



# **One Year Prepper Plan**

**A Monthly Survival Guide for Long-Term Planning**

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## Introduction

When you watch the news on any given day you can see plenty of reasons to have fear for the future. Between natural disasters, wars, violence, and financial collapse you can feel very anxious about your own safety and security.

But if you are prepared, you'll have no need to fear when things go wrong. With the One Year Prepper Plan you'll learn how to be ready for a multitude of situations including:

- Evacuating during an emergency such as a flood, fire, hurricane, or hazardous materials accident
- Handling a power or water outage that lasts for days or weeks
- Staying comfortable during a quarantine
- Being prepared for a biological or chemical terrorist threat
- Having what you need to be comfortable during a period of long-term unemployment

You never know when an emergency or hardship will strike, but you can be sure that at some point in your life you'll have to deal with one. You don't have to panic or worry when you know you're prepared.

There are several things recommended for anyone who wants to be prepared for short-term and long-term disasters. When you have these things gathered, you'll sleep better at night knowing that you're ready.

**72 Hour Emergency Kit.** A 72 hour kit is also known as a "bug out bag". This is a kit that will help you to survive and even evacuate for a period of 3 days. This is a kit that should be portable. Many people put the items together and place them in a backpack that they can grab and go.

The idea of a short-term kit is that it will sustain you long enough to get to a shelter or to another safe location such as a family member's home. This kit is for short-term survival and should include items you can use on the move.

**Long-term Supply of Food and Water.** While many emergencies are short-term, there are times when you need to have more than just a three day supply. It's possible that in a major disaster it could take weeks or months for you to be able to get the things you need.

Think about the last snow or ice storm you had in your area. The first thing that happens is the grocery stores get cleaned out. That's only for a short-term emergency, but in a long-term situation those supplies are the first to go.

You don't want to have to worry about fighting over limited food and supplies when an emergency hits. And there are other long-term problems that might make a one year supply of food helpful.

For example, you might get laid off from your job and have to live without an income for an extended period of time. Serious illness or injury can also cause you to lose income. For most people this type of loss would be devastating.

One way you can make certain that you have some security is to have a food supply on hand. When you know that your family is fed it can take a huge burden off of your shoulders and you can funnel any money that does come in to other basic expenses.

You'll begin with a three month supply. Once you have a three month supply, you should also consider extending that supply to cover as much as a year. Imagine the security you'll feel when you know that regardless of what happens, you can feed your family for an entire year without having to purchase extra items.

**Shelter and Security.** Your 72 hour kit will contain a tent for shelter as well as items to make a "shelter in place" in the event of a chemical or biological emergency. But you also need to consider things that keep your home safe for a long period of time.

Some considerations include:

- Hygiene and sanitation equipment – good hygiene and sanitation keeps disease at bay and makes life more comfortable
- Heaters – you need to be prepared for cold temperatures and have at least one

area heated

- Fuel for cooking food – this can include a variety of methods for food prep
- Defense – you'll need to be able to protect your family and what you've stored
- Light and power – how will you see when the sun goes down or power radios
- Communication – how will you communicate with others?
- Recreation – if you're stuck at home long-term going stir crazy is a major issue

When you're prepared in these three areas you can begin to feel safe and secure. And with this strong foundation you can continue to add to your supplies and to your knowledge and skills.

## **Do You Feel Overwhelmed?**

One of the biggest obstacles that keeps individuals and families from doing what's needed for survival is the feeling of being overwhelmed. This is a lot to gather and store, so how do you even get started?

It might seem easier to just put it on the backburner and think about it later. But when an emergency comes you won't have time to start. The good news is that with this guide you'll be able to do just a little each month to make your family more secure.

Any step you take is going to be an improvement over what you had before you took that step. And when you've taken enough baby steps you'll suddenly realize you've reached your goals

The other problem that people face is financial. For most people it's not possible to purchase everything they need at once. If you're in a situation with a limited budget that might have kept you from moving forward with your disaster survival items.

But this guide is laid out in a way that allows you to spend a small amount of money each month to reach your goals. Here's a rundown of the book's organization. For each month you'll see sections for:

- 72 hour emergency kit
- Long-term storage – suggestions for a 3 month and 12 month supply
- Shelter and security – suggestions for a 3 month and 12 month supply
- Goal or skill for the month that leads to a more prepared lifestyle

Each section will share what you should do for that particular month to meet the goal of preparation in these areas at the end of one year. But you can also be flexible about this to meet your current needs and budget.

If you plan to do everything listed in this book during a one year period, be prepared to budget a good amount of money each month for your survival supplies. This guide offers some tips for saving money, but you can't avoid having to buy items you need.

If that's just not realistic for you, you might want to adapt. For example, you might not be able to financially afford to gather the supplies for both the 72 hour emergency kit and the long-term storage. In that case, focus on the 72 hour kit for that month.

Your 72 hour kit is the first goal you need to meet. This will prepare you for most emergencies and at least buy time until you can get help from relief organizations or get to a safer location. Some readers may choose to focus only on getting this kit completed in the first year.

Once you've finished with the 72 hour kit, though, you can move on to the longer-term supply of food storage. You can then add the component of shelter and security for the third year.

If you want to, you can follow the suggestions for a 3 month supply of food for 4 years which will complete a year's worth of food storage. This is a substantial amount of food that can help you keep your family safe and fed for a long period of time. It also gives you the opportunity to share with others.

Obviously the best course is to do everything suggested in each chapter so that you're fully prepared in a year of time. But you also need to be realistic about what you really can get done. This isn't an "all or nothing" approach. Instead, do the best you can and know that you'll be better off than if you did nothing.

Each month you'll also find goals for a more self-reliant and prepared lifestyle. This could include learning new skills, saving money, or improving your health so that you'll be strong in a disaster or emergency.

Even if you're not able to do everything in the guide during the first year, try to do something toward the monthly goals. This will enrich your life and help you to adopt a mentality of self-reliance and preparation.

## **Just Get Started**

Even if it takes you three years to get everything gathered for your preparations, you'll be better off than most of the population. For most people a missed paycheck, natural disaster, or major emergency would cause panic and even terror.

But when you have supplies stored for your family and you know that you can survive in an emergency you don't have to face that type of fear. Take these small steps toward long-term peace.

## **One Thing to Keep in Mind**

It's important as you move forward with food storage that you remember a key point –

only store foods you like. Yes, in a time of emergency you'll probably be grateful just to have food. But if you didn't like something before, you probably won't like it in an emergency or disaster.

When you're in a stressful situation, it can be comforting to have foods you enjoy. This isn't the time to worry about calories and fat grams. Instead, you want to choose foods that keep for a long period of time and that you enjoy.

If you see a food on this list that you don't like, come up with a substitute that makes more sense for your tastes and your own family. Just make sure you purchase enough to cover the same amount of meals.

When you choose foods you like it will make the time go by much easier as you rely on your food storage to get you through a 72 hour emergency or a few months of using your pantry to sustain your family.

## Month 1

"Great things are not done by impulse, but by a series of small things brought together."

*-Vincent Van Gogh*

This month you'll be laying the groundwork for a prepared future. You'll begin with some simple tasks that may not seem like much at first. But added together with the next 11 months you'll find that they make a big impact.

As you begin this journey it's a good idea to have a family meeting about the goals for the year and why you're preparing. If you're single, you might want to discuss what you're doing with your friends. Talking about your goals will help you to keep going.

### 72-Hour Kit

Your 72 hour kit is the first line of defense. You need to make sure that this is your first goal if your budget is limited and you can't do everything in the chapter. For this month you need to gather:

- A backpack for each member of your family – even young children can carry some of their own items
- A change of clothing for each member of your family – don't forget underwear, socks, and shoes
- If you live in a cold climate, make sure you have warm coats and boots accessible close to your 72 hour kit supplies
- Ax-shovel

- 5 gallon bucket
- Utility knife
- Large box of waterproof matches
- \$40 cash –if you can't save \$40, at least save whatever amount you can

When it comes to clothing, it's best to choose long-sleeved shirts and long pants. If you're in a situation where there is a lot of debris, these items will keep you from getting cut. You'll also be protected in colder weather. If you live in a cold climate you may want to add an additional layer.

Find a location in your home where you'll store these items. It should be all together and in a place where you can grab it and get out of your home quickly. You might consider an area in your garage or a closet near the back door.

Place the change of clothing for each family member in his or her own backpack. Place the shovel and utility knife in the bucket. Place the cash in one of the backpacks in a resealable bag.

## **Long-Term Food Storage**

For long-term food storage you'll be using a lot of canned foods. These last a long time and will stay well-preserved. At the end of this guide we'll discuss rotating canned and boxed foods so that you don't have a lot of expired food in your storage.

For this month you'll need to gather:

- A can opener that isn't electric – invest in one that's high quality and will last
- For a 3 month supply of food 6 cans of meat or fish per person – chicken, tuna, beef, etc.
- For a 12 month supply of food 24 cans of meat or fish per person

Make sure you choose a space to begin gathering food storage supplies. This month you don't have too much to stow away, but it adds up quickly. Some people choose to purchase shelving specifically for this.

If you're short on space, don't worry. There are many ways you can maximize your storage for these added items. One thing to keep in mind, though, is that food should be kept in a temperature controlled environment. Some ideas include:

- Under beds – you're probably not using that space and it's perfect for boxes and plastic under bed storage containers
- Reserve a closet in the house
- Basement shelving units

- Under end tables covered with tablecloths
- High kitchen cabinets that are rarely used
- Climate controlled storage shed

If the idea of storing such a great deal of food and other items is keeping you from getting started, think about the importance of these items. You're probably storing a lot of other junk that you don't need and sacrificing something very useful.

## **Shelter and Security**

This month we'll focus on a few cleaning and hygiene items. For this month you need to collect:

- ½ gallon bleach per person for 3 month storage, 1 gallon per person for the whole year
- 10 heavy duty garbage bags per person for 3 months storage, 100 for 12 months
- Laundry detergent – 2 pounds per person for 3 months, 20 pounds per person for a year

**\$ Saving Tip.** One way that you can save money in this area is to make your own laundry detergent. Homemade laundry detergent has fewer fillers so it will take up much less space. You only need to use about 1 or 2 tablespoons per load.

To make your own, mix together:

1 - 4 pound 12 ounce box of Borax

1 – 4 pound box of Arm and Hammer Baking Soda

1 – 55 ounce box of Arm and Hammer Super Washing Soda

3 – Bars of Fels-Naptha Soap or 2 Bars of Zote (grated)

2 – small containers of OxyClean (a total of 3.5 pounds) – this ingredient is optional but does help to fight stains

This makes about 2 gallons of powdered soap and will last an average family over 6 months. If you make 2 batches you have all the laundry soap you'd need for a year and it can be stored in a 5 gallon bucket. You may need to shake it up a bit if it sits for a long period of time.

## **Monthly Preparation Goal**

This month work with your family to create a plan to escape the house in the event of a fire. Make sure that you practice your plan several times. A weekly fire drill this month



will help everyone to remember what to do if the real thing happens.

For your fire escape plan you'll need to have more than one strategy so that you're prepared if any exit of the house is blocked. Also decide where you'll all meet when you get out.

If you don't keep your important documents in a fireproof safe, this is the month to begin making plans to do so. These are relatively inexpensive and can keep important documents such as life insurance papers, home deeds, and automobile titles from damage. It's also a good idea to have copies of important information in a safe deposit box.

This is also a good time to change your smoke detector batteries if you haven't done so in the past 6 months. Having a good plan for dealing with a house fire is critical to the safety and security of your family.

### **Keep an Inventory**

As your supplies begin to grow you'll forget what you have and what you need. Keeping an inventory is critical so that you can rotate out items that have expired and so that you can quickly determine what you need.

A simple paper and pencil inventory works well or you can use a computer spreadsheet to stay organized. Do what will work for you.

## **Month 2**

"Prepare the umbrella before it rains."

*-Malay Proverb*

This month you'll continue your progression. By now you should have a place to store all of these items, but if not this is the month to carve one out. Your supplies will quickly begin to add up and you'll need space for them.

Do you have your inventory sheet started yet? As you add supplies this month don't forget to add them to your inventory.

### **72 Hour Kit**

This month you'll be adding water to your 72 hour kit. Water shouldn't be stored in plastic gallon containers as these can break down. You'll also have to carry your water, so you're better off using smaller bottles than can be tucked away in your backpack.

You'll also work on putting together copies of your most important documents and

you'll be adding a little more cash. Here's this month's list for your emergency kit:

- 1 gallon of water per person
- \$40 cash (or as much as you can store)
- Copies of important personal documents

When it comes to copies of documents you want to think about your insurance, will, important business contracts, lease or mortgage papers, home deed, automobile titles, birth certificates, and passports.

You can have paper copies of these that are stored in resealable plastic bags. This prevents them from getting damaged if you're exposed to the elements. You may also want to put copies of everything on a small flash drive for easy access.

Just remember that you can't count on electricity during an emergency so it's also good to have hard copies of what you need. A flash drive will be useful, though, if you're not in a long-term power outage.

Go ahead and place these items in your emergency backpacks. Most people in the family will be able to handle carrying a gallon of water. The emergency documents should go in an adult's backpack.

## **Long-Term Food Storage**

This month we'll focus on pasta and flour. For each person in your home you need to gather:

- 25 pounds of flour or pasta per person for a 3 month supply, 100 pounds for a year's supply

You can do this in a variety of ways. You can purchase flour that's already ground and store it in food safe containers. Flour can go bad after a year and it's also susceptible to pests such as weevils.

One way you can extend the life of your flour is to store it with some bay leaves on top. These leaves keep bugs at bay. Another thing you can do is store whole grains instead of flour.

For example, a can of wheat will last 30 years or more. You only have to buy it once for the next 3 decades when you do it this way. But when you have the whole grain, you'll need to mill it in order to use it as flour.

If you choose to purchase the whole grain wheat, you also need to purchase a hand mill. It's okay to also use an electric mill to use all the time, but in a situation where there's no electricity you'll need one that you can crank by hand to mill flour.

You should also practice making flour from whole wheat so that you know how to do it ahead of time. When you're actually in an emergency you'll have other kinds of stress

so make sure that you don't have to stress about how to make flour.

Dried pasta can last for several years in an unopened package. In order to get the longest shelf life store it in an airtight container.

## **Shelter and Security**

This month you need to put together a sewing kit for your long-term storage. This should include thread, needles, buttons, scissors, straight pins, zippers, and even some Velcro. You may also want to add some fabric patches to help when clothes get worn.

You can keep your sewing kit in a small plastic or metal container and add it to your food storage area.

**\$ Saving Tip.** Remember that anything in your 72 hour emergency kit can also be used for long-term needs. For example, last month you collected a large bucket. That bucket can double as a sanitation system for long-term needs.

You can line the bucket with a trash bag and it can be used as a portable toilet. When finished, simply remove the trash bag and dispose of it. If you collected what you needed for last month, you've already got supplies for a primitive sanitation system.

## **Monthly Preparation Goal**

This month it's time to improve your skill set. It's a good time to learn more about gardening and sprouting seeds. If you're relying on your storage for long-term needs you may want to add fresh produce.

You can sprout seeds to add fresh veggies in a few days. You can also create a garden that can feed your family for a long period of time. If you've never gardened, purchase a gardening book or sign up for a gardening class in your area.

Even if you live in an apartment you can learn to garden in containers that can be placed on the patio or even in the window. Growing a garden can help you to save money and enjoy fresh foods.

Beginning a garden now when you don't have an emergency will allow you to learn more and practice your skills so that you're ready when you need them. It can also save money in the long run when you can and preserve your own foods.

# **Month 3**

"Determination and perseverance move the world; thinking that others will do it for you is a sure way to fail."

*-Marva Collins*

Sometimes it's easy to get started on a project, but a couple of months in motivation can wane. Remember that perseverance is the key to success when it comes to self-reliance and emergency preparation.

You don't have to have it done all at once. But if you stop now you'll never reach your goal of being prepared. This month recommit yourself to your self-reliance efforts and do your best to complete the goals here. Even if you're only working on your 72 hour kit you're being proactive about your safety and the safety of your family.

## **72 Hour Kit**

This month it's time to start making sure that your 72 hour kit has some food in it. This will be food that doesn't have to be heated or cooked. You can simply open it and enjoy it. If you find there are items on this list you don't like, substitute some that you do instead. Just make sure that you have plenty of calories.

For this month, collect:

- 1 pound of dried fruit or trail mix per person – you can also use fruit leather
- 1 pound package of saltines per person
- 1 box graham crackers per person
- 2 liters of juice per person – tomato and orange are recommended but you can use any juice you like
- \$40

Juice should be in a shelf-stable bottle that doesn't need refrigeration. You'll also need to rotate your juice every 6 months to keep it fresh and safe to drink. This can be a valuable source of sugar and nutrients in an emergency.

Once you've collected these items, you can store them in the emergency backpacks. Make sure each person is carrying his or her own food. If somehow you get separated everyone should have what they need to survive.

## **Long-Term Food Storage**

For this month you'll be storing some canned food items as well as making sure you have some of the household kitchen items you enjoy using and rely on daily. You'll also start to add to your water supply.

This month you'll need to collect:

- 15 cans of soup per person for a 3 month supply, 50 cans for a year supply
- 1 pound of salt per person for a 3 month supply, 5 pounds for a year supply

- 2 pounds of fat per person for a 3 month supply, 20 pounds for a year supply
- 5 gallons of water per person for a 3 month supply, 20 gallons of water for a year supply
- 2 rolls aluminum foil and plastic wrap, 100 gallon size resealable bags for a 3 month supply, 8 rolls aluminum foil and plastic wrap and 400 gallon size bags for a year supply

When it comes to fats, you can purchase oils or shortening. It's a good idea to do a 50/50 mix. For long-term storage it's difficult to store butter unless you freeze it. But without electricity you'll need to substitute shortening for butter.

You may also want to consider storing water in large food safe barrels. When you're storing over 100 gallons of water it's a good idea to store it outside so that if it leaks you don't flood your home.

**\$ Saving Tip.** If you purchase 2-liter sodas or have other bottled beverages, you can store tap water in them. If you don't, you can ask around and get some donated. This means you don't have to purchase store bought water. First, make sure you clean them with soapy water and rinse them.

To make sure you have no microbes growing in the bottles, soak them in a sink filled with water and one cup of bleach. Make sure the bottles get filled as much as possible and turn them over so that all surfaces touch the water. 10 minutes should sanitize them well. Don't forget to add the lids.

Remove the bottles and let them completely dry. This may take all day. Once they're dry, fill bottles with water. If your water source is chlorinated you're done. You can seal the bottles and label them with the date you filled them.

If you don't use chlorinated water you'll need to add bleach. This keeps the water from growing bacteria. The basic rule of thumb is 8 drops of bleach per gallon of water. For a 2-liter bottle, use 4 drops. Make sure you use plain bleach and nothing with scents or other additives.

Water should be stored in a cool, dry place that's not exposed to sunlight. It should also be stored off of the floor.

## **Shelter and Security**

This month you need to perform an inspection of your home to insure that it's as safe as possible. It's important to take care of issues before disaster strikes so that you can minimize damage and you also have time to take care of any problems.

Indoors you need to check all electrical cords. Look for fraying on the cords that can lead to fire damage. If you have children or pets it's possible they could have been chewed and damaged. Cords stuck between furniture can also become damaged.

All electrical equipment should also be plugged into a surge protector. Battery backup units are also a great benefit during a power outage. Check carbon monoxide alarms and purchase at least one fire extinguisher if you don't currently have one.

Check all plumbing for leaks. Open and close all of your windows and see that they do so easily. If not, correct any problems so that they can be used as escape routes if needed.

If your home has a second or third story, purchase an escape ladder so that you can escape your home if needed. This will work for a fire, home invasion, or other natural disaster. These can be lifesaving.

Also go through and insure that all of your escape routes can be easily used. Keep clutter away from areas that may be used for escape.

Outdoors, you'll need to secure any loose items that might be able to fly away in a storm such as furniture, grills and toys. This is especially important if you live in an area with tornadoes or hurricanes.

Clean your gutters so that water can flow correctly through them. Inspect your roof for damage and replace shingles as needed. Make sure that all flammable liquids are stored away from the house. And if you have natural gas or propane tanks, inspect the fuel lines.

Take a look at all of your doors and windows and fix any problems with weather sealing. Insulate any pipes that can potentially freeze during cold weather. Finally, take a look at your house number. It should be clearly visible for a 911 response if needed. If it isn't, correct it this month.

Going through and inspecting your home when times are good will help you prevent some disasters from happening and will reduce the damage when disasters come that you can't control.

### **Monthly Preparation Goal**

This month make it a goal to always have at least a half tank of gas in your vehicles at all times. When the fuel level drops to the half-way point go ahead and fill it up. Don't wait for it to be on empty.

This will insure that you can always drive away from your area if you need to evacuate during an emergency. Gas is one of the first things to become scarce in an emergency situation.

## **Month 4**

"Failing to prepare is like preparing to fail."

*-John R. Wooden*

By now you're a quarter of the way through with your year of preparations. Take a moment to think about how much you've already accomplished! This month you'll be adding a lot more food to both your long-term storage and your 72 hour kit. In addition, you'll consider security options.

## **72 Hour Kit**

This month you'll need to add a bit more food to your 72 hour kit. This is still food that's easy to eat and doesn't require any special preparation. You'll be adding quite a bit more food to your long-term storage, so this month's list is light for the 72 hour kit.

This month you'll need to gather:

- 4 granola bars per person
- 2 sticks of beef jerky per person
- 1 package of chewing gum per person
- At least 12 hard candies or lollipops per person
- \$40 cash (or as much as you can save)

Candy may seem like a strange addition to your kit, but it gives quick calories and it can be comforting to have items such as gum and candy when you're in an emergency situation.

## **Long-Term Food Storage**

This month you'll be focusing on food items. For each person in your household you need to gather:

- ½ pound of yeast for a 3 month supply, 2 pounds for a 12 month supply
- ½ pound of baking powder for a 3 month supply, 2 pounds for a 12 month supply
- ¼ pound of baking soda for a 3 month supply, 1 pound per person for a 12 month supply
- 1 quart of vinegar for a 3 month supply, 1 gallon of vinegar for a 12 month supply
- 3 cans evaporated milk for a 3 month supply, 10 cans for a 12 month supply
- 5 pounds of peanut butter (or other nut butter) for a 3 month supply, 20 pounds for a year supply
- Spices, condiments, vanilla

You may have noticed that you're storing a lot of "ingredients" versus premade foods. That's because food that's already been processed doesn't last for long on the shelf.

Think about a loaf of bread sitting on the counter for a few weeks. Before you know it you find it green and moldy.

But with the ingredients here you can bake your own bread over and over and not have to worry about spoilage. The average family will probably bake a loaf of bread each day when it comes to long-term survival.

For spices and condiments, it's a good idea to stock up on the things your family likes and uses such as mayonnaise, ketchup, and mustard. You can also stock up on spices you use regularly such as cinnamon, paprika, Italian seasoning, etc.

**\$ Saving Tip.** Many baking items can be purchased in bulk at warehouse stores. This makes the cost much lower than if you purchased smaller quantities at a supermarket. It may cost less to buy a year's supply at once to get the lowest unit cost.

## **Shelter and Security**

This month you'll need to make some decisions about what's appropriate for your family during a long-term emergency for defense. For some people using firearms will be perfectly acceptable and appropriate while for others this isn't an option.

For a long-term emergency where the electrical and information grid is down, you should be prepared to deal with looters and others who will get violent or take advantage to get what they want.

In that case it's very useful to have weapons and ammunition. However, it's even more important that you're trained to use them properly. This month you need to decide what you'll do in this area. At the very least you need to have self-defense items such as pepper spray.

If you decide that firearms are a good choice for you, take this month to look for a course in using firearms and begin saving to purchase guns and/or ammunition that you need. You should also have a family lesson on firearm safety and storage.

## **Monthly Preparation Goal**

This month it's a good idea to learn to make bread from scratch. So far you've been stocking up on the ingredients that you need. Here's a good recipe for the beginning bread maker. This one doesn't require any special equipment other than an oven.

4 ½ cups whole wheat flour

1 ½ cups lukewarm water

¼ cup honey

2 tablespoons of olive oil or vegetable oil

1 teaspoon salt



2 ¼ teaspoons yeast

Begin by “proofing” your yeast. Mix the honey with the water in a large bowl and sprinkle the yeast on top. Let the mixture set for about 10 minutes. If your yeast is good and active you’ll notice that it looks frothy.

Then add the oil and salt and mix. Finally, begin adding the whole wheat flour a cup at a time. You’ll mix by hand until the dough is not sticky. Then lay the dough out on a floured surface and knead for about 10 minutes.

Allow the bread to rise in a bowl covered with plastic wrap or a damp towel for about one hour or until it’s doubled. Then punch down the dough so that it’s back to its original size. Shape the dough into a loaf and place it in a bread loaf pan.

Allow the dough to rise until doubled in size – approximately 30 minutes. Bake in a 350 degree Fahrenheit oven for 25-30 minutes. Let the bread cool for 10 minutes and then take it out of the loaf pan to cool the rest of the way.

Bread is actually quite easy to make, though it is time consuming. But if you can master this skill you’ll be prepared if a time comes when you can’t run to the supermarket to pick up a loaf.

This is a really simple recipe, but you can find many different options when you’re looking for bread that your family will enjoy. Whole grain versions are the healthiest options for nutrition.

## Month 5

Freedom comes from strength and self-reliance.

*-Lisa Murkowski*

This month you’ll be getting important supplies gathered to enhance your 72 hour kit. These items will also become part of your long-term storage items. Some of these items require a bit more financial investment, so this month there won’t be a cash addition to your kit.

However, if you can still set aside at least \$40 for your emergency kit it will be beneficial. The idea is that by the end of the year you have close to \$500 saved to use in an emergency. This needs to be in cash in case there are problems with communication and power systems.

This isn’t enough money to live on for long, but it is enough to help you get a few nights in an inexpensive motel should you need alternative shelter. This will buy you some time while you determine what to do to meet long-term needs.

## **72 Hour Kit**

You've got some food stored for your 3 day kit, now you need to switch your focus to other items. You may already have some of these in your home, but if you don't it's time to acquire them. If you do already have them, make sure they're with your emergency supplies.

- Battery powered radio
- Batteries
- Battery powered light
- Kerosene lamps
- Kerosene
- \$40

These days you can find many radios that have multiple purposes such as weather radio, electronics charger, and lantern. Investing in a multi-purpose tool like this is very wise. There are also many that are solar charged or hand-crank when you don't have other sources of power.

## **Long-Term Food Storage**

You'll be adding quite a bit of grain to your storage this month. You'll also be adding some dessert items as well as seeds for gardening. For this month, gather the following items. The amounts listed are per person:

- 25 pounds of grains such as rice, barley, cornmeal, or oatmeal for a 3 month supply, 100 pounds for a year supply
- 6 packages of flavored gelatin for a 3 month supply, 24 for a year supply
- Garden seeds – choose varieties that grow well in your area and that your family will like
- Seeds for sprouting

When it comes to choosing grains, choose a variety of grains that your family already enjoys eating. If you don't like gelatin, look for another type of dessert item. For example, many people find that having a few brownie mixes or chocolate chips in their food storage is beneficial and comforting.

## **Shelter and Security**

This month you'll be adding some pretty important hygiene items. These are things you don't want to be without when it comes to day-to-day living. For this month you'll need to collect:

- 24 rolls of toilet paper for person for a 3 month supply, 100 rolls for a year supply
- 3 (80 count minimum) packages of baby wipes for a 3 month supply, 12 for a year supply - more if you have a child still in diapers

These items will be incredibly beneficial when you need them. Baby wipes are a great substitute for cleaning when you can't take a shower each day.

### **Monthly Preparation Goal**

One way to be self-reliant is to grow a garden and preserve your own food. This month your preparation goal is to learn to preserve food by drying or canning it. If you have items from your garden such as vegetables you can preserve, use those.

If not, look for produce that's on a good sale in your supermarket and practice using it. You can sign up for a class in your community to learn how to do it or take advantage of the knowledge of a good friend or family member to teach you how.

If all else fails you can learn with an online tutorial. However, for these things it usually is best to learn by doing it in person.

## **Month 6**

"The greatest risk in life is to wait for and depend upon others for your own security."

*-Denis Waitley*

When you're finished with this month you'll be half way to your goal of being prepared for many emergencies and long-term survival needs. This month focuses on first aid. Your first aid kit will be part of your 72 hour emergency kit as well as your long-term storage.

This chapter we'll focus solely on first aid rather than the other areas of preparation as this fits all three categories.

### **Your First Aid Kit**

The items listed here are the minimum requirements. There may be other items that you need based on your specific family. For example, if you have a baby or young child you'll need specific medications formulated for children.

For the basic kit you'll need:

- 25 Adhesive bandages in a variety of sizes
- Adhesive tape –at least 10 yards of 1 inch tape

- Antibiotic ointment
- Aspirin, acetaminophen, ibuprofen
- Breathing barrier for CPR
- Calamine lotion
- Diarrhea remedy medication
- Elastic bandages – one 3-inch and one 4-inch
- Emergency blanket (mylar)
- First aid instruction book
- 10 Gauze bandages
- Hydrocortisone ointment
- Hydrogen peroxide
- Instant cold compress
- Isopropyl alcohol
- Measuring cup
- Needles
- Non-latex gloves (2 pair)
- Razor blades
- Safety pins
- Scissors
- Soap
- Thermometer
- Triangle bandages
- Tweezers
- Waterproof matches

For any items such as alcohol, ointments, or medications you can use small packets that take up less space in your kit. However, it's a good idea to have a full size product for your long-term storage.

In addition you need to have at least a one month supply of prescription medications. Ideally you could have more, but that can be difficult because of the regulations of prescription drugs.

You may also have extra items related to a specific health condition. If you need special equipment such as adult diapers, bed pads, syringes, tubing, etc. make sure that you add them to the list.

You also need to find a container to keep these items in. Because you have some sharp objects, it's a good idea to look for a hard plastic or metal container to use. Otherwise a heavy vinyl bag might work. Just avoid using a disposable plastic bag.

**\$ Saving Tip.** You may actually spend less money by using a premade first aid kit. These usually come with most of what you need and you can simply add the things that are missing.

It's often less expensive to buy a first aid kit than it would be to pay for each individual item. And you'll get a nice carrying case to go with your kit when you do it this way.

**Emergency Money.** If you can add \$40 to your emergency kit, don't forget to do so. By now you're savings are starting to add up.

### **Monthly Preparation Goal**

Now that you have your first aid supplies, it's time to focus on knowing how to use them. If you're not already trained in first aid and CPR this month you should look for a class to get started.

There are usually many classes available at a reasonable cost. One of the best sources is through the Red Cross. Everyone in your family needs to know first aid basics. It doesn't do any good to have the kit if you don't know how to use any of the supplies.

## **Month 7**

"There's no harm in hoping for the best as long as you're prepared for the worst."

— *Stephen King*

Congratulations on working for over half a year to take care of your family's safety and security. Whether you've done every step or focused one area, you're much better off than you were before you began.

But you're not quite finished yet! This month you'll be adding more to your food storage, making sure you've taken care of any infant or young child needs, and continuing to add to your 72 hour kit.

## **72 Hour Kit**

This month you need to work on emergency shelter needs. If you don't already have these items you need to purchase them or make a plan to purchase them by saving funds. If you already do have them, gather them together with all of your emergency kit supplies.

- A tent or tents that will accommodate your household
- Sleeping bag for each person
- Emergency blanket for each person (Mylar space blankets)
- Entertainment items such as cards, board games, coloring books, knitting supplies, pencil and paper, or anything you like
- Camp stove (some now come with ovens as well) and appropriate fuel
- Mosquito repellent
- \$40 cash

If you're using items you already have, just be certain that everything works properly. It's a good idea to check and inspect equipment every 6 months.

## **Long-Term Food Storage**

This month you'll be adding to your food storage with some basics needed for cooking and baking. This list is a little shorter because of all you needed to add to your 72 hour kit this month. For each person in your family you need:

- 4 pounds of sugar for a 3 month supply, 50 pounds for a year
- 1 #10 can of powdered milk for a 3 month supply, 10 #10 cans for a year supply
- Baby formula, if needed
- Baby food, if needed

The powdered milk can be used for baking and can also be used for drinking. Many people find that powdered milk is not quite as tasty as they prefer. You can improve the taste by making it and adding a teaspoon of vanilla for every quart.

If you have electricity, many people also find that blending it thoroughly and refrigerating it overnight really improves the taste.

## **Shelter and Security**

This month you'll need to add a few more hygiene items and take care of any needs for an infant. Add the following items to your storage supplies for a one year need:

- 3 toothbrushes per person
- 6 tubes of toothpaste per person
- 1 large bottle of mouthwash per person
- Diapers (you can stock up on disposables but it's easier and more economical to use cloth diapers in your storage)
- Baby food grinder
- Baby lotion, shampoo, powder, etc.

There are no listed amounts for baby items because it depends on the age and needs of your child. You'll need to choose what your baby needs as you will know best.

### **Monthly Preparation Goal**

Have you been camping lately? This is a good month to get some practice before you actually have to use the tent, camp stove, and other items in your storage. If the climate isn't right for camping this month, schedule a camping trip as soon as possible.

This is a great way to have fun and enjoy nature. But it's also a good way to test some of your survival skills. You don't want an evacuation emergency to be the first time you've put up your tent. It's always better to know what you're doing ahead of time.

## **Month 8**

"Be prepared!"

*-Boy Scout Motto*

This month you'll be focusing on adding a bit more food to your emergency kit as well as your long-term storage. And if you have pets, it's time to think about their needs as well. Pets are often considered family members, but sometimes people neglect to plan for them in an emergency.

### **72 Hour Emergency Kit**

You'll need to add these items to your emergency kit to make sure you have plenty of protein as well as utensils for eating. In addition, if you have pets make sure you add pet supplies this month.

- 1 can of tuna per person
- 1 can of pork and beans per person
- ½ pound of dried milk per person

- 2 packets of hot chocolate mix per person
- 2 instant soup packets per person
- Mess kit or disposable plates, cups, bowls, and utensils
- Extra water for your pet (amount depends on your pet)
- 3 days' worth of dry or canned pet food
- Pet bowls
- Leash
- Travel crate if needed
- Pet bedding
- Extra medications for your pet if needed
- \$40

You'll find that many pet stores have travel bowls that are collapsible if you need to save space in your backpack. These will pop up when you need them and flatten down when you're done.

### **Long-Term Food Storage**

This month you'll be adding a little more nutrition and sweetness to your food storage. You'll also be considering your pets when it comes to long-term needs. For each person in your family you'll need to add:

- 25 quarts of fruits and/or vegetables for 3 months of storage, 100 quarts for a year
- 6 pints of jams or jellies for 3 months of storage, 24 pints for a year of storage
- Pet food (amount and type depends on your pets)
- Pet treatments such as flea/heartworm
- Pet treats (amount and type depends on your pets)

Canned fruits and vegetables will be the best way, other than gardening, to get your nutrition should you need long-term food supplies. You can purchase these or grow your own and can them yourself.

**\$ Saving Tip.** While this is the month for adding fruits and vegetables, it's always a good idea to be on the lookout for good sale prices. During the holidays you'll likely find really good prices on canned vegetables. Pick up an extra few cans when you see those sales.



## **Shelter and Security**

This month you need to make sure that for any women in your household you take care of sanitary needs. Calculate what you use on a monthly basis and multiply that to determine the amount to store long-term. This includes:

- Tampons
- Sanitary pads
- Yeast infection medication
- Any other products used in your household

You also need to gather supplies to create a “shelter in place”. This is when you need to block off a room to prevent chemicals or radiation from entering your space. It could also be useful when illness has caused quarantine.

For this you need to collect:

- Enough 2-4 mm plastic sheeting to cover all windows, doors, air vents, and openings of a room. It's a good idea to measure and cut this ahead of time so that you know you have what you need.
- Duct tape to seal plastic

If you need to shelter in place there are some important guidelines to follow. First of all, choose a room well in advance that will serve as your shelter. This should be in the interior of your home and have as few windows and doors as possible.

You can either store your emergency supplies in this area or make sure that you can easily get your 72 hour kit to that area quickly. Before sealing off the room you need to have supplies including a radio to help you know what's going on in the outside world.

You will usually be warned about something that requires a barrier to keep contamination out of your home. When this warning is made, go ahead and seal off the areas.

You'll also want to turn off any fans as well as air conditioning and heating units to prevent air from moving throughout the home. To secure the plastic, first tape the corners to hold it in place.

Then use the duct tape to go around the entire edge of the sheeting so that the area is completely sealed off. Once your room is sealed off, continue to listen to news reports to find out when it's safe to leave the area.

## **Monthly Preparedness Goal**

This month it's a good idea to make or invest in a solar oven. When you run out of fuel and electricity and municipal gas supplies are down, you'll need a way to heat, cook,

and bake.

A solar oven harnesses the energy of the sun in order to cook food at temperatures very similar to a conventional oven. You can bake bread, casseroles, and meats in a solar oven very effectively.

Today's solar ovens are very convenient and can be stored in small spaces. They also have more room so that you can use traditional bake ware and they get up to higher temperatures than solar ovens of the past.

A solar oven will allow you to cook food regardless of the other energy sources available. Even on an overcast day a solar oven can cook food efficiently. It's important to choose a high quality oven for best results.

## Month 9

"For tomorrow belongs to the people who prepare for it today."

*-African Proverb*

This month you'll need to go ahead and rotate some items in your 72 hour emergency kit. These are foods that can go bad. At least check the dates to determine if you need to replace them. You'll also be adding a few more foods to your long-term storage.

In addition, you'll begin considering how you'll remain safe should a disease outbreak occur in your area.

### 72 Hour Kit

For your 72 hour kit this month you simply need to rotate some items. If they're still good, you don't need to worry about this step. Just make sure to look at expiration dates and replace anything that will go back within the next 6 months.

The particular items you need to check for this month include the graham crackers, dried fruit or trail mix, and the juice in your kit. It's important that you don't allow these foods to expire so that you aren't left without food during a crisis that requires you to leave home.

If you can add \$40 to your emergency kit, you should do so. By the end of the year you want to have as close to \$500 as possible that you can use in an emergency.

### Long-Term Food Storage

For your long-term food storage you'll be stocking up on some basics. You'll need to add more milk to your storage and some juices and starches. The following amounts are recommended for each person in your household:

- 3 #10 cans of powdered milk for a 3 month supply or 10 #10 cans for a one year supply
- 2 pounds of canned or dried potatoes for a 3 month supply, 5 pounds for a one year supply
- 12 quarts of fruit or tomato juice for a 3 month supply, 50 quarts for a one year supply

Instant potatoes are a great way to add starches to your meals during a long-term food shortage. They're easy to prepare and widely available. You can also find them in a variety of flavors if you don't like them plain.

Instant potatoes can also be used to help thicken sauces or gravies, in breads, and can be used to make potato cakes. They're a great food to have in your storage because of their versatility.

## **Shelter and Security**

So far we haven't spent much time discussing a disease epidemic, but this is certainly a problem that can happen. World travel has made it easy for an illness to become worldwide in a short period of time.

Every few years there's an outbreak of some illness that causes people to think that they ought to be prepared. Most of the time, though, people just put it on the back burner and forget about it until the next disease outbreak.

Your long-term food storage and first aid kit will get you through periods of time when you're homebound. But you should also consider protection to keep you from getting sick or to keep someone else's illness from spreading to other members of the household.

For this, it's recommended that you have many supplies above and beyond your first aid kit including:

- At least one Tyvek Suit to protect you from contaminants
- Safety goggles for eye protection
- N95 respirator masks (these masks are disposable and should not be worn more than once – calculate the amount you purchase based on that)
- Tissue
- Box of 100 non-latex gloves
- Biohazard bags for disposing of biological waste

N95 masks will protect you from smaller particles than a plain surgical mask, so it's better to go ahead and spend a little more to get those.

This is also a good time to consider purchasing gas masks for each member of your family. These are more protective than N95 masks and will not only prevent disease transmission, but can also protect you from chemical attacks.

They do usually have filters you replace, so if you choose this option make sure to stock up on filters. But you can also disinfect these masks and they can be worn more than once. In some cases, this could actually save you money.

If you choose to purchase a gas mask, make sure that you purchase one for each member of your family and that you practice putting them on.

**\$ Saving Tip.** When it comes to pandemic preparedness, you can often find premade kits that include many of the items listed here. Buying a kit can actually save money. You just need to make sure and add extra items that are listed here, but aren't in the kit.

### **Monthly Preparation Goal**

This month while you're thinking about disease outbreaks is a good time to think about maintaining your general health. The healthier you are before an emergency strikes the better off you'll be.

In an emergency you may have to walk for long periods of time and distances. You'll be under a lot of stress which can weaken your immunity. The stronger you are the better able you'll be to resist illness and handle the stress that comes along with an emergency.

To make sure you're ready for anything that comes, it's important to set some health goals. Some good examples include:

- Take a multivitamin each day
- Exercise at least 30 minutes, 5 times per week
- Eat a plant-based diet with at least 5 servings of fruits and vegetables each day
- Drink at least 64 ounces of water daily
- Get plenty of sleep (7-9 hours a night is a good goal)
- Get regular health screenings to catch any problems early

Not only will this benefit you in a disaster situation, it will definitely improve the quality of your life now. In addition, it will help you to stay independent and self-reliant. You can also save a lot of money when it comes to future healthcare costs.

While you can't prevent every health problem, many of the chronic diseases from which people suffer are related to lifestyle. You can lower your risk of heart disease, diabetes, arthritis, and chronic fatigue syndrome by living a healthy lifestyle.

This month work with your family to develop a health goal. Don't try to do too much at once. Pick one or two things you can do to improve and work on those.

## Month 10

"If you can meet with Triumph and Disaster,  
And treat those two impostors just the same."

*-Rudyard Kipling*

We're closing in on the end of the one year prepper plan. This month you'll do some more rotating for your 72 hour emergency kit. You'll also be adding more food to your long-term storage and some toiletries to your stash.

### 72 Hour Kit

Last month you rotated some food items and this month you'll do the same. You need to rotate your granola bars, beef jerky, and hard candy. However, you may just need to check the expiration date. If they're good for more than 6 months, you can leave these items in the kit.

This month you should also add \$40 to your emergency kit if possible.

### Long-Term Food Storage

This month, for each family member you need to add:

- 5 cans of soup, stew, or chili for a 3 month supply, 50 cans for a one year supply
- 2 pounds of cheese, dried or bottled, for a 3 month supply, 10 pounds for a year supply

You may be saying to yourself, dry cheese? This is kind of like the powder that comes with boxed macaroni and cheese. The good news is that cheese has come a long way in the survival niche over the past few years.

You can certainly purchase the cheese powder and use it for making sauces, soups, and seasoning your popcorn. But you can also now buy shredded cheeses in a wide assortment of flavors.

You can buy cheddar, parmesan, mozzarella and more. All you have to do is mix it with a little water to rehydrate it and you're ready to use it. It will melt just like fresh cheese so you can enjoy pizza, casseroles, and add it to your soups and chilies.

The other bonus of these dried cheeses is that they have a very long shelf life. Some brands will last as long as 25 years. This makes it much less expensive long-term to keep your items stocked.

These are widely available online at a great price. It's a good idea to stock your pantry with a wide variety of choices.

## **Shelter and Security**

In addition to food, you really need to have plenty of cleaning supplies and toiletries. This month you'll add:

- Shaving supplies (the amount depends on who in your family uses these and how often)
- 10-12 bottles dish soap
- Case of waterproof matches

You also need to consider how you might obtain additional food if you're forced into the great outdoors. This can include both hunting and fishing. Hopefully you'll be able to stay in your home and use your stored supplies, but if that's not the case it's always best to be prepared.

This is a good time to add hunting and fishing supplies to your stock. And if you've never been hunting or fishing, it's important to learn to use the equipment that you have before you're dependent on it.

Look for a class from a local outdoor retailer or ask a friend or family member to help you learn the basics of hunting and/or fishing. This could keep you and your family fed in emergency situations.

## **Monthly Preparation Goal**

Do you know how to properly start a campfire? Could you do it if you didn't have matches? This month work with your family to learn to start several different types of fires.

There are many different methods for starting a fire without matches including:

- Flint and steel
- Lens-based methods
- Bow drill
- Batteries and steel wool

Practice starting fires in different ways so that you're prepared to do so with whatever supplies you can find in your environment. This will help you to feel more confident in your ability to survive.

In addition, you need to practice gathering your own firewood so you can learn what

will work and what isn't as effective. You'll obviously want to use the driest wood you can find, but it isn't always as easy as you might think to find it.

Fires will be needed to prepare food in a wilderness situation. They'll also be incredibly valuable for warmth. Learn proper fire safety as well such as how to put out the fire and contain it so that it doesn't spread unintentionally.

## Month 11

"Success depends upon previous preparation, and without such preparation there is sure to be failure."

– *Confucius*

You're almost finished with your year of preparation. By now you should be feeling pretty good about what you've accomplished. If an emergency happened right now you would have most of what you need to get through it.

Being prepared will help you to feel great security and know that you can handle whatever comes your way.

### 72 Hour Kit

This month you'll need to round out your 72 hour kit to contain toiletry items and other necessities. Once you've collected these items, put them in the appropriate backpacks so that you can grab them and go at a moment's notice.

- Liquid soap – a small travel size will do for each person (bar soap can be difficult to deal with after it gets wet)
- Toothbrushes and toothpaste for each person
- Infant needs such as diapers, formula, and hygiene products (amounts will vary on your baby's current needs – make sure to adjust as your baby grows)
- Feminine needs (amounts vary based up on need)
- Disinfectant wipes
- Aluminum foil (1 roll is enough for a family)
- Compass
- Paper map of the area
- \$40

These items will help you to handle hygiene issues should you need to evacuate for a few days. A compass and paper map may seem like an old-fashioned item for an emergency kit. After all, many of use our gps or our cell phones for direction.

But remember that you're preparing for a time when the electrical grid and information grid may be down. An old fashioned map and compass won't be affected by power outages or information outages.

## **Long-Term Storage**

Your long-term storage is almost complete for the year. This month you still have a few things to add including:

- 10 pounds of wheat for each person for a 3 month supply, 100 pounds for a year supply (remember that wheat will last 30+ years)
- 1 #10 can juice mix with vitamin C per person for a one year supply (for a 3 month supply you can get 1 can for up to 4 people)
- Powdered eggs (take the number of eggs your family eats in a week and multiply that by 52 weeks, then add an additional two dozen per month for baking to determine how much you need – most cans are equivalent to 12-18 dozen eggs)

Definitely when it comes to wheat, you should order a small container of it so that you can open it and practice grinding it and using it. This will help you to feel much more confident when you need to use during a long-term survival situation.

## **Shelter and Security**

For this month you want to add:

- 1 bottle of hand soap per person for a 3 month supply, 4 bottles per person for a one year supply
- 1 bottle of shower gel or body wash per person for a 3 month supply, 4 bottles per person for a one year supply (use your best judgment –some families may use more than this)
- Light bulbs – enough light bulbs to replace all of the bulbs in your house at least once. Fluorescent bulbs that are now the only ones on the market last a long time. But if you go through them faster, add more to your supply.

In addition to storing these items, this month it's important to begin thinking about the general security of your home. You may feel pretty good about your monitored security system, but if the grid goes down it's not going to be able to protect you.

**Home Security.** It's not a bad thing to have a security system. It can definitely deter an intruder. But you should look into a system that can be battery powered or solar powered. If you go with a battery powered system, you'll need to have a good stock of appropriate batteries for it.



But if your security system isn't working or doesn't actually deter intruders, your security will depend on structural variables. For example, you need to have a steel door that will be able to stand up to years of use and someone trying to force their way in.

Beyond the door itself, your door frame must be able to stand up to pressure from someone trying to break in. You'll also need to have multiple locks on your doors so that they're harder to unlock if you don't have the proper keys. It's also good to have locks that don't have external keys and are operated only from inside.

All windows in your home also need to have locks. It's also a good idea to add storm shutters to your home so that they can be closed when needed. These can be installed on the inside or outside of the house. These add more security as well as protecting windows during stormy weather.

Your stash of supplies should also be stored in an area that can be locked. You don't want to give access to all of your hard earned storage for someone with malicious intentions.

Be careful about drawing a lot of attention to yourself. You don't need to go around informing the neighborhood about all of your storage and supplies. This can make you a target for someone else when things get bad – especially when people are beginning to panic.

For many people one of the best security features is a dog. Dogs are great for alerting you about dangers with their barking. They can also be trained to attack an intruder if necessary. For many people the presence of a dog is a deterrent – even a small bred that makes a lot of noise can work well for this.

### **Monthly Preparation Goal**

This month you added a paper map and a compass to your emergency kit. This month work with your family members to learn to use these items properly. Young children can even learn to use a map and compass. You can make it a fun game with a treasure hunt using these items.

It's also a good idea to mark several emergency evacuation routes you could take to get to other cities where you might have relatives or friends. In addition, you should mark possible hotels where you could stay in an emergency.

If you have pets, make sure to call ahead and find out which hotels will accept pets. Many do with an additional deposit. Having this information planned out ahead of time will help you to have more peace of mind during an emergency.

## **Month 12**

“The time to repair the roof is when the sun is shining.”

*-John F. Kennedy*

Congratulations on getting to the last month of the One Year Prepper Plan! By now you have most of the basic supplies you need to handle an emergency – either short-term or long-term.

This month you’ll be adding the last of the basic items. There may be additional things that you can add as you continue with your preparation efforts. You’ll learn more about that in the next chapter.

## **72 Hour Kit**

This month you need to add some essentials to your emergency kit. Make sure that you tuck each of these items into a backpack so that you don’t have to scramble to get out the door.

- Garbage bags – 2 per person
- Emergency candles (you’ll be adding them to long-term storage, too)
- Manual can opener
- Vitamin C tablets
- \$40

This is also a good time to check the clothing that you’ve packed for children. Are they still the appropriate size? If not, go ahead and update the clothing items this month. Make sure you have sturdy shoes with your kit to protect feet from broken glass or other debris.

## **Long-Term Food Storage**

This month the only food left to add is:

- 10 pounds of dried beans per person for a 3 month supply, 40 pounds for a year supply

Dried beans are inexpensive and will last a long time. Before using them you’ll need to soak them for several hours in water. This allows them to rehydrate and then you can cook them until soft.

Beans are a great source of protein and fiber. They’ll be perfect for making soups, chillies, or just eating on their own with seasonings.

## **Shelter and Security**

For the final touches to your shelter and security storage, this month you’ll be adding:

- 20 Emergency candles (it's important to have a large supply –start with at least 20 this month and continue to add these to your stock)
- Batteries – you can always use more batteries. Remember to check the expiration dates on the supply that you have and rotate as necessary.

These items round out your basic supplies for a year of survival during an emergency. Remember these supplies can be used for a wide variety of situations.

**Heat.** Most people have heat that's generated using electricity and/or gas. This works well if you're in a situation where you have power and utilities. But if you lose those utilities, what will you do?

While summer can be hot and may be miserable, you can usually handle hot temperatures without too much worry as long as you stay hydrated. But when things get too cold you can be in real danger.

Some possible sources for heat during a disaster include:

- Camping propane heater (this must be used outdoors)
- Kerosene heater (can be used indoors, but must have an open window for venting)
- Wood-burning fireplace
- Wood-burning stove
- Solar heating systems

Consider what solution will work best for you. If you have wood-burning stove or fireplace, you'll need to stock up on firewood to get you through long winter months. For heaters that use propane or kerosene, you'll need a large stock of fuel. This month determine what you'll use and begin gathering the supplies for it.

### **Monthly Preparation Goal**

This month you also need to check the insurance coverage that you have. This includes automobile, homeowner's or renter's, and life insurance. Many people don't have adequate coverage.

Think about what would happen if you had a fire. Would your insurance cover the replacement of everything you lost as well as rebuilding? If you rent, you may not have thought much about insurance since you don't own the home.

While the owner of the home will have insurance on the house, they aren't able to cover the replacement of your possessions. Make sure that you have renter's insurance so that you can replace furniture, electronics, and other items in your home if needed.

If you don't have life insurance, you need to investigate sources for it as soon as possible. What would happen to your family if one of the breadwinners were to pass away? For most people this would cause major hardship without insurance.

You'll have end-of-life costs as well as the loss of the income from a member of your family. Even for small children it's important to have a small policy to cover end-of-life costs. No one wants to think about losing someone they love, but it's important to consider that as you prepare to be self-reliant.

Another area of concern is disability. If one of the breadwinners in your family were to become permanently disabled, could you handle the loss of income? Counting on the government for disability payments isn't the answer.

Make sure that you have long-term disability insurance that will supply you with at least a portion of the lost income in an emergency.

## Personalizing Your Prepper Plan

If you've collected everything outlined in this book over the course of a year you're way ahead of the curve when it comes to preparedness. But that doesn't mean you have to stop working on your own preparation.

There are additional items that can be added over time to make your stock even more helpful for your specific needs and desires. Read on for some helpful additions to your preparations.

**Location Specific Needs.** Depending on where you live, there could be some additional needs that you have. For example, if your area is prone to hurricanes or flooding you may want to add life jackets and an inflatable life raft to your supplies.

These items will help you to safely evacuate from your home even in flood conditions. However, you should still use caution and stay in place if advised. It's always better to leave the area ahead of a storm if possible.

If you live in an area prone to tornadoes, you should consider building an underground shelter if you don't already have one. These can be expensive, but the investment is well worth it during a life-threatening storm.

If you're in an area with harsh winters and high snowfalls, it's a wise idea to invest in items that will help you to get around more easily if needed such as skis or snow shoes. You should also prepare for warmer clothing, more blankets, and other winter items.

**Special Health Needs.** If you have a specific health condition or impaired mobility, it's important to make preparations for handling that in a long-term emergency. For example, if you or a family member relies on oxygen you need to stock up on that

supply.

At the same time you must follow safety guidelines as oxygen is very flammable. It must be stored properly. The same is true for many other medical supplies – they require specific storage factors.

For your own family you need to evaluate special needs and add those to your list of items to store.

**Meal Options.** Throughout this guide we've focused on stocking up on basic supplies that you can use to make meals. These are inexpensive, readily available, and will work for most households.

But there are also other more convenient options you might want to choose. For example you can purchase MREs which are "Meals Ready to Eat". These were originally used for military members to use in combat.

But now you can purchase MREs at many survival supply stores. They're high in calories and come with a flameless ration heater. They have a main dish, side dish, bread, and dessert included. You'll also find a plastic spoon inside.

While these are good for short-term eating, they're not recommended to be eaten for more than three weeks at a time. Of course, if that's all you have it's better than starving.

But these are really recommended more for your bug-out bag than for long-term eating. You can also purchase many different kits with instant meals that can be stored for years at a time.

Many warehouse stores and survival outlets carry options for meals that require only water to be prepared. Some of the meals include oatmeal, soups, stews, instant potatoes, pastas and rice. Because they're dehydrated you can find a shelf life of over 20 years in many cases.

These are a cost effective option for food storage. Kits are often sold in one month or even one year supplies. If you prefer this way of storing food, it's definitely a good survival option.

It's important, though, for you to try some of these foods and make sure that you like them. If you don't like something before a disaster it won't be tasty during one. Of course it's better to have something rather than nothing, but you want to live as comfortably as you can. That's one of the points of preparing.

You may still want to supplement this type of food storage with additional canned fruits, vegetables, and other items that your family enjoys.

**Adding Treats.** When you're in a long-term survival situation, added food treats can bring comfort and happiness. In addition to your stock of the basics, consider including foods such as:

- Brownie, cookie, and cake mixes
- Favorite candies
- Hazelnut spread
- Pancake mix
- Canned frosting
- Chocolate chips, peanut butter chips, butterscotch chips

You can add anything that's shelf stable, or the ingredients to make it. This will really help everyone feel more relaxed and at home should you need to rely on your long-term food storage.

**Don't Store What You Don't Like.** As you've gone through this book you may have come across foods you don't really like. In that case, simply find a substitution that works better for you. This advice has appeared several times already, but it's worth repeating.

If you don't like something and don't use it, you won't have an easy time of rotating it and you'll end up throwing away food – which is equal to throwing away money.

## Beyond One Year – Staying Prepared

Having the basics is incredibly important. But preparation doesn't really end after this year. You'll want to continue adding to your storage and improving your skills. You'll also need to rotate items so that you keep all of your supplies fresh.

**Increasing Security.** Some people also feel better by adding more security to their household. Some examples include:

- Reinforced fencing
- Body armor
- A variety of weapons
- Ammunition

This is another option you can explore once you have your basic storage needs met. What you need will depend on where you live and what you perceive your needs to be.

**Cash Reserve.** For your 72 hour emergency kit you've already stored quite a bit of cash. But the more cash you can have on hand, the better. It would be good to have an emergency stash of \$1000. This is enough to help you get your basic needs should

you need to evacuate your home for a short period of time.

**Bartering Items.** Cash is helpful in a short-term situation. But if there is a situation where the electrical grid is down for an extended period of time cash won't mean as much. In that case you can consider storing items that can be used for trade.

You already have quite a few of these items if you've followed the one year plan, but you need to hold on to those. Consider continuing to add items such as:

- Water purification tablets
- Sanitary supplies such as toilet paper and feminine hygiene items
- Matches and lighters
- Over the counter medications
- Batteries
- Duct tape
- Toiletries
- Hard candies

These are all items that will be sought after during a long-term survival situation and they don't take up a huge amount of room to store. They're also pretty low cost so investing now can help you to have a big payoff later.

**Rotating Storage.** When you have stored items, many of them have a shelf-life of anywhere from a few months to 20 years. As you keep an inventory you'll want to keep track of expiration dates.

Rotation means using the items before they expire and replacing them with fresher items. It doesn't mean waiting for things to expire, throwing them away, and then replacing them. That would be a huge waste of your hard-earned money.

**Changing Needs.** Throughout your lifetime you'll have changes that require you to revisit your storage needs. Births, deaths, divorces, marriages, and other life changes can change what you need.

As children grow you'll need different amounts of food, different sizes of diapers, etc. At least once each year you should reevaluate your needs and see what needs to be tweaked or overhauled.

**Improving Your Skills.** There are many things you can do to continually improve your survival skills. Even if you don't need to grow your own food for financial reasons, it's a good idea to learn how to do it so that you can if it's required for survival.

Some other skills that can be beneficial during a disaster or long-term survival situation

include:

- Food preservation
- Water purification
- Firearms training and safety
- Building and maintenance
- Sewing, yarn making, knitting, crocheting, etc.
- Raising animals for food
- Foraging
- Ham radio operation
- Vehicle repair and hotwiring
- Hunting and fishing
- Building a shelter
- Playing an acoustic instrument such as a guitar

All of these skills can be developed over a period of time. You don't need to know how to do everything, but the more you can know the better. You might not think playing an instrument is related to survival, but being able to entertain yourself and others can be a great skill and is comforting and soothing.

You can take classes in your area or learn how to do things through online resources such as eBooks and online courses. You can also learn from friends who already have skills that you admire.

**Getting Your Finances in Order.** One of the most important things you can do aside from building up a good cache of supplies is to get your finances in order. That means creating and implementing a plan to:

- Get out of debt
- Create a savings of at least 6 months of income
- Owning your home outright (no more mortgage)
- Planning for retirement

When economic crisis hits, you don't want to have to funnel funds towards debt or housing. You'll want to be able to use any money that you do have to meet your needs. Better yet you want to have savings that will keep you afloat long enough to make a strategy for financial improvement.



## **Preparation Lasts a Lifetime**

Becoming prepared for a disaster is a long-term pursuit. You'll want to focus on improving your self-reliance throughout your entire lifetime. But with the One Year Prepper Plan you're off to a great start!

## **Prepper Resources**

[\*\*Family Survival Course\*\*](#) - Information To Save Your Family During The Coming Long-Term Crisis.

[\*\*Ammo Independence: The Shooters Guide To Reloading\*\*](#) - Guard Against Shortages.

[\*\*Expert Prepper's Ultimate Survival Guide\*\*](#) - Critical Information For Possible Events.

[\*\*Family Survival Plans\*\*](#) - Survivalist And Prepper Planning.

[\*\*37 Things That Sell Out After A Crisis\*\*](#) - Prepare Yourself With Food, Off-Grid Energy and Self-Defense Techniques.

[\*\*Emp - Electromagnetic Pulse Survival Guide\*\*](#) - Learn How To Prepare For And Survive An Emp (electromagnetic Pulse) Attack.

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