

Basic Home Preparedness

What Should I Do?

Getting Started

The Center for Disease Control

The CDC thinks you should be prepared for....

http://www.bt.cdc.gov/socialmedia/zombies_blog.asp



http://www.cdc.gov/phpr/documents/11_225700_A_Zombie_Final.pdf

FEMA <http://www.ready.gov/are-you-ready-guide>

http://www.fema.gov/pdf/areyouready/areyouready_full.pdf

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Part 2: Natural Hazards

- Floods
- Hurricanes
- Thunderstorms and lightning
- Tornadoes
- Winter storms and extreme cold
- Extreme heat
- Earthquakes
- Volcanoes
- Landslides and debris flow
- Tsunamis
- Fires
- Wildfires

Part 3: Technological Hazards

- Hazardous materials incidents
- Household chemical emergencies
- Nuclear power plant emergencies

Part 4: Terrorism

- Explosions
- Biological threats
- Chemical threats
- Nuclear blasts
- Radiological dispersion device events

- Electrical power outage, intermittent, short and long term
 - pumping water or controlling heat sources
- Financial meltdown, **FEMA - what is missing?**
- No credit
- Banks closed
- Hyper-inflation
- No employment
- Federal austerity, reduced or eliminated benefits
- Social Security
- Medicare
- Food stamps
- Fuel subsidies
- School funding
- Post Office
- Crop failure or poisoning (Monsanto)
- Gasoline & other fuel shortages or unaffordable prices
- Supply-Chain glitches or stoppages - parts, internet services, seeds, drugs, etc.

The Crash Course

Chris Martenson put together a presentation 6 years ago called the crash course. In it he states;

"I think the next twenty years are going to look very different from the last twenty."

The last 6 years have been different and the next 14 look like they are on track to be very different.

The rest of this presentation will go over "The Next Steps" which is series of beginning steps to become more prepared and resilient.

Step 1: Getting Started

The point of personal and community preparedness can be summed up in one single word: resilience.

The Basics of Preparing
Becoming Resilient

Insufficient, but Necessary

What's the difference between being zero percent self-reliant and 3 percent? Night and day.

Step 1: Getting Started

Set Targets

Step Zero

The Importance of Community

Step 2: Water

Humans can live for roughly three weeks without food, but will perish after three days without water.



Step 3: Storing Food

Everyone should have a minimum of three months' worth of food stored. It's cheap; it's easy; it's a no-brainer.

Three good reasons for storing food are:

1. Because it's cheap
2. Because it's prudent
3. Because your great-grandparents would yell at you for not doing it

Step 3: Storing Food

The Deep Pantry

Long-Term Storage



Step 4: Growing & Preserving Food

Increasing Your Local Food Sources

<http://www.localharvest.org/>

Gardening

Preparing & Storing Food



Setting



Step 5: Health and First Aid

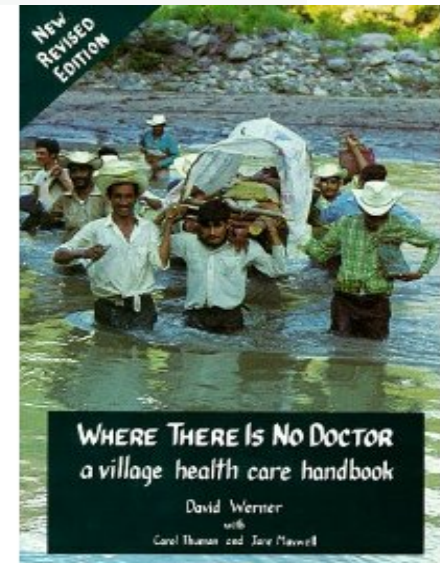
The Future of Your Health

Step Number One - Get a First Aid Kit

Step Number Two - Get Extras

Step Number Three - Get Training

Step Number Four - Learn More



Step 6: Heat, Power & Communication

Emergency Cooking, Heating, Lighting, and Communications Power and Fuel Sour



Cooking



Lighting



Step 6: Heat, Power & Communication

Heating & Warmth



Basic Communications



Long-Term Heat & Power Resilience

Energy efficiency, multiple ways to heat, PV panels

Step 7: Protecting Wealth

Get out of personal debt.
Get some inflation protection.
Diversify out of US dollars.

First Step - Take Control

Second Step – Develop Your Game Plan

Third Step - Take Action

Buying Gold & Silver

Allocating Your Other Assets

Step 8: Community

You are going to need community.

Finding Each Other & Spreading the Word

Taking a walk

Sharing the Crash Course

Other useful information

Get Involved Locally

Think Big (Nationally and Globally)

Step 9: Your Next Steps

Where from here?

Remain Vigilant

For staying well informed, we recommend:

Smart surfing

Essential reading

Reading our community forums

Get Advanced Guidance

Take our full Self-Assessment

other help

Step 9: Your Next Steps

[Fibershed: A Case Study In Sourcing Textiles Locally](#)

[Honey Bee Candy: Winter Feeding](#)

[Practical Survival Skills 101 - Understanding Emergencies](#)

[Selecting a Greenhouse](#)

[Making Fresh Raw Yogurt at Home](#)

[Growing Your Own Potatoes](#)

[Considering Data Backup](#)

[Selecting a Firearm](#)

[The Basics of Growing Garlic](#)

[Using & About Oxygen Absorbers](#)

[Vermiculture: Getting Down and Dirty with Worms](#)

[Starting Your Investment Plan](#)

[Getting In Shape: The New Me](#)

[Further Your Understanding of Peak Oil: ASPO-USA Conference Nov 2-5](#)

[Slow Money: Raising Investment Capital For Local Enterprise](#)

[Irene: Pop Quiz in Preparedness](#)

[Preserving Meat By Curing and Smoking](#)

[Raising Children in Changing Times](#)

[Argentina: A Case Study in How An Economy Collapses](#)

Step 9: Your Next Steps

[Wood Gasification: An Intriguing Emergency Fuel Source](#)

[Whole Food Eating](#)

[The Case for Small Scale Biofuels \(or, Can you produce your own liquid energy slaves?\)](#)

[Preparing for Economic Collapse](#)

[Are You Middle Class?](#)

[Buying a House in Today's Market](#)

[How to Increase the Energy Efficiency of Your Existing Home](#)

[Fortifying Yourself And Your Home Against Crime](#)

[Food Storage Made Easy](#)

[Quick Primer on Contamination Control Measures](#)

[Practical Survival Skills 101 - Understanding Emergencies](#)

[How to Explain the Current Economic Situation to Friends & Family](#)

[Managing Pain without Meds](#)

Step 9: Your Next Steps

[Small-Scale Beekeeping](#)

[Practical Survival Skills 101 - Water](#)

[Prepping on a Shoestring](#)

[Making the Urban-to-Rural Transition](#)

[Dealing With a Reluctant Partner](#)

[Raising Your Own Chickens](#)

[Practical Survival Skills 101 - Fire Starting](#)

[A Quiet Revolution in Bicycles: Recapturing a Role as](#)

[Utilitarian People-Movers \(Part II\)](#)

[A Quiet Revolution in Bicycles: Recapturing a Role as](#)

[Utilitarian People-Movers \(Part I\)](#)

[The Keys to Transitioning Healthcare: Empowerment,](#)

[Education, & Prevention](#)

[Installing a Solar Energy System](#)

[Sharing Our Thanks](#)