

A photograph showing a person in a red patterned shirt sitting on a bed. In the foreground, there is a map on the floor and an orange bag. The text "THE BASICS OF PREPPING" is overlaid on the image.

THE BASICS OF PREPPING

Proverbs 6:6-8

⁶ Go to the ant, you lazy one,
Observe its ways and be wise,

⁷ Which, having no chief, Officer,
or ruler,

⁸ Prepares its food in the summer
And gathers its provision in the
harvest.



Proverbs 20:4

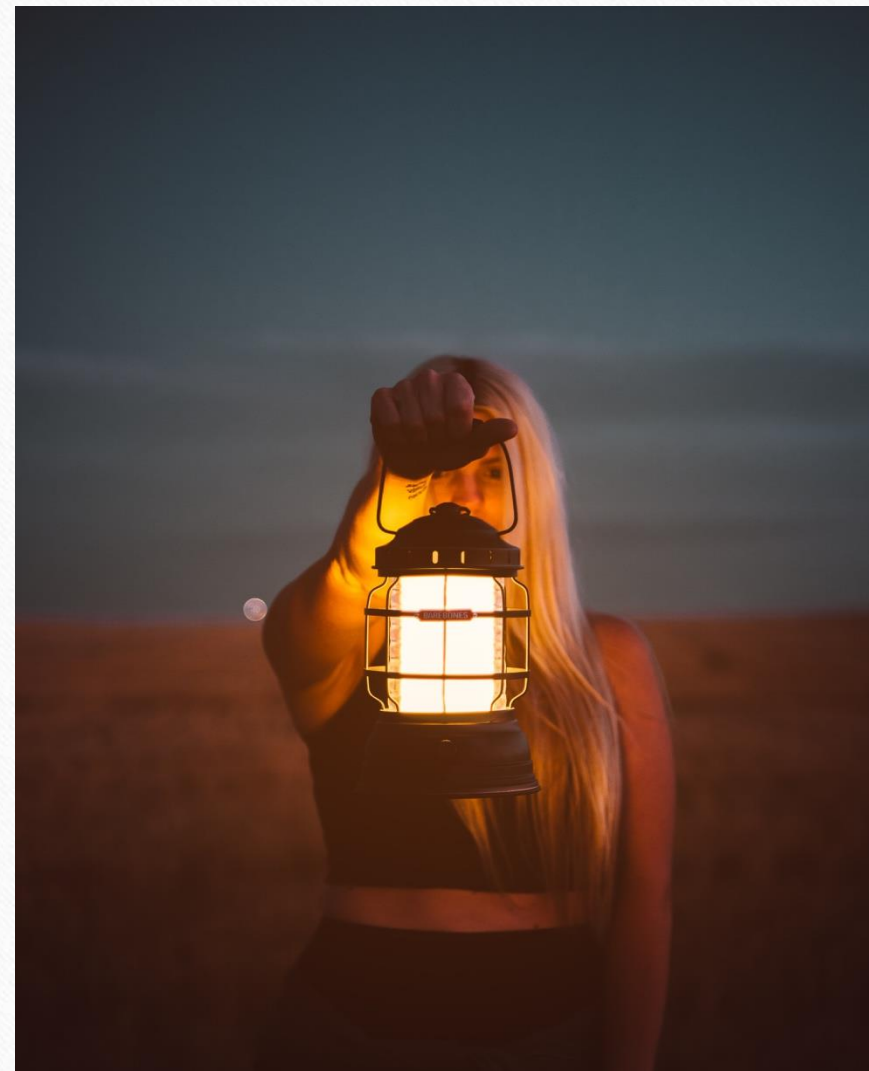
⁴The sluggard will not plow by reason of the cold; therefore, shall he beg in harvest, and have nothing.



Matthew 25:1-4, 8-10

³ For when the foolish took their lamps, they did not take *extra* oil with them; ⁴ but the prudent ones took oil in flasks with their lamps

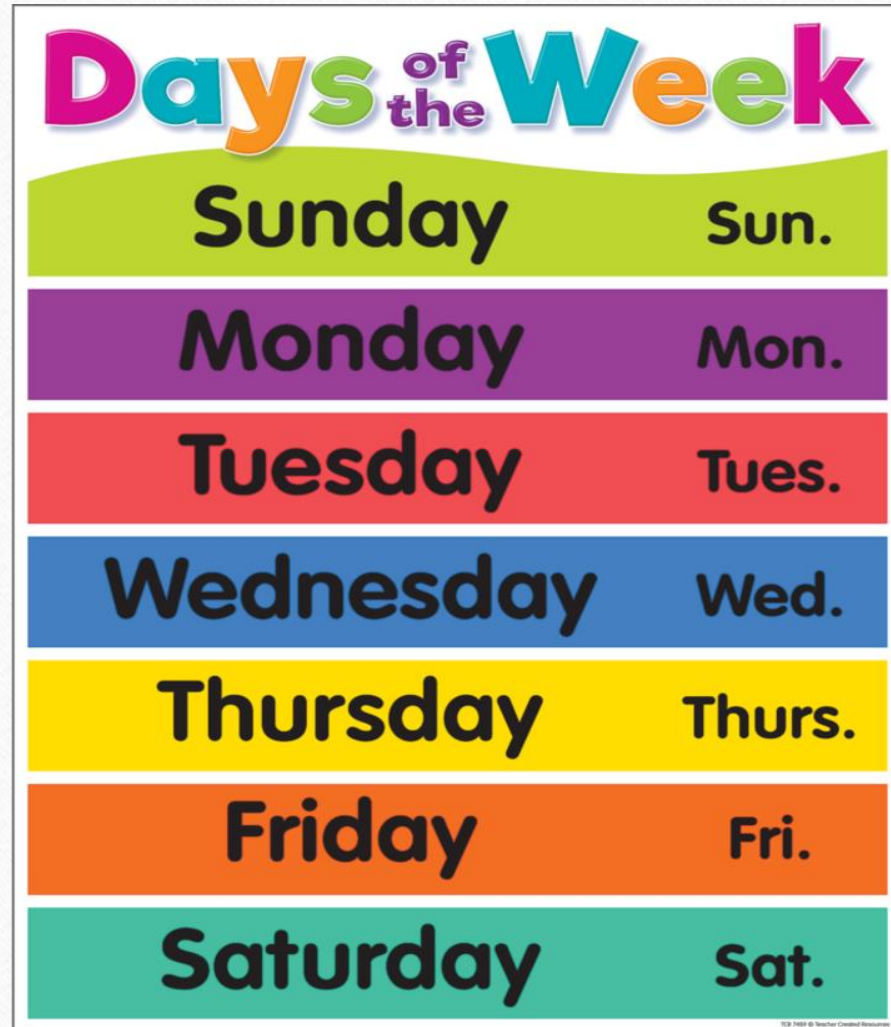
⁸ But the foolish *virgins* said to the prudent ones, ‘Give us some of your oil, because our lamps are going out.’ ⁹ However, the prudent ones answered, ‘*No*, there most certainly would not be enough for us and you *too*; go instead to the merchants and buy *some* for yourselves.’ ¹⁰ But while they were on their way to buy *the oil*, the groom came, and those who were ready went in with him to the wedding feast; and the door was shut.



Exodus 16:4-5

⁴Then YAH said to Moses, “Behold, I will rain bread from heaven for you; and the people shall go out and gather a day’s portion every day, so that I may test them, whether or not they will walk in My instruction.

⁵On the sixth day, when they prepare what they bring in, it will be twice as much as they gather daily.”



Proverbs 22:3

³ A prudent person sees evil and
hides himself,
But the naive proceed, and pay the
penalty.



Real Food 1

1) Canning – Self

- a) Cheap... \$/calorie
- b) Technical Knowledge
- c) \$ for Materials
- d) Storage... Bulky

2) Canned Food - Store Bought

- a) Easy... Widely Available
- b) Limited variety
 - i. Veggies, fruit, meat
- c) Stackable



Real Food 2

1) Dried Foods... super cheap

a) Grains, fruit, beans

b) Staples – salt, sugar

2) Storage

a) Know how

b) Mylar bags... flexible

c) 5 gallon buckets

Real Food 3

- 1) Freeze Dried & Dehydrated
 - a) Expensive, but...
 - b) Last 20-25yrs
 - c) Meals
 - d) Easy measuring
 - e) Be careful w/ ingredients



Real Food 4

1) Home Food Production

a) Fruit trees

i. Vines/bushes

b) Garden

i. Aquaponics

c) Animal husbandry

i. Laying Hens

d) Hunting – small game not kosher

2) Multiple Steps

a) Knowledge

b) Tools/supplies

c) Growing & storing

Real Energy 1

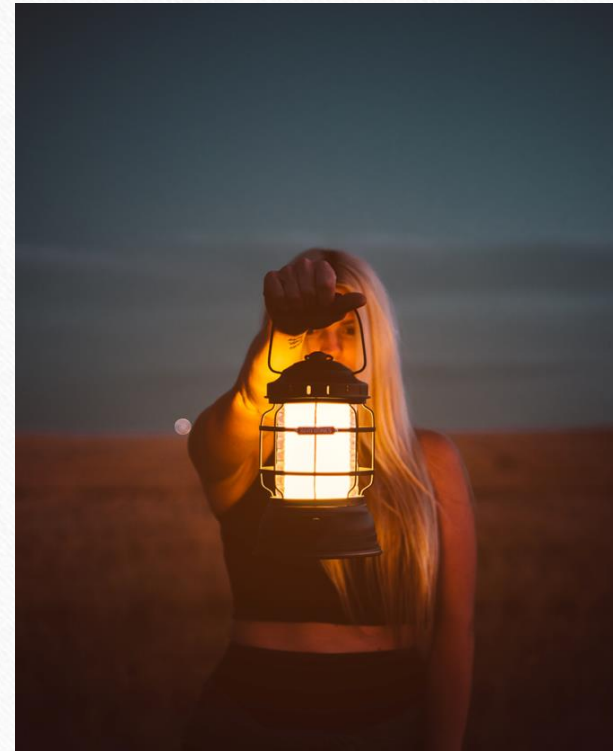
- Solar – sun rises everyday
 - Generators
 - Battery packs, chargers
- Kinetic - inexpensive
 - Crank radios, lights, chargers
- Wind/Hydro – needs a min. flow speed
 - Turbines & mills

Real Energy 2

- Generators – can be expensive
 - Variety of sizes/cost
- Fireplaces/stoves – old school
 - Not as common anymore
- Fuels
 - Wood/charcoal
 - Gas, **diesel**, **propane**, etc.

Real Energy 3

- Light – LED bulbs
 - Flashlights – batteries (rechargeable)
 - Lanterns (bulb & flame) – group light
 - Candles (cheap) – matches/lighters
- Warmth
 - Power – electric, fire, gas
 - **Clothing**
 - Wool – blankets, socks, etc
 - Cold gear – thinner/mobile



Real Energy 4

- Cold
 - **Refrigeration**
 - Air conditioning

Real Money 1

- Cash (1's, 5's, 10's, 20's)
- Precious metals (has never been worthless)
 - Gold, **silver**, **copper**, platinum, palladium
 - Jewelry – even broken
 - Pre-1965 coinage (1964 or older) 90%
 - **Small denominations**

These are the most recognizable/familiar forms of money

Real Money 2

- Cryptocurrencies - theoretical
 - Very fitting – fractionable, not bulky, hidden
 - Store of value & currency
 - Keep it simple - familiarity
- Stock Certificates (printed)
 - Insurance purposes primarily
- Barter - Money is a social construct
 - Exchanging value (creative)
 - Things & skills

Real Needs 1

- Medical Supplies
 - Peroxide/Alcohol, bandages, etc.
- Over The Counter Meds
 - Pain Relievers, Allergy, Digestion, etc.
- Hygiene Products
 - Soap, toothpaste, hair products, etc.
- Emergency Medical Kit



Real Needs 2

- What is your demographic?
 - Age, gender, marital status, location
- Prescriptions
 - Ideally **NONE**
 - Glasses, dentures, etc
- Go See Your Doctor/Dentist... ASAP!



Psalms 144:1



S.A.F.E.
(Self-Defense Awareness & Familiarization Exchange)

90% of self-defense
is awareness
only 10% is physical!

The course is a **FREE 2-hour class**. The class starts with a short PowerPoint, then progresses into physical self-defense familiarization.



Miscellaneous

1. Gas Cans
2. Fire Extinguishers
3. Jumper Cables/Car Charger
4. Spare Tire/Keys



A person wearing a red patterned shirt is sitting on a bed. In the foreground, there is a map on the floor and an orange bag. The scene is set on a wooden floor.

THE BASICS OF PREPPING

PART 2

What About Water???

Approx. 1 Gallon[3 Liters]/Day/Person (Mayo Clinic)

Proper Long-Term Storage... Beware of Leaching

Purification Tablets (Kills Organisms)

Filters (Solids to Chemicals)

Rain Catchment System

Cool, Dry, NO Sunlight... Algae



Long Term (6 Months)

HDPE #2, LDPE #4, PP #5... “Food Grade”



Purification



Water Filtration



 Number of people: 2-4

 Size: 2.25 Gallons

 Pets: good

 Weight: 7 lbs



2 Black Berkey
COME STANDARD



Fluoride Filters
OPTIONAL ADD-ON



21 inches



8.5 inches

Rain Catchment



How Long Should I Be Prepared For?

Start with 3 Days

Get to a **Week/7 Days**

Next Stop a **Month/30 Days**

Then **3 Months/90 Days**

6 Months/183 Days

The **Ideal Goal is 1 Year**

The **Maximum is 2 Years**



List of Items

- Generator
- Water Filter
- Rain Catchment
- Large Med Kit
- Rice/Pasta
- Canned Soup/Veggies/Fruit/Meat
- Peanut Butter
- Salt/Sugar/Flour/Yeast
- Coffee
- Vitamins/Supplements
- Lighters/Matches/Flashlights/Lanterns/Candles
- Blankets/Sleeping Bags/Wood



List of Items

- Ammunition
- Soap/Shampoo/Conditioner/Hand Sanitizer
- Razor/Toothpaste/Toothbrush/Toilet Paper
- Axe/Shovel/Hammer/Gloves/Tarps
- Batteries/Solar Charger/Radio
- Seeds/Canning Jars
- Bibles
- Bug Out Bag
- Pet Supplies
- Emergency Cash



\$20 Budget (Food Focus)

Chunk Light Tuna 5oz $\$1.50 \times 3 = \4.50

Pasta 1lb $\$1.50 \times 2 = \3.00

Jasmine Rice 2lbs $\$3.50$

Water Bottles 24x16.9oz (3 gallons) $\$3.50$

Brown gravy $\$1.50$

Alfredo $\$2$

Canned Chicken 12.5oz $\$3.50$

TOTAL \$21.50



\$50 Budget (Maybe 50/50)

21.50

Solar/Hand Crank Lights 2pk = \$15

Canned Spinach $\$1.50 \times 3 = \4.5

Canned Green Beans $\$0.75 \times 3 = \2.25

Canned Cream Corn $\$1 \times 3 = \3

4pk AA Batteries = \$5.50

TOTAL = \$51.75



\$100 Budget

\$51.75

3 Hand Sanitizer = \$6.75

LifeStraw Filter = \$15.50

Medical Gloves = \$8

First Aid Kit = \$22

TOTAL \$104



Remember... Be Wise As Serpents

Group Purchasing

Ask Mgmt For Bulk/Wholesale Discounts

Take Advantage of Sales/Coupons

Slow is Smooth, Smooth is Fast

Bulk is Not Always The Best Price (Costco)



The End
