

Prepper Getting Started Guide

A step by step approach to getting prepped

Prepping is becoming more main stream as people figure out that it's no different than car insurance: we don't expect to have an accident or we wouldn't be driving our car. We buy the insurance to limit our risk due to the bad behavior of others and factors outside our control.

Prepping for disasters is even more important than life insurance because with traditional life insurance,



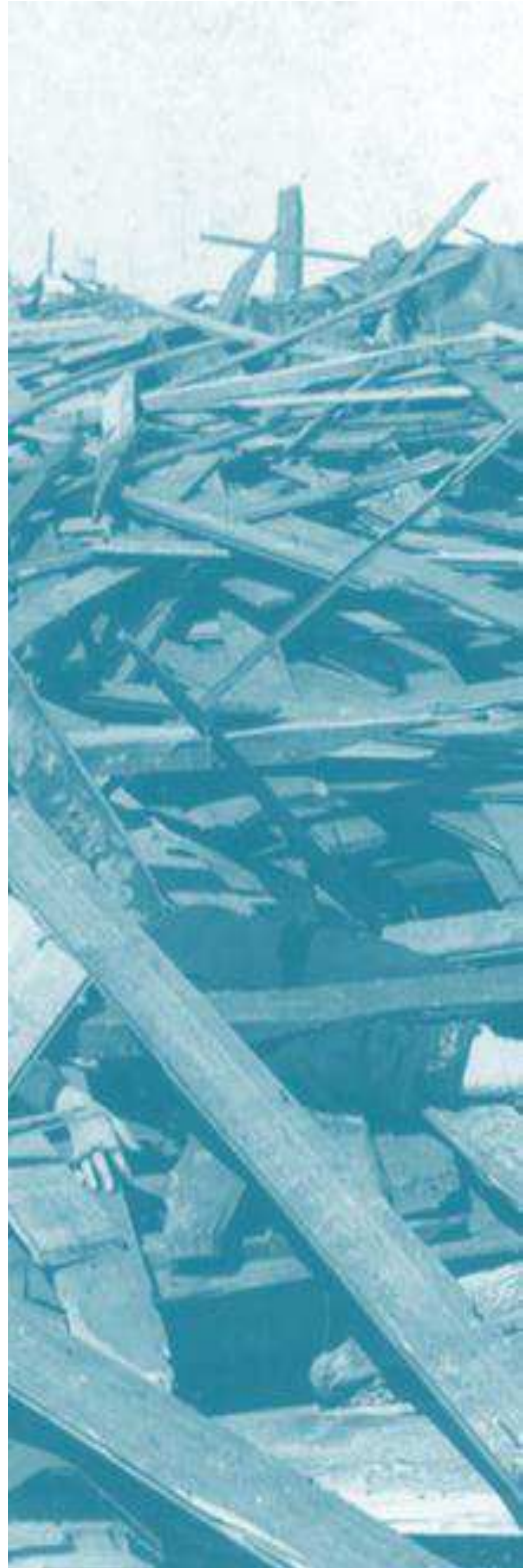
you're actually only monetarily benefitting those that remain alive.

Prepping is insurance that will keep your loved ones alive in times when events could easily hurt them or end their lives.

The most important thing to do when prepping is to avoid the big bang prep: figure out an amount you can manage (\$10-\$50/month, for instance) and then decide as a family what should be next based on what other preppers advise you. Here's our recommendation: Start with some education (2 books) and food (1 month of food and water) then move on to weapons and training.

Once you have a few basic skills and a few specific weapons that match weapons other preppers use (standardization is a good idea so you can use spare parts and components from other common weapons), then comes bulk water, 2-way radios, medical supplies, seeds, HAM radio license and a handheld radio, ammunition, a bug out bag (BOB), evac bag, long term water and food, precision weapons, bug out vehicle, Faraday cage for all electronics, HAM base station radio and mobile radio in vehicle, purchase an interest in a bug out location (aka "vacation property"), etc. There's a lot you can do to prepare and a lot of things you can prepare for.

Make sure you find that level where you're comfortable and take some small steps and you'll see how easy it is to get prepared for most disasters. Only you can decide how prepped you feel makes sense and where you think crazy begins. The most important thing to do is start where you are and don't think about the entire journey, especially if you think some of the later things are crazy. It may not be as crazy as you imagined once you get there.



What to prep and where to start

- Read One Second After by Forstchen and then Patriots by Rawles
- While reading the above books, store the following (this will keep 1-2 people alive for 1 month)

Water:

30gal of water for each member of your family (barrels are ~\$50 and hold 55gallons; bath tubs can be filled and will hold ~30gal; Rotating cases of water bottles to round out immediate needs (16 – 20 oz plastic bottles from grocery stores or Costco)

Food:

1X25lbs bag of rice, 2X20+ pound bags of pinto beans, 30 cans of green beans, 1 container of salt to be stored with the food (don't put it in the cupboard), 1 large jar of peanut butter, 4 boxes of Cliff protein bars (dessert), 2 large cans of mashed potato flakes, 1 large can of Gatorade, 1 5lbs bag of sugar (to be stored), 2 large bags of spaghetti noodles

- Buy a Glock 22 (not a 23, 17 or 21 and not any other kind of gun, handgun or rifle) with 3 magazines, a membership at Front Sight (email Mike Hansen upnatem1@hotmail.com) and take 4 day defensive handgun classes and 2 day handgun skill builder classes until you can shoot the skills test and miss less than 13 points (this is called a "distinguished graduate" – you're not likely to do this the first time out) – see the Orange County Preppers meetup discussion on Firearms for more info
- Bulk water – this is where you prep for multiple months without water. Plan on 1.5gal of water per person. Get either 1 large container (650gal or above) or multiple 55gal barrels. The cost is roughly the same but the barrels are better since if 1 is damaged, the rest of your water doesn't evaporate with it. Get at least 4 – 6 barrels to start stacking them. This is an ongoing task that can span multiple years. Continue to do other activities while you find space to stack and secure barrels.
- Find people that are prepping and also fit your style so you have a mutual assistance group (MAG). Build this group as quickly as possible, finding others with skills you don't have.
- 2 way radios from Costco, Radio Shack, etc. Make sure you have 4 – 6 radios as well as batteries that can be recharged – if funds permit at this stage, get a solar charger for the rechargeable batteries. Store the radios in zip lock bags with 2X batteries needed in a separate bag as well as the rechargeable set the radios come with (take the batteries out of the radios until they're needed – if the battery goes bad, the acid will corrode the inside and destroy the radio).
- Medical supplies – need a full first aid kit, 2 – 3 surgical kits (get them from gun shows), antibiotics (amoxicillin, Augmentin, azithromycin (Z-pack), Cephalexin, Erythromycin, Metronidazole, and Ciprofloxacin) and trauma kits (1 per member of the family). You can buy antibiotics in various countries or the fish versions (<http://www.fishmoxfishflex.com/index.php/fish-antibiotics/amoxicillin-fish-antibiotics.html>)
- Camp or cooking stove, grate to cook on open fire. Make sure you have propane, wood, etc. whatever you need so that you can cook food for 60 days without utilities.
- Bug Out Bag – this is a bag you can pick up and it will have enough food, water, shelter, clothing, weapons, etc. that you would need for your family to be safe for 3 days

- Evac bag – this is a very portable bag that you carry on your person at all times (i.e. take it into work when you leave your car and go to your desk). This bag gets you from your desk or car and back to home if an emergency happens (this should be no larger than a fanny pack).
- HAM radio license (this can be done in a day) and then get a HAM handheld radio: Yaesu FT-60 is the one most of us have.
- Start building up more weapons and training. My MAG has standardized on ARs, Glocks and 12 gauge shotguns. Once you have a Glock 22, get a Ruger 10-22 .22cal rifle, a 12 gauge shotgun (Remington 870 or Mossberg 590 A1) and then start looking for another Glock 22 (1 is none, 2 is 1). Then get an AR15 in 5.56mm caliber (this will also shoot .223 but a .223 will NOT shoot 5.56mm bullets). Then get another shotgun, 2 Glock 21s (if it fits in your hand; if not, make sure everyone has 2 Glock 22s in your family), .308 caliber AR style rifle, 7.62X39mm rifle (SKS, MAK90, Ruger Mini 30, etc.), another shotgun, .357 handgun, .44 Mag handgun, more .22 rifles and handguns, etc. Talk to your MAG to find out what everyone else has and buy those guns.
- Seeds – enough heirloom seeds packaged in airtight containers to plant 2 acres
- Ammunition and magazines: 1,000 hollow point or defense rounds for every caliber of gun you own as well as 10 magazines for each gun
- Long Term Water and Food: water filters, 1-3 years supply of food that will last for 25+ years, etc.
- Precision weapons: used to hunt or defend. Caliber should be larger than .308 (30-378, .416, 300 Win Mag, .50, 30-06, etc. are all good rounds) and the rifle should be fairly accurate. You should be able to hit something at 400 yards without much difficulty, even in wind. The scope should cost 2X what the rifle costs. Make sure scope has a “mil dot reticle”, fully coated lenses inside and out.
- Bug out vehicle: this could be a 4 wheel drive or larger car that will carry all members of your family. It should be able to tow a trailer (good idea to get one). If you can swing it, get a 1990 or earlier model and find someone that can help you tune it up. Speak to your mutual assistance group and make sure everyone standardizes on bug out vehicle choice (as well as weapons, etc.)
- Create or buy Faraday cages for all electronics to protect against EMPs
- HAM base radio at home with antennae and mobile radio in the bug out vehicle
- Decide on and buy a bug out location that you can use to vacation. This will be a shared location that everyone can vacation at when they decide to but if the worst possible situation happens, all members of the mutual assistance group would gather there to weather out any emergency. This location should be able to support multiple families and should have cached equipment and supplies. The group should be able to live here for a period of a year or more.

What it Means to be Prepped

This is different to different people. You have to decide where you draw that line. It will be different for each person and will vary depending on their understanding of the world. Someone who thinks there will always be food available in their local grocery store may have 72 hours of food on their shelves. They might feel fine. Someone who has been through a hurricane would prep more. Someone who has

seen what happens when a country devalues their currency will have a very different idea of what a prepped person looks like. Seek to gain understanding from those that are further down the path than you are and trust them enough to try on what they're saying.

FAQ

Why do I need to be trained on weapons?

- If you simply prep food and water and the disaster happens, you will become a target. Unless you can defend your family, whether you have food or not, you could be in danger. Weapons training is simple and will come in handy whether a disaster strikes or not. It also gives confidence to children that they really can't get anywhere else. This should be a priority after the most basic food and water has been prepped.

When should I think about "bugging out"?

- Leave immediately when
 - All your electronics suddenly stop working at once but those in your Faraday cages still power up even if they don't get any signals
 - 50-100 people die of a "flu" or influenza virus in any nearby city 2-3 days in a row
 - A nuclear explosion or meltdown happens within 20 miles of your home (it's a good idea if it's under 50 miles but 20 miles is critical)
 - Large scale riots break out and police/fire units refuse to stop them
 - Greater than 20% inflation is reported for 2 weeks in a row (i.e. from week to week, inflation is increasing by more than 20%)
 - The power grid goes down for any reason and it doesn't look like it will come back up in less than 6-8 weeks – remember, in Storm Sandy, looters were going door to door dressed as FEMA and DHS officers within 18 hours of loss of power – it might be good to leave even if power is likely to come back sooner
- Watch and leave when appropriate or when your home becomes unsafe for these events:
 - Flood
 - Earthquake
 - Fire nearby
 - Other local disaster that isn't regional in scope or scale

Why is a mutual assistance group so important?

- This tends to be very difficult for many preppers to embrace. Preppers prep so they are self-sufficient. Why include others if I'm all set? What was clear in Bosnia, Kosovo, Zimbabwe, and Argentina (I've talked to people that were on the ground in each of these countries when their crisis hit), independence can only be achieved through inter-dependence; finding quality people that you can trust your life to. I'll give a few reasons why. Security is a 24X7 responsibility. No one can stay awake and alert that long while still trying to do all the work that is required to survive. This is an impossible task for a single family. We have dozens of examples and many of our members have lived through grid down scenarios in their home countries. Cost is another reason. Very few families can afford to prep and simply provide for their families. Skills are also an area you have to rely on others. You can be a doctor, welder, farmer, electrician, construction engineer, etc. and have any level of skill in any one area. Partnering with others ensures the right skills will be available when you need them.

Read Patriots and it should make it clear that no matter how much you prep or train, you'll never survive a grid down scenario on your own. You also can't have all the skills you'll need to make it on your own. In our modern context, we feel like we can do most things without much help. We don't understand that there's an enormous infrastructure in place that makes that a reality. In a real disaster, that infrastructure disappears. It is a completely new world for most people. In order to make your life less of a catastrophe, you're going to need to rely on other people while you're relying on yourself. Stephen Covey calls this Inter-dependence.

This is being independent by teaming with other people whose skills and preparations round out what you can't possibly know or do on your own. This reduces the cost and number of spares any 1 person must buy. It also creates a circle of friends that would do anything for each other. That is worth any price. That's what we're really on this planet to find and if we don't achieve this goal, most of the other things we achieve in life really don't mean much.

Why should I standardize?

- Read Patriots. Everyone in a MAG should have the same type of equipment, vehicles, weapons, etc. so that they can share, buy the same types of spares, etc. It also helps reduce the types of training each member has to perform since they can pick up anyone else's equipment and function with it.

If someone comes in my house, should I empty my magazine into them and then call the cops?

- Here's a good rule of thumb – never shoot anyone over anything you're not willing to die for. If you're willing to give your life for your TV, then shoot someone if they try to take it. I'm not that kind of guy. I'd only give my life for my wife and kids. If someone tries to hurt or kill them, they will be shot. If they're stealing my possessions, that's not something I'm willing to shoot someone over. But if you're in a bug out situation, your food is your life. These are questions that you have to go over with your MAG so everyone knows what everyone else will do before you get in the situation.