



3 MONTHS

Survival Guide

INTRODUCTION



Hi, my name is Kris (aka City Prepping) and I have been involved with emergency preparedness for several decades now. Between achieving Eagle Scout in my youth, doing humanitarian work in impoverished areas of Mexico and in 3rd world nations such as Afghanistan, and receiving C.E.R.T. training, I've come to learn the foundations of preparedness that I'll outline in this document.

Over the last several years I've developed over 985,000 subscribers on my [YouTube channel](#) and during that time, I've both gained a new level of appreciation for being prepared during these times of uncertainty and have learned from the community's insight.

I've created this quick guide to help you flee if there's a disaster. You may be forced to leave your home during or after an unforeseen disaster due to factors beyond your control. We've witnessed the impact of war forcing people to flee. We've seen fires sweep into communities giving residents a few minutes to leave before their homes were burned down.



In the realm of preparedness, the "Foundation" of 3-weeks is the starting point for those who recognize that self-reliance is not merely an option but a necessity. You will want to understand and implement [the lessons in that guide](#) before expanding upon them here. Three weeks takes you into your first steps of surviving through most of the disasters and life's stutter steps that you might encounter, from the loss of a job to a hurricane that destroys all major infrastructure. It also assumes that infrastructure will be re-established and life will return to normal within 3-weeks, but what if it doesn't? What if the disaster is so great, so never-before-seen, that there is no restoration of services, no relief or rescuers coming, and no return to "normal."



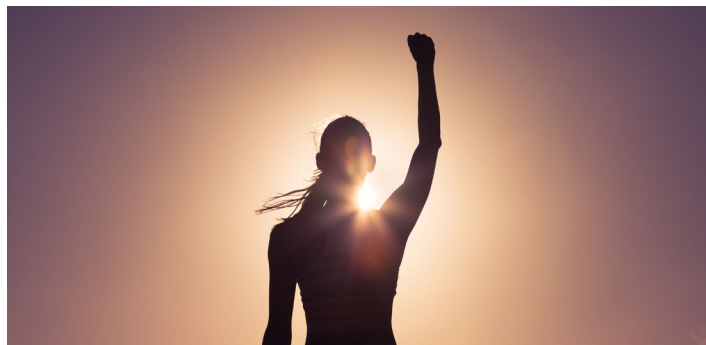
Worldwide, we see this frequently, and there are multiple instances in the historical record where this has been the case. War, plagues, famines, floods, droughts, dramatic shifts in weather patterns, and geological catastrophes like volcanic eruptions and earthquakes have all played roles in creating forever life-altering events. Additionally, economic collapses, revolutions, political upheavals, and the rise and fall of empires have left indelible marks on human history, reshaping societies and civilizations. The rapid advancement of technology and the information age have also ushered in a new era of global change, altering the way we live, work, and connect with one another. Misinformation, deep fakes, and state-sponsored campaigns sometimes become conflated into actionable events or orchestrated attacks on our security and societal structures.



It all sounds rather depressing when you think about it, but these things are part of the constant process of being alive on this planet. Any one of them is enough to alter the lives of millions, but when we see them occurring with greater frequency, intensity, and simultaneously, we are left wondering how bad it still can get. We are left wondering when the next shoe will drop. The fact is that “normal” is only a day similar to the day before. What was “normal” for you a decade ago, I guarantee you, looks significantly different than your “normal” today. Everything is constantly changing.



Prepping provides stability through that change. The FEMA recommended 3-days may get you through a temporary disaster. Our [Foundation Guide of 3-weeks](#) will get you through most disasters, but this Mastery Guide is what you need when help might not come, and it will be up to you to carry on, rebuild, and define what the new “normal” will be. You should make Mastery your goal because you never know when that disaster you are prepping for will end up being a historic, life-altering type. We embark on this endeavor with purpose, recognizing that the world we once knew may never return. In the initial phase, we laid the groundwork for resilience, fortified by three weeks of provisions. However, for those who grasp the reality that help may not come and “normalcy” might never be restored, there is a higher level of preparedness – “Mastery.”



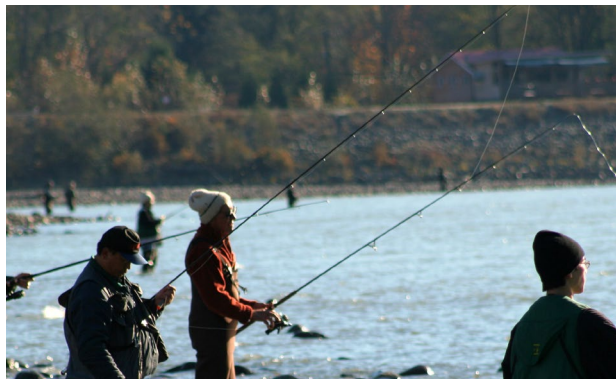
“Mastery” extends the concept of preparedness far beyond the foundational three weeks. This guide ventures into three months, one year, or more, where one must transform not only their tangible resources but also their mindset. At this level, we redefine preparedness by setting milestones and action items that encompass community, security, organization/inventory, a year of food, cooking, water, bartering, and that true key to long-term survival--hope. Each of these facets becomes a piece in the puzzle of true resilience, a tapestry woven to withstand the most formidable and lasting catastrophes. In this guide, we delve into the depths of “Mastery,” providing you with the tools, knowledge, and strategies to thrive, not just survive, in a world where self-reliance is the only lifeline. Links to additional content modules and videos are thoughtfully placed at the guide’s conclusion, offering a comprehensive resource for those ready to embrace the challenge of self-mastery in a world where help is uncertain and normalcy may be a distant memory.



MAGS (MUTUAL ASSISTANCE GROUPS) & COMMUNITY

The guide before this one, “Foundation,” will provide you with the information and skills to make it through the initial 3-weeks of a disaster, but long-term survival depends on your network, community, or formally established Mutual Assistance Group. In the aftermath of a disaster, the most significant percentage of people who don’t know you or have some connection to you will view you as a person hoarding resources as they starve or die from a lack of clean drinking water. When people are in survival mode, they justify doing whatever they feel they need to do to survive. It was the Greek philosopher Aristophanes who is credited as saying, “Hunger knows no friend but its feeder.”

the short-term, foundational approach to keep your preps YOUR PREPS. Still, you will benefit significantly by cultivating long-term community connections. This can be a group of loosely connected poker or fishing buddies, a hiking group, cooking or gardening enthusiasts, a church group, a hobby group, classmates, sports friends, Scout troop or really any gathering of people. You can cultivate that into a more formal Mutual Assistance Group of like-minded preppers, each with roles, responsibilities, and a specific focus with their prepping supplies (i.e., medicine, power, water, security, etc.), or it can be people you are willing to mutually assist, share resources, and plan with after a disaster.



A strong personal defense and operational security through secrecy is



I have a friend who lives about a mile away who set up a 55-gallon barrel of

water just in case because he saw I had done that. This has been the beginning of many conversations. Over the years, we have developed a solid friendship between our families. When SHTF happens, I have things to give him, and he has resources for me. That's not a formal MAG, but it's a start. You probably have people in your life like that: friends, family, acquaintances. If you do, plan on reaching out to them, if you can, after a disaster. If it's a disaster, you can see coming in the days ahead, touch base with them, and see if they need anything or can swap to provide each other with something temporarily. Make sure they are alright and lay the foundation for future sharing. Check on them. Trade or barter with them. In these early days when everyone is out for themselves and may trample all over you to get to your resources, lay the groundwork of community. It's the community that will support you, make you more secure, and provide you with what you may have lacked when resources suddenly became critical.



That may just be human fellowship. Can that person get your elderly relative across town safely to you or check in on

them for you? Can they live for a few days with you and contribute to your survival unit in some way by pooling supplies, keeping watch, or helping you lock down and secure your perimeter? The buds of a community are all around you. Human fellowship is built upon interactions between individuals. It involves spending time together, communicating, and engaging in shared activities, ranging from casual conversations to working toward a common purpose. Here, your common purpose is surviving. Your strength is the mutual support you can give and receive.



The first 72 hours after a disaster are critical, and the breakdown of social and legal systems can lead to a "Without Rule of Law" (WROL) situation. The ultimate way to develop this post-disaster community is to create a MAG, but the foundation for that begins well before disaster strikes. Who do you know who also is concerned about what they are seeing in the world? Who do you know who is also interested in being ready for emergencies or prepping?

IMPORTANCE OF BUILDING A MUTUAL ASSISTANCE GROUP:



Sometimes, you must get the ball rolling on a MAG in your community by gathering neighbors or fellow building dwellers. You need to establish who might have law enforcement or medical backgrounds. You need to develop neighborhood security. The first 72 hours after a disaster are often chaotic, with dwindling supplies, potential looting, and a lack of law enforcement. In such a scenario, relying solely on individual preparedness may not be sufficient. Building a Mutual Assistance Group within your community is crucial for collective survival. These groups can provide mutual support, security, and shared resources, making it more likely for everyone to weather the initial storm of a disaster and its aftermath.



To establish a strong MAG within your community, consider the following steps:

- **Identify Potential Members:** Identify individuals in your neighborhood or community who share your concerns and interests in disaster preparedness. This may include friends, neighbors, or local community organizations.
- **Hold Community Meetings:** Organize community meetings or gatherings to discuss the formation of a MAG. Share information about the potential risks, the need for collective preparedness, and the benefits of working together.
- **Define Roles and Responsibilities:** Within the MAG, assign specific roles and responsibilities to members based on their skills and expertise. Designate tasks related to security, medical care, communication, and resource management.
- **Establish Communication Channels:** Create reliable means of communication within the group. This could involve walkie-talkies, emergency radio channels, or even designated individuals responsible for keeping everyone informed.

MUTUAL ASSISTANCE IN THE FIRST 72 HOURS:



During the initial 72 hours and weeks of a post-disaster, your MAG can coordinate emergency response efforts, such as securing essential supplies, ensuring water availability, and sharing critical information. A community network will prevent members from becoming isolated or resorting to desperate measures.

SUSTAINABILITY BEYOND 72 HOURS:



Beyond the first weeks in the aftermath of a disaster, your MAG becomes even more essential. It can help ration supplies, maintain security, and prepare for the long-term survival challenges. By working together, your community can increase its resilience and adapt to the changing landscape in the post-disaster world. Eventually, your post-disaster MAG may be the foundation for rebuilding a new community.



FOOD



On average, some American households may keep a few days' worth of non-perishable items in their pantry. Beginning preppers, people who cook regularly for themselves, or people who often have suffered financial setbacks or challenges in life may stock up for several weeks or tend to buy in bulk. Your ultimate goal for mastery of food storage is a year's worth of food. This provides ample

food to assist others, if you choose to, when short-term disasters occur, and help is on the way. Aside from that, though, a year's food storage gives you incredible independence from the chaos and instability of the world. Food is a foundational prep.

Preparing a year's worth of food may seem daunting, but with proper planning and organization, it becomes a manageable and essential aspect of disaster preparedness. Here are the steps to set up a food storage supply that can sustain one person for a year or more, with the potential to last up to 25 years if stored correctly. Additionally, you can [watch our video](#) that covers this subject.

TYPES OF FOOD STORAGE PANTRIES



There are two primary types of food storage pantries to help you determine the best approach for your needs. Likely, your ideal pantry is a blend of both of these types.

- **Working Pantry:** A working pantry operates on the principle of "Eat what you store and store what you eat." In this system, you regularly rotate

the food items to ensure freshness and maintain a consistent supply of everyday ingredients. If your family primarily consumes fresh food you prepare each week, a working pantry aligns with your routine.

- **Long-Term Pantry:** A long-term pantry, as detailed below, focuses on stockpiling food items that can be stored for extended periods, ranging from 5 to 25 years. It serves as an

emergency food supply, providing sustenance during major, prolonged disasters. This approach may include items not part of your daily diet, and you can choose to rotate them or use them as needed. Our recommendations primarily center on long-term food storage, but you can adapt these guidelines to your preferences and scale up as needed.

CALORIE CONSIDERATIONS



To create a comprehensive food storage plan, it's essential to understand your calorie needs. The typical daily calorie intake for an individual is approximately 2,200 calories. However, several factors,

such as gender, age, weight, and activity level, can influence your specific requirements.

When planning for a year's worth of food, you can target 803,000 total calories, as there are 365 days in a year. By dividing the food items we'll discuss into monthly portions, you can allocate your storage as follows: 66 lbs of grain, 20 lbs of beans, approximately 0.83 quarts (around 24 oz) of oil, 10 lbs of sweetener, 2/3 lbs of salt (equivalent to less than one standard salt container), and 4 lbs of milk per month.

WHAT FOOD TO BUY



The following food quantities and varieties are suggested for a single adult for one year. If you have more individuals in your household, adjust these amounts accordingly. You can refer

to the accompanying spreadsheet for a detailed breakdown. Feel free to modify these recommendations based on your preferences and dietary requirements.

- **Grains:** Approximately 800 pounds, including 300 lbs of white rice, 20 pounds of corn, 400 pounds of wheat (a wheat grinder may be needed), 50 lbs of oats, 15 pounds of barley, and 150 pounds of pasta. Include popcorn in here, as well. Because of its hard shell, it can keep for a long time. It can also be ground into cornmeal.

- **Beans:** Around 240 pounds, comprising 120 pounds of pinto beans, 30 pounds of red kidney beans, 100 pounds of black beans, and 15 pounds of split peas.



- **Oil:** Allow for 10 quarts, with options such as olive oil, shortening, coconut oil, and butter powder. Be sure to regularly rotate oil to prevent it from going rancid. Oil stored in metal containers (like olive oil) will last longer than in plastic. Oil can go rancid. Shortening or tallow will last longer.
- **Sweetener:** Aim for 120 pounds, including white sugar, brown sugar, Karo syrup, maple syrup, jams and jelly, and raw honey. Honey not only sweetens but also has medicinal value.
- **Salt:** Store 8 pounds of salt, which can also be used for food preservation. Salt will never go bad, is compact, comes in many forms, and makes a great post-disaster trade item. Because of this, storing far more than you need can easily be accomplished.



- **Milk:** Plan for 50 pounds of powdered milk. You can use it to create sour cream, cream cheese, bread, cereal, or faux cheese.
- **Juice or Beverage Sweetener:** Include

25 pounds of juice or beverage sweeteners. You can store large cans of powdered punch, lemonade, or Tang to satisfy your taste buds.



- **Meat:** Allocate 20 pounds, equivalent to approximately 80 servings (one serving being around a quarter pound). This provides for meat consumption about once every 4-5 days. Consider freeze-drying meat to enhance this category. Meat that requires refrigeration will only be good if the power is up and running. Beef jerky will provide a few more months of shelf-stable life. Canned meats like Tuna, Chicken, Spam, Corned Beef, Vienna Sausages, Sardines, Pork, Turkey, Ham, and Beef Stew will last for years on your shelf and are a good source of protein in your working pantry.



- **Dry Fruit/Vegetables:** Reserve 90 pounds, equivalent to a quarter pound of fruit or vegetables daily for a year. Most store-bought cans contain 15 oz, which is close to a pound. Thus, 90 pounds of fruit equals approximately 90 cans. If these are on standard cardboard carton trays, those would be stackable about seven high.



- Spices: Include a selection of spices to add variety to your meals and avoid food fatigue. Consider salt, pepper, garlic, ginger, ketchup, nutmeg, oregano, cinnamon, vinegar, vanilla, Italian seasonings, cumin, thyme, mayonnaise, and dehydrated onions.

WHERE TO PURCHASE SUPPLIES



As for shelves, mylar bags, and oxygen absorbers, you can conveniently purchase these items from Amazon. Some items, such as buckets, storage bins, and shelves, can also be found in local stores. An insider tip is to inquire at your local bakeries, as they may have food-grade buckets they are willing to provide. They often discard these containers.

You can acquire the necessary food and supplies from various sources. Approximately 75% of the items can be purchased from stores like Costco, Sam's Club, Winco, Honeyville, Azure Standard, and Amazon.com. If these specific stores are not available in your area, you can find many of the items in large chain stores such as Walmart or Target.



Ideally, your pantry will have a mix of shelf-stable foods (months to years before expiration), long shelf-life foods (greater than three years), and specific emergency buckets of food (10-25-year shelf-life). Meal plan according to the closest expiration dates.



and the condition of items. Create a detailed list or spreadsheet to keep track of your inventory. Rotate supplies to where they are needed.



2. Prioritize Essential Items: Identify and prioritize the most critical items, such as food, water, and medical supplies. These should be readily accessible and easily distinguishable from less essential items. Ensure you have an adequate supply to cover your immediate needs. Pull that camping equipment, camp stove, emergency candles, latrine system, and so forth to the rooms where they will be used and needed.



3. Evaluate Consumption Rates: Analyze how quickly your supplies will likely be consumed. Consider your family or group's size, daily caloric intake, and medical requirements. Understanding consumption rates will help you plan for rationing and distribution.



4. Project Future Needs: Based on the type of disaster you've faced and its potential duration, estimate your future needs. For example, in a long-term power outage, you may need alternative energy sources, while in a pandemic, additional medical supplies may be essential. Consider both short-term and long-term requirements.

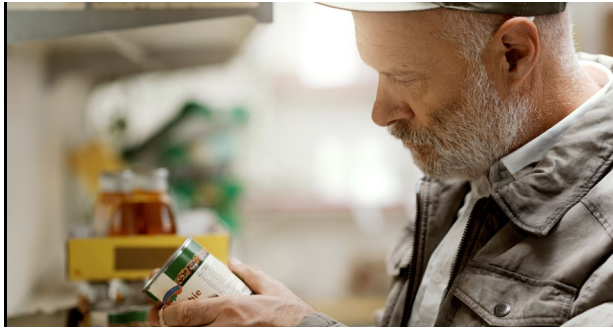


5. Identify Gaps in Preparedness: Review your inventory to identify gaps in your preparedness. This could include shortages in specific supplies, inadequate tools for self-sufficiency, or

a lack of knowledge and skills. Address these gaps by prioritizing the sourcing of missing items and seeking additional training or information.



6. Plan for Rationing: Develop a rationing plan for essential resources. I always recommend rationing from day two. On the first day, you need to use or process whatever food will expire without refrigeration. Eat, prepare, trade, or preserve whatever you can't consume on day one. Trade for what you need. If you have 40 pounds of chicken thawing out, you can't eat all that. You could trade now for batteries or other items you might be short of. This is why you'll see a lot of neighbors barbecuing in the first days after a disaster. If you can bake cookies or bread, do it. That will provide you with several days of food during a time when cooking, and the scents given off during cooking may hamper operational security. It may seem odd to be spending the first few days of a disaster in your kitchen pickling vegetables and making sauerkraut, but that's the food that will get you through the long weeks ahead. Before modern refrigeration, people would grow what they needed and preserve it to last through the long winters. Determine daily or weekly allotments for each item, considering your projected needs. Ensure everyone in your group understands the rationing guidelines and the importance of conserving and preserving resources.



7. Rotation and Maintenance: Regularly inspect and maintain your supplies to prevent spoilage or degradation. Rotate perishable items, check expiration dates, and replace expired or damaged goods. Keep your inventory organized, well-labeled, and easily accessible. In a prepper's food pantry, the principle of FIFO, or First-In, First-Out, is paramount. It dictates that the oldest food items should be the first to be used or consumed. By adhering to this strategy, preppers ensure that their food supplies remain fresh and that none goes to waste. This rotation system is crucial for maintaining long-term food preparedness, as it maximizes the shelf life of stored items and guarantees a consistent supply of edible provisions in case of emergencies or disruptions in the food supply chain.



8. Continuous Assessment: Disaster situations are dynamic, so continuously

assess and adapt your inventory and preparedness plans. Stay informed about changing conditions and emerging threats, and adjust your supplies and strategies accordingly.



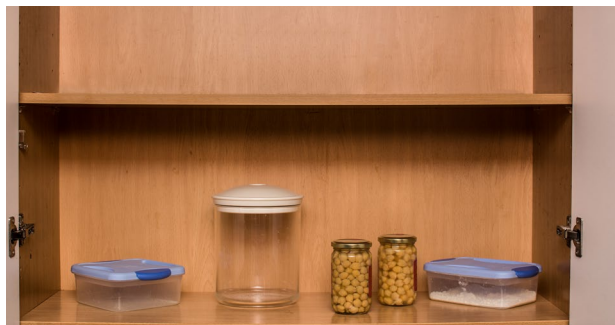
9. Community and Mutual Support: If you are part of a prepper community or Mutual Assistance Group (MAG), work together to pool resources and skills. Collaborate on assessing collective needs, identifying gaps, and ensuring equitable distribution of supplies among members. Meal plan as a group. Prepare food as a group. Eat together at allotted times, but keep food available for anyone at any time. One large pot of stew or chili always available will ensure everyone in your group is fed, but it will also allow you to ration your supplies.

By following this step-by-step approach, preppers can effectively organize their inventory after a disaster, recognize any gaps in their preparedness, and anticipate future needs based on the nature of the disaster they've faced. This proactive and comprehensive approach is essential for long-term survival and resilience in challenging post-disaster scenarios.



SECURITY: DEALING WITH THE UNPREPARED

The harsh reality is that when you look out your windows at all your neighbors, very few, if any of them are prepared for a disaster of epic proportions. A disaster of a few days, and they might have enough food in their cabinets or pantry. They might have a few cases of canned or bottled water they picked up at the local big box store the day before. They might have a flashlight or some camping equipment. Cobbling these things together and applying a little ingenuity might get them through the first few days or a week or more, but they will eventually have to look to others to obtain what they need to survive.



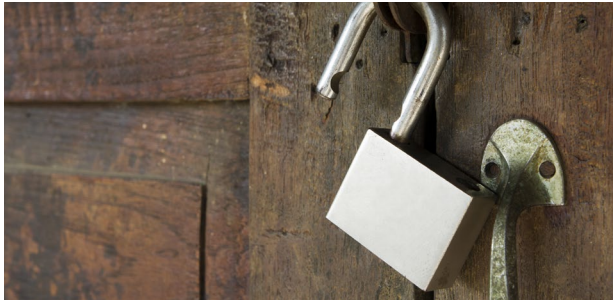
This can put them out on the road, roaming and searching for the basics of

food and water. This can lead them to your doorstep. I have a few videos on dealing with this inevitable horde that I would encourage you to watch. I will link to them at the end of this document.

Here are the basics of a strategy outlined for you:



- **Establish Security Protocols:** Define security protocols for your family, prepper group, or community. Assign roles and responsibilities related to security, including perimeter monitoring, access control, and emergency response. Ensure that everyone understands their roles and the importance of security.



- **Assess Vulnerabilities:** Before disaster strikes, identify potential security vulnerabilities in your location, such as weak entry points, blind spots, or inadequate lighting. Take steps to fortify these areas, reinforcing doors and windows, improving locks, and installing alarms or surveillance systems if available.

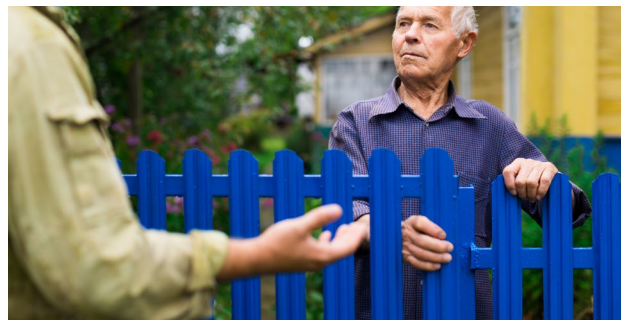


- **Establish Watch Schedules:** Implement watch schedules to maintain 24-hour surveillance, especially during the early stages when unprepared individuals may be more desperate. Rotate individuals or groups for security shifts, ensuring continuous coverage and well-rested personnel.



- **Communication and Signaling:** Develop a system of communication and signaling within your group for security purposes. This may include using codes, hand signals, or specific procedures for alerting others to potential threats or emergencies. When my wife and I want

to tell each other that buying something might be a frivolous expenditure, we jokingly call it Carmel. That's candy and calories we don't need. When we want to leave a party, we establish a code word or phrase ahead of time. Have a security word or topic that can easily be worked into a conversation but lets those in the know easily understand that things aren't right. There are physical signals, as well. If the family's framed picture is ever lying down instead of propped up, something is seriously wrong.



- **When You Have To Engage with Unprepared Individuals:** Inevitably, you may encounter unprepared individuals seeking assistance. Approach such encounters cautiously, prioritizing your and your group's safety. Evaluate their intentions and needs, and offer assistance as you see fit, but avoid revealing the extent of your supplies or vulnerabilities. That unprepared individual may have been significantly caught off guard by the disaster or failed to prepare for it, but they might still be an asset to you and your group. The ER doctor who failed to prepare for a disaster because she was working long hours in an Emergency Room might be someone you want to take into your group for a little while to see if it works out. That carpenter, day laborer, electrician, mechanic, or semi-skilled worker might be an asset in your current or future struggle. A homemaker who understands how to pickle food, bake, cook, sew, or knit has tremendous

value after a disaster. Avoid taking in any group the same size or larger than your own, and avoid building your group too fast. You want to maintain the direction and control of your resources. Ensure that only trusted individuals can join your community, and carefully screen newcomers to prevent potential threats.



- **Establish Boundaries:** Clearly define your group's boundaries and the entry rules. Make sure your perimeter warns others. You might let someone cross over your property, but you don't want them camping, raiding your garden, or lurking around your windows. Of course, don't open the door for anyone, and be wary of victim grifts where people claim to be injured or in need but really intend on gaining access to your domain. You can't help everyone and keep yourself secure. Know this and establish both physical and mental boundaries.



- **Develop Conflict Resolution Strategies:** Create conflict resolution strategies within your group to address disputes or tensions that may arise. Stress the importance of diplomacy and non-violent communication when dealing with unprepared individuals. If you end up rebuilding a society, establishing

rules and laws and a system of governance and decision-making will be invaluable to you.



- **Defensive Measures:** Train your group members in defensive measures and self-defense techniques. This includes firearms training, if applicable, but should also focus on non-lethal alternatives to protect lives and resources.



- **Stockpile Barter Items:** Consider maintaining a stockpile of barter items that can be used to negotiate with unprepared individuals rather than resorting to violence. These items can include surplus food, medical supplies, or useful tools. They may have something they are willing to trade with you. This is covered more extensively in a later section in this guide, as bartering is your means to build community and obtain the necessary resources.



- **Community Outreach:** Reach out to neighboring communities or prepper

groups to establish alliances and mutual support networks. Collaborate on security strategies and share intelligence to enhance your collective security efforts.

- **Information Discretion:** Emphasize the importance of information discretion within your group. Limit the disclosure of critical details about your resources, security measures, and strategies, especially to outsiders.
- **Regular Drills and Training:** Conduct regular security drills and training exercises to keep your group members prepared and vigilant. Practice response to various threat scenarios to ensure everyone understands their role.

- **Continuous Evaluation:** Evaluate your security protocols and adjust them as needed to adapt to changing circumstances or emerging threats.

By following this step-by-step approach, preppers can establish effective security measures, manage the presence of unprepared individuals, and ensure the safety and integrity of their group or community in a post-disaster environment. It's crucial to strike a balance between providing assistance to those in need and maintaining the security necessary to protect your resources and well-being.

COOKING

Establishing a permanent cooking operation for your family or a small group after a disaster is essential for ensuring that everyone's nutritional needs are met while also addressing security and resource conservation.

- **Security and Resource Conservation:**

First and foremost, security is a top priority. Choose a location that is concealed from prying eyes and potential threats. Ensure that there's a dependable water source nearby for cooking and cleaning purposes. Communal, large-pot cooking is a practical approach, allowing you to prepare larger quantities of food efficiently. To conserve resources, consider building a rocket stove, a Dakota fire pit, or using a propane camp stove. These are relatively fuel-efficient, low-smoke methods of cooking. Use airtight containers to store dry goods and leftovers, reducing waste and the need for frequent cooking. Repurpose cans, containers, packaging, and bottles. A tin can has dozens of uses, from a makeshift stove to a cup for drinking water to an arrowhead. Repurpose as much as you can.



- **Assigning Roles:** To maintain a well-organized cooking operation, assign specific roles to each group member. For instance, designate someone as the head cook overseeing meal planning, preparation, and portion control. Another member can manage fire or stove maintenance, ensuring that cooking equipment functions optimally. A third person can manage food storage, keep track of inventory, and restock as needed. Yet another might act as a sous chef prepping ingredients and assisting your main cook. Rotating these responsibilities can help prevent burnout and build a sense of cooperation within the group.



- **Cooking Methods and Meal Planning:**

Depending on available resources and the type of food you have, adapt your cooking methods accordingly. Simmer stews, soups, or rice in large pots for efficient and hearty meals. Ensure that you have a variety of spices and condiments to enhance flavors and nutrition. Plan meals that maximize the use of available ingredients and minimize waste. Food is a resource, and you don't want a single ounce of it to go to waste. For example, use leftovers creatively in the next day's meal. Also, consider growing your herbs and vegetables for a fresh food source. Having a communal cookbook with simple, nutritious recipes tailored to your available resources can be a valuable reference for meal planning and rotation of duties.



- **Cooking As A Skill To Work On Now:**

Cooking is a skill you need to learn now. Long-term survival is enhanced by it. If you've rarely cooked anything, start small. Learn to bake a loaf of bread.

Grab some red onions, a jar, salt, water, and a few herbs, and make your first lacto-fermented red onions. Pickle some carrots. Bake some cookies. Brew beer or make wine.

By focusing on security, resource conservation, roles, and cooking methods, your family or small group can establish a permanent cooking operation that ensures everyone's well-being and resilience in the face of disaster.



As with any skill, you will have some failures along the way. You don't want those failures to ruin your food after a disaster. You want them to happen now. Each new thing you learn about cooking teaches you a little more about the temperatures, methods, nutrition, and processes. It brings you closer to your food and helps you understand techniques that modern folk pass off to manufacturers and chemical preservative companies.

You will be happier and healthier if you learn to cook just one new recipe weekly. You will also save considerable money during a time of hyperinflation. Don't overlook this valuable skill. Consider it a vital prep that nobody can ever take from you.



BARTERING

Bartering and trade is such essential element of surviving the aftermath of a prolonged disaster that I am dedicating a whole section to it. If the dollar collapses in the wake of a national disaster, a hundred dollars won't be enough to buy a loaf of bread, but a lighter might be the perfect trade for that loaf of bread. The value of items changes relative to the comfort, relief, or safety they provide in a chaotic world.



Bartering is a system of exchange where goods or services are directly traded for other goods and services without using money as an intermediary. In a barter transaction, individuals exchange items they possess for items they want or need from another party. This has been the common medium of exchange since ancient times. The use of currency, from a historical perspective, is relatively new. It's bartering that people will return to when currency, even precious metals, has diminished or no value in comparison

to the bare essential needs of food and water. Bartering relies on a mutual agreement between the parties involved and requires a double coincidence of wants, meaning both parties must desire what the other has to offer.

Here are several items you could be stockpiling now that will have much greater value after a disaster:



- **Clean Water:** Water purification tablets, filters, or containers ensure access to safe drinking water. In a post-disaster world, waterborne diseases are a significant concern, making these items invaluable.
- **Non-Perishable Food:** Consider canned goods, dry rice, pasta, and other long-lasting foods as lifelines. They provide sustenance when fresh food is scarce, offering comfort in difficult times. If you have 20 cans of peaches and someone else hasn't had anything sweet in a while but has flour or freshly caught

fish, there's a trade there.

- **Fresh Fruits or Vegetables:** A large squash, melon, a few peaches or apples, and various vegetables are a source of mouth-watering fresh food for a hungry person. While not high in nutritional value, they can provide a much-needed morale boost.



- **Salt, Spices, and Seasonings:** These items have historically been so highly prized that entire wars have been fought over them. A valuable person was considered “worth their weight in salt” before they were “worth their weight in gold.” In a world where survival food can be monotonous, these seasonings and spices offer variety and comfort to meals, making them worth having.
- **Medications:** Having both common over-the-counter medicines and prescription medications is essential. In a post-disaster situation, medical needs are unpredictable, and access to these items can be life-saving. Anti-diarrhea medicine, for instance, will be precious to those who have been drinking untreated water in the wild.



- **Topical Creams & Skin Treatments:** When exposed to harsh elements teeming with fungi, bacteria, and irritants, topical creams are invaluable. If

you've ever experienced an unrelenting itch, you'd understand the willingness to pay any price for relief. These products vary in shelf-life and purpose, from chapped skin to itch relief: Cortisone, Hydrocortisone, Calamine, Benadryl, Neosporin, Polysporin, Lanacane, Aveeno Anti-Itch, Gold Bond Anti-Itch, Vaseline, Tecnu Extreme Poison Ivy Scrub, IvyX Pre-Contact Solution, Zanol Poison Ivy Wash, Burt's Bees Ivy Soap, Tec Labs Anti-Itch Spray.

- **First Aid Supplies:** Bandages, antiseptics, and medical equipment are crucial for addressing injuries and illnesses. They play a significant role in preserving health and preventing complications.



- **Hygiene Products:** Items like soap, toothpaste, toilet paper, and menstrual products provide not only personal comfort but also help maintain sanitation and hygiene standards.



- **Fire Starters:** Lighters, matches, and firewood are indispensable for warmth, cooking, and purifying water. Fire is an essential survival necessity.
- **Tools:** Multi-tools, knives, and basic hand tools are versatile and essential for tasks such as shelter construction, repairs, and crafting.
- **Shelter:** Tarps, tents, or camping gear

are crucial for protection against the elements. They offer safety and comfort in challenging conditions.

- **Clothing:** Extra clothes, especially weather-appropriate items, ensure individuals can stay warm and dry, reducing the risk of exposure-related health issues. Hats, scarves, gloves, socks, tennis shoes, and jeans all have value.



- **Fuel:** Gasoline, propane, chaffing cans, or other fuel sources power vehicles, generators, and cooking equipment, increasing self-sufficiency.
- **Batteries:** Various battery sizes like AA, AAA, and more are essential for powering flashlights, communication devices, and other critical equipment.
- **Flashlights:** Hand-crank, key chain LED, or solar-charged flashlights provide reliable light sources without relying on electricity, enhancing security and functionality.



- **Communication:** Two-way radios, CB radios, or walkie-talkies are invaluable for maintaining contact and coordinating with others in a disrupted world.
- **Seeds:** Vegetable and fruit seeds for gardening offer a sustainable source of fresh produce, promoting long-term food security.



- **Barter Currency:** Precious metals like gold and silver may hold value based on the perception of others. While not consumable, they can become a valuable exchange medium in a post-disaster economy. Their value, however, is utterly dependent upon perceived value in the past and perceived value in the future. Most people would choose a good knife over an ounce of gold or a loaf of bread over an ounce of silver.
- **Personal Protective Equipment:** Items like masks, gloves, hats, scarves, and goggles help safeguard individuals from environmental hazards and contagion.
- **Cooking Supplies:** Pots, pans, and portable stoves enable food preparation even when traditional utilities are unavailable.
- **Ammunition:** Ammunition serves various purposes, from hunting for food to self-defense in uncertain times.



- **Alcohol and Tobacco:** Recognize that people's addictions may persist. Alcohol and tobacco can serve as coping mechanisms and also become valuable barter items in times of stress.
- **Candles and Lamps:** These light sources that don't require electricity are essential for illumination during power outages.



- **Fishing Gear:** Hooks, lines, and fishing equipment offer a means of procuring food from local water sources.
- **Manual Appliances:** Hand-cranked or manual kitchen gadgets simplify food preparation and cooking without electricity.
- **Books, References, Maps:** Survival guides, educational materials, and maps become invaluable when navigating a suddenly unfamiliar and challenging landscape.



- **Barter Skills:** Knowledge and skills in areas like first aid, carpentry, and mechanics can be invaluable. In a post-disaster world, these skills can serve as a currency for trade and cooperation.

Regarding bartering, here are the essential methods and advice you need to know:

- **Understand the Value:** Recognize the value of items in a barter situation, considering that what's valuable will change based on the specific crisis. Essential items like food, water, medicine, ammunition, and batteries will be highly valued. Understand the current value of these items in your area.



- **Barter with Trusted Individuals:** Whenever possible, swap with people you know, trust, or those referred by people you trust. Dealing with friends, neighbors, and family can reduce anxiety and risk. However, remain cautious, as desperate situations can change people's behavior.
- **Maintain Security:** Ensure security during the exchange. Meet in a neutral, highly visible location away from your home and supplies. Only bring what you're willing to lose if the deal goes sour. Have a trusted companion accompany you to watch your back.
- **Anticipate Needs:** Do you have a hunch they might need something else you have? If so, bring a sample or a little bit of that. You may be able to sweeten the deal to secure more of the resource you are swapping for, or you might be able to establish a follow-on trade. A person is less likely to double-cross you if they have a future deal they have to make with you.



- **Effective Negotiation:** During negotiations, avoid revealing your entire inventory, and don't let desperation show. Use phrases like "I can ask around" to divert attention from your inventory. Be willing to walk away from

an unfair deal and maintain fairness in your negotiations.

- **Establish Trade Lines:** Once you've successfully completed several non-threatening deals, consider discussing the possibility of regular trade arrangements with your trusted partners. Trade goes beyond physical items; you can barter services as well, but be cautious about extending your reputation on behalf of others.



- **Develop Your Skills Now:** Don't wait to develop your bartering skills until after a disaster strikes. Like cooking, learning

to barter can significantly improve your current quality of life. Do you know how to fix your neighbor's broken mower? Is that worth a basket of apples from his tree? Does your neighbor have a fruit tree going to waste? Offer to trim it and pick the fruit. In exchange, you'll give them a couple of jars of preserves or jam. They'll just be glad to have it trimmed back. Look at any task using your time as an opportunity to barter or exchange. Don't give your time freely when you could be exchanging with someone and building a relationship.

By following these guidelines, you can increase your chances of securing successful and fair barter deals in a post-collapse world. Building a network of trusted trade partners can be a crucial aspect of surviving such a scenario.



WATER

Water is a finite resource in a post-disaster environment. People can live for about 3-days without it, and they'll do anything to get it. Your supply of water is reduced with each gulp you take of it. In addition to storing what you need to cover the longest duration possible, you should consider precipitation collection systems and what you need to render water from the wild or pools drinkable. You need to be able to filter, treat, boil, find, and collect water to have enough to endure over the most extended time.

WATER FILTRATION BASICS:

Understanding units of measurement like microns is crucial in choosing the proper filtration method. Microns represent the size of particles that a filter can remove, with smaller numbers indicating finer filtration. A typical human hair measures 40 to 50 microns wide, while the smallest bacteria are about 0.2 microns, and viruses can be as small as 0.004 microns. Portable water filters, such as the Sawyer Mini and LifeStraw, can filter down to 0.1 and 2.2 microns, respectively, effectively removing pathogens like bacteria and protozoa. However, they may not filter viruses or contaminants like herbicides or pesticides. Charcoal systems can often accomplish this through absorption. For comprehensive water filtration, systems like the Berkey water filter are ideal, with the ability to purify both treated and untreated water sources and remove pathogenic bacteria, chemicals, and other harmful substances down to 0.2

or 0.3 microns. These filtration methods ensure access to clean and safe drinking water during emergencies. I make sure to have some affordable, sealed, portable filtration straws in each bug-out bag. When on the road and unable to carry copious amounts of water, I am most concerned about harmful bacteria, protozoa, or viruses sidelining me.



Water Treatment Basics: I also make sure to have some chemical disinfection water treatment methods available. Chemical disinfectants like Aquatabs, chlorine, iodine, or chlorine dioxide can be added

to water to kill or inactivate harmful microorganisms. They are beneficial when boiling is not feasible. You can also treat water through ultraviolet light. UV light emitted from a device disinfects water by inactivating microorganisms. It's a chemical-free method that is effective against bacteria, viruses, and parasites. It is energy-dependent, though.



Pasteurization and Boiling Basics: Boiling water is one of the simplest and most effective methods to kill bacteria, viruses, and parasites. Water boils at 212 degrees Fahrenheit (100 degrees Celsius) at sea level. Bringing water to a rolling boil for at least one minute (or three minutes at higher altitudes) can make it safe to drink. It doesn't remove chemical contaminants, though. Sometimes, boiling is not an option. At those times, pasteurization is often overlooked but is an effective alternative. I recommend a non-insulated stainless steel water bottle for this purpose. When left in the sun, the internal temperature of the water can reach a high enough temperature for a long enough time to kill off any harmful biological material in the water. Water should be heated to a minimum temperature of 149°F (65°C) to ensure the destruction of harmful microorganisms. Lower temperatures for more extended periods can have similar results, but 149°F (65°C) is commonly referred to as the pasteurization temperature. The water should be held at or above this temperature for at least 6 minutes to achieve pasteurization. Some guidelines

may suggest a longer duration, especially if the water is cooler or if there are concerns about the water source's quality. Note that pasteurization will not remove chemical contaminants from water. These methods merely eliminate the most dangerous biological contaminants in water.



Alternative Water Purification

Methods: Besides traditional filtration and chemical disinfection, there are alternative methods for purifying water. Solar stills, for instance, utilize the sun's energy to evaporate water, leaving behind contaminants. The vapor is then condensed and collected as purified water. This method can be slow but is effective in emergencies. Another technique is using activated carbon, which can adsorb impurities and improve the taste of water. Activated carbon filters are commonly used in water pitchers and under-sink filtration systems.

Additionally, distillation is a purification method that involves boiling water to produce steam, which is then condensed back into liquid form. This process effectively removes contaminants, but it can be energy-intensive and slow. Ultimately, the choice of water purification method depends on your specific situation and needs. It's advisable to have a combination of methods at your disposal to ensure a reliable supply of clean and safe drinking water, especially during emergencies or outdoor adventures.



Storing What You Need: For urban and suburban preppers, the challenge lies in storing enough water for various emergencies. In an urban setting, water storage options are practical yet versatile. You can choose from portable, non-stackable containers, like the 5-gallon Coleman water jug or 7-gallon Reliance Products Aqua-tainer. These work well when you don't need to stack them. For more compact storage, stackable water containers are a great choice, even though they hold about 5 gallons. They are thicker and ideal for tight spaces.

Non-portable options include the popular 55-gallon water drums, available on platforms like Amazon and Walmart. Some non-portable options are stackable, like the 5-gallon stackable containers, which can be a space-efficient solution. To ensure your water is safe for consumption, consider UV-resistant, food-grade, and blue-colored containers that reduce exposure to UV light and prevent biological growth. We show you how to prepare 55 gallon drums for long term storage [here](#).



Opt for polyethylene plastic containers marked with numbers 1, 2, or 4 for safety. Before using, [wash and disinfect them as shown here](#). Store away from direct sunlight, as it promotes biological growth and degrades containers. Avoid clear bottles and those that held soda or milk as they are challenging to clean and may leave behind biological materials. Be cautious with used containers due to previous contents and contamination risks. In an apartment, create storage space beneath elevated furniture using cinder blocks or bricks, and utilize closets for darkness and coolness. If using your garage, place containers on wooden 2x4's to prevent odor and chemical absorption from the concrete. Consider stability for natural disasters and familiarize yourself with using your water heater as a water source in advance.

Harvesting water from the wild or alternative sources after a disaster is a vital survival skill. Here are various methods to obtain water in such situations:

NATURAL SOURCES



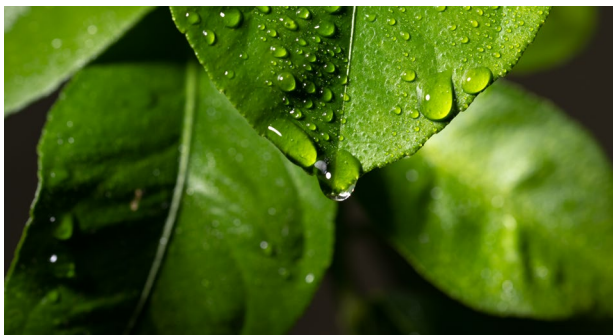
Streams and Rivers: These are reliable sources if you can find them. Use a

container or improvise a scoop to collect water.

Ponds and Lakes: Water bodies can be a good source, but purify or filter the water before consuming it to avoid contamination.

Rainwater: Place containers, like buckets or tarps, to collect rainwater. Ensure the containers are clean to avoid contamination.

HIDDEN WATER SOURCES



Plant Transpiration: Use plastic bags or large leaves to cover branches of

non-poisonous plants. Secure them and collect the condensation that forms.

Rock Crevices: In arid areas, look for damp spots in rock crevices. Water can accumulate there.

Animal Tracks: Follow animal tracks, which often lead to water sources.

Plant Water Sources: Certain plants, like cacti, store water in their tissues. Learn to identify and safely extract water from such plants.

HOUSEHOLD WATER SOURCES



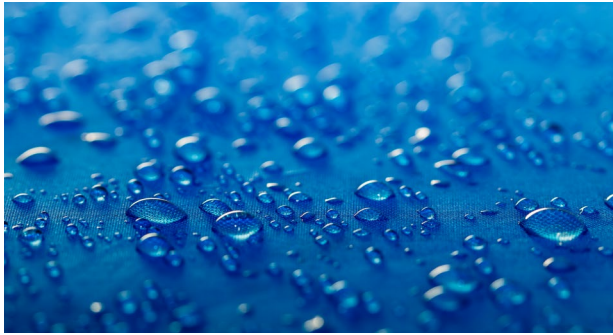
Water Heaters: Drain water from your home's water heater. It's typically safe for drinking unless there is a water contamination issue.

Toilet Tanks: While not ideal, the water in the tank (not the bowl) can be used for non-potable purposes.

Swimming Pools and Hot Tubs: Use pool water as a last resort if you have no other source. You will need to heavily treat and filter the water, perhaps build a solar still to convert steady amounts into drinkable water. You cannot drink it directly.

Irrigation Pipes: Irrigation lines have gallons of water just sitting in the primed lines. Tap the lowest point in the system and be ready with containers to collect it.

PRECIPITATION SYSTEMS



Dew Collection: In the morning, tie absorbent material (like a bandana or cloth) to your ankles and walk through dew-covered grass. Squeeze the collected dew into a container.

Tarp Collection: Set up a tarp at an angle to direct rainwater into a container. This method helps gather larger amounts of rainwater.

Solar Still: Construct a solar still by digging a hole in the ground, placing a container in the center, covering it with

a plastic sheet, and weighing down the edges with rocks. You can place dirty water around the container. Condensation will form on the plastic and drip clean, drinkable water into the container.

Improvised Water Filters: You can create basic filters using cloth, sand, charcoal, or natural materials like grass or moss. Filtering water before consumption is crucial to remove impurities.

Condensation Traps: Set up a plastic sheet to collect condensation from the air, especially in humid environments. This method can yield small amounts of water over time.

Remember to purify, filter, or treat water obtained from any of these sources, if possible, to eliminate contaminants and ensure it is safe for consumption.



INFORMATION

- Build a post-disaster [library in print](#) and on a thumbdrive or old device you can access. If you're like me, you need a plan to work from when building something. In an SHTF situation, you won't be able to simply log onto the internet or go to the library and check out a book. You need to have these materials available to you. Fortunately, we've come a long way since Gutenberg, and [you can now store entire Wikis](#) and thousands upon thousands of print pages, diagrams, illustrations, recipes, plans, and images on a thumbnail storage device about the size of a small lighter. Leverage that to your advantage. Here are documents to consider storing in this way:
 - **Legal Documents:** Store essential documents like birth certificates and deeds.
 - **Instructional Materials and Plans:** Put instructions for building things on there.
 - **Manuals and User Guides:** Most equipment now has electronic instructional manuals and user guides. This is a great place to store those.
 - **Survival Manuals:** Include survival guides like "The SAS Survival Handbook" or "U.S. Army Survival Manual" for essential survival tips.
- **First Aid Guides:** Detailed instructions on first aid procedures, wound care, and medical emergency responses.
- **Maps:** Store maps of your local area, region, and potential bug-out locations. Include topographical maps and roadmaps.
- **Edible Plant Identification:** Information on edible and medicinal plants found in your region.
- **Camping and Outdoor Skills:** Guides on setting up shelters, fire-building, knot-tying, and outdoor cooking.



- **Food Preservation:** Instructions for canning, drying, and storing food for the long term.
- **Water Purification:** Details on how to purify and filter water from various sources.
- **Communication:** Store information on ham radio operation, Morse code, or other communication methods.
- **Self-defense:** Include materials on self-defense techniques and improvised weapons.



- **Emergency Contact Information:** A list of important contact numbers, both personal and for emergency services.
- **Weather and Disaster Preparedness:** Guides for understanding and predicting weather patterns and disaster preparedness plans.
- **Hunting and Fishing:** Guides on hunting, trapping, and fishing for food in the wild.
- **Tool and Equipment Manuals:** Include manuals for any essential tools and equipment you have, such as generators, stoves, or firearms.



- **Language and Translation Guides:** Basic foreign language phrases and translation guides if you encounter different languages, especially in a multi-ethnic region.
- **Solar and Off-Grid Power:** Information

on installing solar panels, wind turbines, or other alternative power sources.

- **History and Heritage:** Preserve knowledge of your culture, heritage, and traditions for future generations.



- **Entertainment:** Don't forget to include some ebooks, movies, or music for morale and stress relief. Many disasters involve patience and waiting it all out until you can re-engage with the world. Reading will pass the time better than almost every other activity. Grab that trilogy or that lengthy novel you have always wanted to read but never had the time to, and add it to your emergency supplies.



- **Pictures, Videos, and Letters:** Remembering people and experiences when times were happier can be a great source of relief and hope.

If you are forced to rebuild after a disaster, information is the most essential tool you have at your disposal. Leverage an electronic and hardcopy library you can draw upon when needed. Remember to regularly update and maintain the information on your thumb drive, and ensure it's stored in a waterproof and shock-resistant container to protect it from the elements and physical damage. Put any critical printed materials in waterproof bags.

SKILLS ARE INFORMATION SOLELY OWNED BY YOU



Nobody can take from you a skill you have developed. It's a resource you own entirely. I have mentioned in this guide both cooking and bartering as skills to build, and I'll mention skill-building yet again in the next section of this guide. They are that important. In a disaster that leaves you without infrastructure for weeks, months, or years, skills and knowledge you have previously put into practice will get you through.



Consider cultivating one or more of these skills today to enrich your life and enhance your ability to survive an uncertain future: cooking, bartering, sewing, woodworking, gardening, home repair and maintenance, canning and food preservation, basic carpentry, metallurgy, bicycle maintenance, auto maintenance, home brewing and fermentation, basic plumbing, basic electrical work, emergency preparedness, handy DIY projects, computer and tech skills, home organization, vehicle repair fundamentals, soap making, candle making, sewing, weaving, or knot tying. As you can see from that list, there's so much you could learn, so stick to things you find interesting. It's the skills that you develop today that may save the day for you later. It is perhaps your most critical resource.



HOPE

You don't often hear people discussing hope after a disaster. It's funny because, at some point, you are giving up hope of normalcy returning. You are giving up hope that services will be restored or a rescue will occur. Even as you give up hope for these things, you have to hold on and cultivate "hope" for your future. You have to cultivate a hope that your life tomorrow will be even slightly better than today. There are several ways to do this and not lose your sense of hope.

- **Set Short-Term Goals:** Break down your survival and recovery into smaller, manageable goals. This could include finding shelter, securing a clean water source, or building a fire. Achieving these objectives will give you a sense of accomplishment and reinforce your belief in your ability to survive.



- **Maintain Work-Life Balance:** You absolutely have to get some things done and shouldn't take a break until you do have them done. You will die without food, water, or shelter, so you must have these essentials in place after a disaster. When you do, though, remember to rest. Spend time doing nothing if that's what you need to recharge and tackle tomorrow. Go fishing. Write in a journal. Read a book. Draw some plans. Sing your favorite song. Balance your work with the act of living. If you are part of a group, spend some time forgetting about the disaster and just telling each other jokes or telling stories. Even prisoners of war would entertain themselves by putting on plays or shows. These little acts lift people out of despair, if even for a moment.



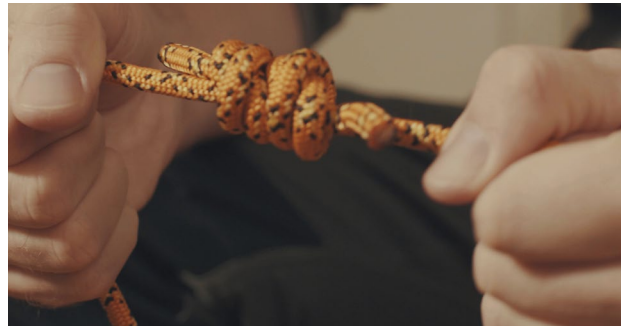
- **Commune:** Communing with your higher power, sitting still in nature, staring at the clouds, touching grass with your bare feet, watching sunrise or sunsets, all of these can help to make you feel connected in the world. They can make the overbearing problems you face seem less weighty. They can provide moments of inspiration and insight. Take the time to let yourself connect to the world.
- **Stay Connected:** If you are not alone, maintain a sense of community with others affected by the disaster. Share tasks and responsibilities, support one another emotionally, and work as a team to increase your chances of survival. Human connections can be a powerful source of hope.



- **Cultivate a Positive Mindset:** Focus on the positive aspects of your situation, no matter how dire it may seem. Practice gratitude for the resources you have, the skills you possess, and the opportunity to rebuild. Keeping a positive mindset can provide a sense of hope and resilience.
- **Learn New Skills:** I wrote earlier to mention skills again, so here it is. Use your time post-disaster to acquire or enhance survival skills. Do you have that chart of 100 different knots and a length of string or rope? Well, now's your time to learn them all, and what better time to put them to practical use? Learning how to build shelter, forage for food, purify water, and provide primary medical care can boost your confidence and hope for

the future. The more self-sufficient you become, the brighter your outlook.

- **Plan for the Future:** It can be challenging to imagine a future when your current days and nights are bleak, but you must try. Create a vision for what your life could be like after the disaster. Consider the steps you need to take to rebuild your life, whether returning to your community or starting fresh elsewhere. This long-term perspective can provide hope and motivation to survive and thrive. Keeping your mind busy thinking about other things doesn't allow it to wander to dark places. Remember what Seneca said, "Difficulties strengthen the mind, as labor does the body."



- **Engage in Light Exercise:** Clearing your head with light exercise, deep breathing, or stretching can energize and allow you to shake off the doldrums. You don't want to engage in overly rigorous exercises that may result in injury or the need for medical care. Still, you do want to keep active, primarily through any extended period of lockdown or solitude.

Practice one or all of these so as not to lose hope. Remember, hope is a powerful motivator and can help you overcome even the most challenging circumstances. By focusing on your abilities, your support network, and your potential for recovery, you can maintain hope and work toward a better tomorrow.



FINAL THOUGHTS

Mastery is a blend of solid resources like food and water. It also involves skills like bartering, cooking, and organization. Mastery involves building a community from the ground up, restoring community access to resources, and creating secure networks of people. Some of your mastery is tangible, like how many pounds of beans, rice, or water you need. The basics of that are in the Foundations Guide. Much of this mastery of prepping, however, is intangible, even theoretical. Your ability to survive an uncertain, chaotic future comes down to the steps you take today, the tangible things you put into practice, and the learning you endeavor today.

There are plenty more guides we have available, and some are still on the way to help you along in your journey.

As always, stay safe out there.

Kris
A.K.A City Prepper



LINKS

Mutual Assistance Groups & Community

FOOD

- 10 Foods That Give You The Most Bang for Your Buck
- 5 Enemies of Long-Term Food Storage Most Overlook
- 21 Overlooked Grains That Will Keep you Alive (Prepper Pantry Food Items)
- How To Easily Build a 3 Week Emergency Food Supply
<https://youtu.be/o4gU8MUoxGw?si=5wjOOypvyxuISZA6>
- How to Preserve Chicken For Long Term Food Storage (Dehydrated or Freezing Drying)
- 16 lbs of Food to Keep you Alive: Crucial Prepper Pantry Food Items
- Most Overlooked Grid Down Survival Food

ORGANIZATION & INVENTORY

SECURITY: DEALING WITH THE UNPREPARED

- The Home Security Playlist:
- How the Unprepared Will Act After SHTF
- <https://youtu.be/Zu2VE6GZOYg?si=kexHhJmmY38xDg9y>
- When the Unprepared Come to Your Door: What to Give Them

COOKING PLAYLIST:

- <https://youtube.com/playlist?list=PL5TAN1zJMdOcfbuE2Ip8YsfTBuJX6j2x1&si=ffj7qxHbcpGQhwla>
- Food, Fuel, Cooking Playlist:
<https://youtube.com/playlist?list=PL5TAN1zJMdOfgN2JYg9QkGAWYw92SuS1e&si=pRkD5MZizrsUETn->

BARTERING

- [How to Barter after the Economy Collapses](#)
- [10 inexpensive shtf barter items to get now](#)

WATER PLAYLIST:

- https://youtube.com/playlist?list=PL5TAN1zJMd0cnX1HPGy8serU8DONliuup&si=-LBd_1D95fnAARkJ

INFORMATION

Medical Training and Information:

- https://youtube.com/playlist?list=PL5TAN1zJMd0csWb6QpvqjO56MmR_jtYi-&si=P4nkBJq6_dzL-fWZ
- [How to Build a Prepper PDF Library for Free](#)
- [10 Books To Get While You Can](#)
- [30 recommended books for preppers](#)
- [10 Books To Get While You Still Can](#)

HOPE

- [The One FATAL Mistake Preppers Don't Know They Are Making \(And What to Do\)](#)
- [The Reasons Why 90% Will Not Survive a Prolonged Collapse](#)
- [Is There Any Hope Left At This Point?](#)
- [I Wish Every Prepper Could Watch This](#)
- [How to Face What's Coming Next](#)
- [Pushing Past Your Physical Limits: My Marathon Experience](#)