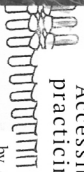


PREP PING 101

Accessible tips to start
practicing preparedness

by @amwrtswatch



GO BAGS: WHY?

When practicing preparedness, it's important to think about **WHAT** you are preparing for.

Many associate preparedness with doomsday culture, this is a mistake!

I am not preparing for zombies. I'm not even preparing for the end of the world. Preparedness can be practical and void of doomerism, just focus on the realities of where you live.

I'm writing this zine in North Carolina. I am most likely to need my go bag for hurricane related evacuations. This means I'm preparing for a few days away on the road, in a motel or in a shelter.

What are you preparing for?

TO DO LIST:

- If you own a home, turn off gas and water.
- Adjust thermostats, turn off ice makers etc.
- Unplug small appliances
- If you have a patio or balcony, bring in furniture and breakables that could become debris or kindling
- Check in with neighbors
- If you live somewhere with a regular hurricane season, additional steps like boarding up windows may be necessary.
- If you live somewhere with wildfires, remember to close all doors before leaving (this is always a good practice!) and consider gathering furniture in the center of the room. Also make sure your car is not parked close to your home.

Know your risks and list accordingly!

SUPPLIES & STOCKPILES: WHY?

(this is as close as we'll get to bunkers, k?)

Much like go bags, when preparing a stockpile it's important to know what you're stockpiling for.

My answer is once again hurricane related!

This means I'm preparing for the possibility of a few days without power or running water.

Can you prepare for longer? Sure!

But this zine is written by an apartment dweller with limited storage space and limited cash.

If that's you too, let's get started.

LISTS: WHAT?

The goal of lists is organization. This can look a lot of ways but for this zine, I'm going to focus on lists.

Make an emergency to do list.

Prepping is planning for bad, stressful days. What do you need to do to safely leave your apartment or home? Make a list while you're chilling, so your stressed out self doesn't have to remember you have an ice maker or breakable pots on your balcony!

Make a packing list.

If you're not ready to prep, write a list. Keep it in your notes app so that if you need to leave quickly, you've already thought of what you'd grab. If you are already prepped, make a list of things you can't keep stored that you'll want to bring with you in emergencies. The goal here is to simplify things for your future self.

GO BAGS: GUIDELINES & TIPS

1. 1 bag per family member

If you have small children, keep their essentials in an adult's bag. Do not rely on a small child to keep track of essentials during a crisis. Know your kids. If they will benefit from feeling included, pack comfort items and little luxuries for their bags.

2. You don't have to buy anything!

Use old backpacks! If you're strapped for cash and don't have any old but useable backpacks, a tote or grocery bag with what you already have is still a start. Start with what you own.

3. Make sure all adults in your household know where the go bags are stored

If you're super into prepping and your partner isn't, that's cool! Just make sure every adult knows where to look.

4. You can do this, you're probably already doing this!

If you already have a hiking bag or a daily backpack for work, consider it your go bag and build up from there! Properly packed go bags are also great for emergency hospital stays and other events that surprise us in life.

STOCKPILE CHECKLIST:

- Water*
- Food **
- Emergency Radio
- Flashlights with extra batteries
- Camping/hiking essentials***
- Pet food & supplies
- Towels & blankets
- Disposable bowls & utensils
- Manuals****
- Water filters

KEY TAKEAWAYS:

1. Perfect is the enemy of the good.
No one is completely prepared, that's fine!
You do not need to be prepared for everything. Do what you can when you can.

2. Neighbors, not bunkers!
Preparedness is not about being the last or lone survivor. At least, it doesn't have to be.
Preparedness can be about being best able to take care of yourself and your community!

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In this zine, we'll cover three kinds of preparation with varying levels of accessibility.

1. Go bags
2. Supplies/Stockpiles
3. Lists

This is a choose your own adventure zine!

While you can tackle preparedness in the order listed, the most important thing is that you start.

The preparedness you are most likely to practice is the best place to start.

LAST THOUGHTS

If you own a car:

- Consider packing an emergency kit for your vehicle. Be sure to hide in a discreet location to avoid car break ins.
- Keep water in your car! If you are trapped in your car during a flash flood or your car overheats, a gallon of water in your trunk will be a wildly welcome item to have.

Community is preparedness! Villages are preparedness!

Talk to your neighbors. Cook for your friends. Ask for help when you need help. We help each other safe.

If you liked this zine you can follow me at @emwristwatch & subscribe to my newsletter everenough.substack.com.



If you learned something from this zine or want to help keep neighbors abroad safe, please consider making a donation to Gaza giving circle at tinyurl.com/HopeGivingCircle or with the QR code. This was printed in the summer of 2023 and the need is still great, the fundraiser is still active.

PACKING LIST:

- Go bags (If not packed, refer to go bag checklist and start there)
- Stockpile list (If possible, keep stockpile items together in a box or hamper that you can throw in a car or wagon)
- Laptops & electronics you use too often to store with emergency supplies
- Favorite clothes (Chances are you've packed out of rotation clothing in your go bags, if you have the luxury of time, switch out for the most comfortable favorites you own!)
- Sentimental items (Of course you can't bring every favorite photo or keepsake. The purpose of this exercise is to plan ahead and reflect on the items you love most. If there's a family made quilt or absolutely favorite photo, write it on the list!)

GO BAG CHECKLIST:

- A change of clothes with multiple layers
- Additional socks & underwear
- First aid kit*
- Bottled water
- Important documents**
- Non-perishable snacks****
- Pet food, travel dishes & carriers
- Cash, preferably small bills
- Masks
- An old pair of glasses
- Portable phone charger
- Hygiene items*****
- Comfort items*****

GO BAG ASTERISKS:

- * When it comes to first aid, think bandages and ibuprofen, but also personal prescriptions. If you can't secure a supply, still take the time to make a list of all scripts.
 - ** Important documents vary a lot person to person, but think passports, immigration records, insurance policies and any relevant documentation for pets.
 - *** Given what go bags are for, do not overthink the amount of food you can pack. Think staple favorite granola bars. A jar of peanut butter goes a long way in a pinch, if allergies allow!
 - **** Hygiene items include and are not limited to: tooth brushes, sanitizing wipes, period products, tissues, soap, hairbrushes, garbage or small waste bags, and other small items that make you feel like yourself.
 - ***** Comfort items can include fidget toys, a deck of cards, even a favorite book if space allows.
- Additional great go bag items include local maps, duct tape, a good multi tool, a good pair of scissors, notebooks, writing utensils and any favorite camping gear.**

LISTS: WHY?

This style of preparation is for two different kinds of preppers!

"Oh my god I'm never gonna do any of this, it's too much time and money and absolutely not!"
Lists are for you! It costs nothing and really doesn't take long. This zine can be your logistics if you keep it on hand!

"Oh my god this zine has sparked an interest for me and I'm going to do it all!"
Lists are for you! If you have a newfound interest in prepping, it can be a fun exercise to think through extra details. Let's do it!

"Oh my god I could've written this zine myself I already know all of this!"
Lists aren't for you! This 101 isn't for you, but consider passing it on to a friend on the fence about prepping & have a great day!

STOCKPILE ASTERISKS:

- ** The standard here would be a gallon of water per day per person, an excellent goal is 7 days of water per person. That's a shit ton of water. If you can't do it, that's okay! Grab a gallon of water every grocery store run until you've run out of space. Some is better than none!
- ** Start with things you'll actually eat. If you like tinned fish or spam, excellent. Protein. If you have never eaten those foods before, consider starting with familiar foods. If you have picky eaters in the family, consider storing favorite snacks or even condiments. (My kid will eat anything, if there's ranch involved, I have snack packs of said dip in my stockpile). If you have pets, have their food too!
- ** Waterproof matches, a camping stove and any other supplies you would bring on a camping trip should be counted towards your inventory. Tents are great to have even if you don't camp, but consider practicing assemble before an emergency arises.
- **** If you are without power for an extended period of time, googling things gets tricky. There are ways to keep rooms warm in winter and tricks to cool things down in a heat wave, but you can't look at TikTok tips if WiFi is down. Print out any how-to's you often refer to and any manuals or instructions for your stockpile gear.