

Quick Down and Dirty Prepping

By Joseph Parish

I often hear people complaining that they don't have much money to invest in emergency prepping or they will say I simply do not have enough time to stock up on all the items I would need in the event that the balloon goes up. In as few of words as possible this is a lot of bunk. In all reality you do not need to be rich to stock up and survive a 30-day ordeal safely.

If you have the proper items in place and possess a survivor mindset you can accomplish your mission with ease. It doesn't matter if you live in a rural country setting or in a bustling city if you keep it simple you can acquire an inexpensive emergency prepping supply which could take care of a 30 day period of time per individual. Let's cover the essentials in detail now.

Food

Food is a simple essential to accumulate but remember the golden rule, store what you eat and eat what you store. Store approximate 30 cans of beef stew, 30 cans of mixed vegetables and 30 gallons of water per person. When possible try to store those foods, which do not require water to prepare. Alternately, you could store up on 30 cans of tuna or canned chicken and 30 cans of mixed vegetables. If you can store up on extra water you should do so. It can always be used for flavored drinks such as instant teas, coffee and powdered type drinks. The extra water will also allow you to use instant noodles and rice for a more filling meal.

By following the suggestions above you should be set for at least a month in the event of a crisis. Combined with the food in your refrigerator and pantry you should be able to last even longer.

I realize that 30 gallons of water is not a lot when you consider it being used for hygiene, cooking and drinking. If you are able to do so you should buy or build a water filter. You also have the water in your hot water heater which could be used during emergency times.

Light

Light can be provided by only 1 hurricane lamp complimented with three or four gallons of lamp oil. A hurricane lamp will burn oil at the rate of 1/2 oz per hour. You can forget about batteries as they do not last very long for practical use. Use your flashlights or headlight only in the event that you must wander outside at night. In fact, crank flashlights would be a wise investment. Maintain some flint and steel in your supplies to aid in starting your hurricane lamp.

Heat

Surprisingly in a dire emergency a lamp will put out a considerable amount of heat especially if confined to a small room. In addition, you should have a good supply of winter clothing and wool blankets on hand to handle those extra cold evenings. Fires could be used but they represent an un-needed safety hazard and usually require ventilation.

Sanitation

Sanitation can easily be accomplished by the use of the commercially available five gallon toilet buckets and a large selection of garbage bags. Stock up on toilet paper according to your normal consumption needs. Keep a bottle of waterless soap handy in your toilet facilities for hygienic cleanup.

Health

In emergency conditions we must take care of our health and in doing so we may require alcohol for disinfecting wounds, various selections of pain killers and bandages. Bandages can be an assortment of clean dish towels, pillow cases or even sheets cut to size. These can be used to stop any bleeding issues encountered. Anything of a more serious nature will require some sort of improvisation. Keep at least one large bottle of multi vitamins in your supplies.

Security

Quick security measures can be as simple as tossing some 2 x 4's under your bed to nail across your doors or windows. You could also use those 2 x 4's laid on the floor with one end propped against the door while the other end was jammed against the opposite wall. You could employ several simple wedges under the door to prevent it from opening too easily. If worse comes to shove you can use the closet or bathroom doors for the same purpose. Keep a hammer, some nails, several types of screwdrivers and a hatchet readily at hand.

If you live in an area where you are permitted to have a weapon you should secure a shotgun for defense along with some sort of concealed pistol for when you go outside the home. I especially like the thought of a survival.22 which could be used for small game and defense if the time arrives. I have a 12 ga. shotgun, a 20 ga. And several.22's so I stock up on ammo accordingly. A good hunting knife would be an excellent addition to your defense weapons.

Don't forget the value of a good quality hand cranked emergency radio to provide you with a sense of what's going on in the outside world.

The items listed above can be quickly assembled and will not interfere greatly with your budget. The food supplies should naturally be rotated within your daily food menus allowing for frequent replenishment. Any scenario which will exceed this 30-day supply becomes a serious issue and you will have to get out and finding what you need to survive. Always maintain a low profile and remain out of sight when possible.

For those individuals who may already have a good 30-day emergency supplies on hand you are well ahead of most of the other people when it comes to security and management of emergencies however even the best systems that are in place often overlook something of important. You may discover that your equipment doesn't work as you expected it to therefore it is always a smart move to test your preparedness system prior to actually needing it.

If everything on this list is implemented you can always add to your supplies as you go along. Preparing for emergencies is a never-ending task and takes place continuously. In fact, once you are all set for the 30 days mentioned here why not start thinking about 30 more days. Keep up this mindset until you are stored up for a complete year.