cheaper model Multi-tool with a fire starter attached that I have, and have yet to break.

<https://www.ebay.com/itm/Roxon-SPARK-4-25-Pilers-Screwdriver-Plier-Multi-Tool-Pocket-Knife-CM1349/313070265151?hash=item48e471233f:g:TC8AAOSwe9terD~p>

Have one for everyone in the family, and a few extra in case you donate yours to the TSA like I occasional do. Instead of giving crap gifts for birthdays & holidays, give something of value.

8) A Tactical Flashlight. Many choices. I like Nitecore, they are good quality and mid-range in price. This one at \$60 is bright when using the rechargeable battery. This Nitecore has 5 illumination ranges which is very useful. On high at 1800 Lumen in the face then attackers will not see, on low at 1 Lumen you can find your way around the house for 330 hours. Good for those with prostate issues.

<https://www.nitecorestore.com/Nitecore-EC23-1800-Lumen-Flashlight-p/fl-nite-ec23.htm>

9) Guns. You need to sit down with a skilled, recommend, professional firearms trainer to find out what is best for you and your needs.

Very simply, if things get ugly you will need to protect your family. If you think calling 911 with an average response time of 11 minutes will work, well stupid is as stupid does. Deciding to run out and purchase a gun when it is getting ugly is a really poor strategy. It is better to have one and not need it, then need one and not have it.

With that said, one of the best basic guns I highly recommend is a Ruger 10/22 "Takedown" with a threaded barrel. This is a "take apart" backpacking 22 caliber (small) rifle at about \$350 (a little expensive for a 22). It can do a lot and you won't be considered Rambo by your flaming liberal friends as it is considered a Boy Scout's first rifle (Although they just claimed bankruptcy). Make sure to get the threaded barrel if allowed in your state. It is good for squirrels, foxes, and knee caps. While not the 1st choice for ultimate home defense, even a seasoned bandit will respect looking down its barrel from the wrong end.

<http://www.cabelas.com/product/RUGER-TAKEDOWN-RIMFIRE-RIFLE/1836531.uts?slotId=9>

A Simmon's scope (\$40) -

https://www.amazon.com/Simmons-511039-Matte-Black-Riflescope/dp/B000KOSB34/ref=sr_1_5?ie=UTF8&qid=1477010811&sr=8-5&keywords=simmons+22+mag+truplex

and extra 5 magazines (the largest legally allowed in your state)

<http://www.midwayusa.com/product/1366238525/ruger-bx-series-magazine-ruger-10-22-22-long-rifle-polymer>

1,000 rounds High Velocity ammunition -

<http://www.midwayusa.com/product/599864/remington-thunderbolt-ammunition-22-long-rifle-40-grain-lead-round-nose-box-of-500-bulk>

and

1,000 Subsonic ammunition -

<https://www.midwayusa.com/product/1301163351/cc-ammunition-22-long-rifle-subsonic-40-grain-lead-hollow-point> (may be hard to find)

Make sure you take training on this and any gun you own. (PS - any gun trained friend who stops by will be happy to see this rifle). Also, it is very portable.

10) Short Wave. If communications go down and your Smart phone no longer is so smart, this will be about the only way to communicate. You may need to find someone skilled to teach you, but having it is the important thing. One for everybody in your group. At \$40 it is not that big a deal. Very portable.

https://www.amazon.com/BaoFeng-1800mAh-Battery-TIDRADIO-Antenna/dp/B0772FYKK8/ref=sxin_2_ac_d_pm?ac_md=2-0-VW5kZXIgJDUw-ac_d_pm&keywords=baofeng&pd_rd_i=B0772FYKK8&pd_rd_r=54f762c3-a7e4-4d00-809c-c5605aa2b67a&pd_rd_w=hCpOo&pd_rd_wg=i9W1O&pf_rd_p=709d2064-e546-4799-9e66-b352ea89951f&pf_rd_r=TGDYVTMWX176JQDJVSXY&psc=1&qid=1576351166

and car battery charger

https://www.amazon.com/Original-Battery-Eliminator-Charger-BAOFENG/dp/B00DGW6ODG/ref=pd_sim_107_14?_encoding=UTF8&psc=1&refRID=2JRAK2AVGAS63FXJRN1Z

11) Some water stored - BJ's has 5 gal square stackable water containers here in NJ. You get the water plus a \$5 deposit on the container.

Or use a Smart Bottle that stores collapsed -

https://smartbottleinc.com/?gclid=CjwKCAjwvOHZBRBoEiwA48i6As38j-1rB1KhwoXrh_oXLN1bhz_NAG_qSz6KcvKFXfUUI1McHW64sxoC2w8QAvD_BwE#!/5-Gallon/p/84303596?vsref=adwords

Also grab a Water Bob for \$30

<https://www.cheaperthandirt.com/waterbob-emergency-drinking-water-storage-100-gallon-with-siphon-pump-fda-approved-bladder/FC-899854001000.html> or some bathtub liners for \$12 to emergency store water in the bathtub.

12) Generators already discussed - 5 kw Diesel and fuel. Make sure you have an electrician install the "Generator Transfer Switch" box now because you will not find an electrician during a regional emergency.

13) a Good Library. In a plastic milk crate (available at Tractor Supply for \$7) , they can easily be thrown in a car if you have to Bug Out fast. Very simply, despite what the country club armchair generals will say, you can not know it all! You need reference books.

11) One Second After - William Forstchen - A fictional account of an EMP hitting the USA. Highly recommended. Brings a real emotional understanding of EMP and its devastation.

https://www.amazon.com/Second-After-John-Matherson-Novel/dp/0765356864/ref=sr_1_1?ie=UTF8&qid=1476810722&sr=8-1&keywords=one+second+after. Recommended to get on Audible.com and can listen on your mobile phone. Anybody who listens to this will start prepping immediately. Scary and accurate.

1) Dare to Prepare - by Holly Deyo - covers almost every issue -

http://www.standeyo.com/Our_Books/DTP.html

2) When Technology Fails - Mat Stein (a friend that passed away) covers almost every issue -

https://www.amazon.com/When-Technology-Fails-Self-Reliance-Sustainability/dp/1933392452/ref=sr_1_1?ie=UTF8&qid=1476809029&sr=8-1&keywords=when+technology+fails

3) When Disaster Strikes - Mat Stein - covers almost every issue but a smaller book -

https://www.amazon.com/When-Disaster-Strikes-Comprehensive-Emergency/dp/160358322X/ref=sr_1_2?ie=UTF8&qid=1476809029&sr=8-2&keywords=when+technology+fails

4) LDS - Preparedness Manual - hard copy good for reference - PDF is free. Food storage. Very good lists <https://www.ldsavow.com/PrepManualGeneral.html>

5) The Encyclopedia of Country Living - Carla Emery -
https://www.amazon.com/Encyclopedia-Country-Living-40th-Anniversary/dp/1570618402/ref=sr_1_4?ie=UTF8&qid=1476809029&sr=8-4&keywords=when+technology+fails

6) How to Survive the End of the World as We Know It. - James Wesley Rawles - "The Father of Prepping". Not a pleasant read for light workers. Deals with prepping and defending yourself. I do recommend you have it to reference.
https://www.amazon.com/How-Survive-End-World-Know/dp/0452295831/ref=sr_1_7?ie=UTF8&qid=1476809029&sr=8-7&keywords=when+technology+fails Also available on Audible.com as mp3.

7) SAS Survival Guide - John Wiseman - a pocket edition that goes in your Bug Out Bag or Glove Box. It is only 3 inch X 5 inch.
https://www.amazon.com/SAS-Survival-Guide-Survive-Collins/dp/0008133786/ref=pd_cp_14_2?encoding=UTF8&psc=1&refRID=5RFG9ZJPQ2BVK4F1AY0D

8) Complete Wilderness Training Manual (Boy Scouts) - Hugh McManners - a pocket edition that goes in your Bug Out Bag with much better pictures for those of us needing visual instructions.
https://www.amazon.com/Complete-Wilderness-Training-Manual-America/dp/1435142969/ref=sr_1_1?ie=UTF8&qid=1476810171&sr=8-1&keywords=complete+wilderness+training+manual

9) Mini Farming - Self Sufficiency on 1/4 Acre - Brett Markham -
https://www.amazon.com/Mini-Farming-Self-Sufficiency-Brett-Markham/dp/1602399840/ref=sr_1_2?ie=UTF8&qid=1476810508&sr=8-2&keywords=farming+on+1+acre

10) Any book from Selco Begovic. The man lived a 21st century nightmare and survived. At age 19 while chasing girls at the disco, the Bosnian war broke out. He lived for 1 year in a city under siege with no water, heat, nor food between 2 armies sniping any civilian. https://learn.theorganicprepper.com/cartflows_step/selco-library/

14) A portable Tool Kit (\$100) - with a simple tool set like this a skilled person can solve 80% of the mechanical problems.
<https://www.lowes.com/pd/Kobalt-200-Piece-Household-Tool-Set-with-Hard-Case/1001349756> (make sure it has a hammer - the Russian precision tool). Also of value is that this set is portable and can be easily thrown in the car if you have to Bug Out.

With these preps, the main important areas of Food, Water, and Security are in the majority of your control.

Till Later

J.C.