

# “Prepper” 101

**Where to Begin**

**VSS Meeting  
October 18<sup>th</sup>, 2012**

# Definition of a Prepper:

- **Prepper (noun):** An individual that makes preparations in advance of any potential change in normal circumstances in order to **minimize** the effects of that change on their current lifestyle and personal security **without** significant reliance on other persons or organizations (i.e., govt.).

# Topics

- **Range of Disaster Scenarios**
- **Time Horizons**
- **Developing a Plan**
- **Plan Implementation**
- **Education**
  - **Books / Magazines**
  - **Web sites**
  - **Organizations**

# Disaster Scenarios

- **Natural**
  - Hurricanes – Tornados
  - Earthquakes – Tsunamis
  - Floods – Droughts
  - Solar Storms – Heat Waves
- **Man-Made**
  - Blackouts
  - Chemical Releases
  - Air Pollution – Oil Spills
  - Radiation Leaks
  - Food/Water Contamination
- **Pandemics**
  - H1N1, H5N1, SARS, AIDS, Marburg, Ebola
- **Violence**
  - War, Terrorism, Crime, Home Invasion
  - No or Fake Law Enforcement
- **Economic/Personal**
  - Loss of Income
  - Illness
  - Currency Collapse
- **Marshal Law**
  - Control of Movement, Resources, Communication

***SHTF - TEOTWAWKI***

# Time Horizons

- 3 to 7 Days                   Prepper
- 1 to 3 Months               Prepper
- 3 to 6 Months               PREPPER
- 6 to 12 Months             **PREPPER**
- Multiple Years              Survivalist
- Indefinite                   **SURVIVALIST**

**Remember Rule of 3**

# Developing a Plan

## *Disaster Horizon*

- Short Term
- Medium Term
- Long Term

## *Situational Factors*

- Urban
- Suburban
- Rural
- Wilderness

## *Plan Dimensions*

- Basic Creature Comforts
- Supporting Necessities
- Time Horizons
- Ultimate Location

# Developing a Plan

## ■ Basic Elements

- Food & Storage
- Water
- Shelter
- Light
- Air
- Heating/Cooling
- Sleep
- Hygiene/Sanitation

## ■ Supporting Elements

- Medicine/First-Aid
- Communication
- Fuel & Energy
- Protection
  - Home
  - Personal
- Transportation
- “Financial” Security
  - Bartering

# Food & Storage

- **Just-in-time Inventories**
  - 3 Day Supplies
- **Options**
  - Rotating Supply
  - MRE's (\$6+)
  - GoFoods (\$2)
  - Dehydrated (\$1.50)
  - Gardening
  - Hunting - Fishing
- **Time Frames**
- **3-7 Days**
  - Rotating Supply
  - MRE's
- **1-3 Months**
  - GoFoods
- **6-12 Months**
  - Dehydrated
- **Extended**
  - Gardening - Hunting



# Water

- **Most Critical Resource**
  - **3 Days+ Without Water = Life Threatening**
  - **3 Gallons/day/person**
    - **1 Gal Drinking**
    - **2 Gal Cooking/Sanitation**
  - **Supplies**
    - **Public Supply**
    - **Bottled – Packaged**
    - **Saved – Barrels**
    - **Filtered - Purified**

- **Time Frames**

- **3-7 Days**

- **Public Supplies**
- **Packaged**

- **1 -3 Months**

- **Potable Barrels**
- **Rain Barrels**

- **Over 3 Months**

- **Filtered & Purified**

# Fuel & Energy

- Energy Resources
  - Electricity
  - Gasoline
  - Propane
  - Natural Gas
- **ALL ENERGY RESOURCES ARE VULNERABLE SHORT TERM!**
- Time Frames
  - 3-7 Days
    - Stored Resources
    - Batteries
  - 1-3 Months
    - Generator - Propane
    - Camping Lanterns
  - Over 3 Months
    - Solar Oven
    - Fire - Candles
    - Solar Chargers

# Medical

- Injuries
  - Minor
  - Major
- Illness / Infection
  - Sanitation/Cleanliness
  - Communicable
- Prescriptions
- Limited or Unavailable Medical Resources
- Time Frames
  - 3-7 Days
    - Basic First-Aid Kit
    - Hand Sanitizer – N95 Mask
  - 1-3 Months
    - Antibiotics, Aspirin, Etc
    - Advanced First-Aid Kit
      - Suture Kit
  - Over 3 Months
    - Serious Life-Threatening Exposures

# Communication

- **EO 13618 – 7/6/12**
  - Radio / TV
  - Cellular / Phone
  - Internet
- **Government Only News Source**
- **Means of Communication**
  - Listen – Short wave
  - CB / FRS / GMRS
  - Ham Radio
- **Listen – Local & Int'l**
  - Sony / Grundig
  - SSB, FM, AM
- **2 Way Local**
  - CB
  - Family Radio Network
  - Gen. Mobile Radio Svc.
- **2 Way Local & Int'l**
  - Ham Tech – Local
  - Ham Gen'l – Int'l

# Home Security

Book: Holding Your Ground

- Short Term 3-7 Days
  - Law Enforcement, FEMA Helpful
- Medium Term 1-3 Mos
  - Expect More Aggressive Local & Federal Actions
  - Food Riots – Marshal Law
- Long Term 6 months+
  - Expect Limited, Delayed or No Law Enforcement
  - Social Breakdown
- Time Frames
- 3-7 Days
  - See Personal Defense
  - Expect Local/Feds to try to seize your guns
- 1-3 Months
  - Desperation Begins
  - Scouring Homes to Loot
  - Shotgun and/or AR-15
- Over 6 Months
  - “Active” Defense 24/7

# Personal Defense

- Get Weapons of Choice NOW!
  - Handguns
  - Long Guns
  - Stock up on Ammo
- Consider other defensive equipment
  - Scopes – Night Vision
  - Body Armor
- Training & Experience
- Time Frames
  - 3-7 days
    - Normal Carry Options
  - 1-3 Months
    - Heightened Awareness
    - Avoid People/Crowds
    - Multiple Weapons
  - Over 6 Months
    - Assume Worst-case Scenario

# Barter Economics

Book: *The Art of Barter*

- **Economic Collapse**
  - Currency Worthless
  - Gold/Silver
  - Blackmarkets O'night
- **Usable Items With Practical Value**
  - Short Term
    - Comfort Items
  - Long Term
    - Survival Items
- Barter Items
  - Inexpensive in Volume
  - Long Shelf Life
- **Top Ten Barter Items**
  - Cigarettes
  - Ammo – Common cal.
  - Shaving Needs
  - Detergent – Bath Soap
  - Matches/Lighters
  - Sugar
  - Toilet Paper
  - Bleach
  - Batteries
  - Candles

# Transportation

- **No Gas – No Go!**
- **Options**
  - Walking
  - Biking
  - Auto w/ Saved Gasoline Supply
- Time Frames
- 3-7 Days
  - Auto
- 1-3 Months
  - Limited Auto, etc.
  - Walking
  - Biking
- Over 3 months
  - Limited to Virtually NO Mobility



# 72 Hour Bug-Out-Bag (BOB)

## ▪ Recommended Contents per Person

- Backpack (Expedition)
- 9 MREs & 6 Energy Bars
- Water – Hydration Pack 2.5
- Flashlight – MagLite LED
- FRS/GMRS Radios (2)
- Leatherman Multi-Tool
- Hand Warmers
- Goggles/Safety Glasses
- N95 Rated Respirator Masks
- Leather Work Gloves
- Emergency Whistle
- Carry Weapon(s)
- Thermal Sleeping Bag Cocoon
- Emergency Tube Tent
- Spare Batteries (AAA, D)
- Rain Poncho
- 10 Extra Large Zip ties
- 50 Feet of Military Grade 550 Paracord
- Compact First Aid Kit
- Signaling Mirror
- Compass
- Emergency Blanket
- Chemical Light Sticks
- 2 Pens – Pad of Paper
- Ear Plugs

# Education

Title	Author	Rating	Price
The Prepper's Pocket Guide	Bernie Carr	4.4	\$10.36
The Prepper's Handbook	Zion Prepper	5.0	\$8.95
The Prepper's Instruction Manual	Arthur Bradley	5.0	\$15.42
Poverty Prepping	Susan Gregersen	4.0	Kindle \$0.99
Doomsday Prep Crash Course	Patty Hahne	4.2	Kindle \$2.99
The Covert Prepper's Guide	James Smith	3.0	Kindle \$9.00
The Prepper's Pantry	Ann Lang	4.2	\$13.63
Emer. Food Storage: A Primer	Bryant Jones	4.1	Kindle \$2.99
Escape! Guide to Bugging Out	Jack Sullivan	3.0	Kindle \$2.99
Handbook to Practical Disaster Preparedness for the Family	Arthur Bradley	4.2	\$20.79
Be a Prepper	Dr. Harry Jay	5.0	Kindle \$6.87
<b>Survivalist Magazine</b>		4.1	\$3.95

# Education

- **Web Sites & Blogs**
  - [americanpreppersnetwork.com](http://americanpreppersnetwork.com)
  - [prepperwebsite.com](http://prepperwebsite.com)
  - [endoftheamericandream.com](http://endoftheamericandream.com)
  - [theeconomiccollapseblog.com](http://theeconomiccollapseblog.com)
  - [prepperpodcast.com](http://prepperpodcast.com)
  - [practicalpreppers.com](http://practicalpreppers.com)
  - [prepperbroadcasting.com](http://prepperbroadcasting.com)
  - [shtfplan.com](http://shtfplan.com)

# Education

- Organizations

- [florida.preppersnetwork.com](http://florida.preppersnetwork.com)
- [www.doctorprepper.com](http://www.doctorprepper.com)
- [www.meetup.com/Northeast-Florida-Preparedness](http://www.meetup.com/Northeast-Florida-Preparedness)
- [www.meetup.com/InvernessPreppers](http://www.meetup.com/InvernessPreppers)
- [www.meetup.com/North\\_Central\\_Florida\\_Preppers](http://www.meetup.com/North_Central_Florida_Preppers)
  - We meet the fourth Friday of every month at Cherokee Park located in Belleview, Florida at 6:30 pm @ 5641 SE 113th Pl, Belleview, FL.

# Summary

- **Get Educated NOW!**
- **Develop a Plan to Extent Comfortable**
  - 3 Day BOB for each person in household
  - 1 Week Food on hand with revolving stock
- **Implement as Space & \$\$ Allow**
  - Price out each tier of preparedness
  - Full implementation w/in 18-24 months
- **With extended inventory, BE COVERT!**