



PREPPER GUIDE

2023

INTRODUCTION



Hi, my name is Kris (aka City Prepping), and I have been involved with emergency preparedness for several decades now. Over the last several years, I've developed over 840,000 subscribers on my [YouTube channel](#). During that time, I've gained a new level of appreciation for being prepared during these times of uncertainty and have learned from the community's insight.

The last two years have been a time of upheaval and uncertainty. We're seeing multiple issues happen at once ([aka polycrisis](#)). While living in this era of progress, abundance, and technology in service to us, we were expecting so much for our future. Instead, we find ourselves living in a time where we're experiencing a period of regression, a withdrawal from the fine-tuned, just-in-time delivery systems we are witnessing failing in real-time. This has created much anxiety and uncertainty about our individual and collective futures.

Viruses, extreme weather, droughts, floods, political upheaval, wars, and so much more have brought many to prepping. They see the world as we do, as less successful at providing our basic needs. Perhaps they saw disasters and the poor government response and decided to protect themselves from that same disaster in the future. Maybe they suffered a loss of a job or a personal emergency and resolved to be in a better position when something like that happened again.



Many come to prepping after a wake-up call of tragedy near them or impacting them directly. There are two things people can do as the world gets more chaotic in the coming years. First, they could do nothing. Sadly, most will do exactly that. This is equivalent to surrendering and putting one's faith all in the institutions and systems we see as straining, failing, and susceptible to further decline. The second thing, which is a far better choice, is to prepare.

A collection of disaster preparedness supplies is shown. In the foreground, a clipboard with a brown cover holds a white sheet of paper with a checklist titled "DISASTER PREPAREDNESS CHECKLIST". The checklist has three items, each preceded by a checkbox: "FIRST AID KIT", "FLASHLIGHT, RADIO AND SPARE BATTERIES", and "BLANKETS, CLOTHES AND". To the left of the clipboard is a blue first aid kit with a white cross and the words "FIRST AID KIT" in white. Behind the first aid kit are two silver metal cups and three blue plastic water bottles. To the right of the first aid kit is a stack of orange blankets. In the background, there is a blue bag and a black bag.

A photograph showing a line of riot police in full protective gear, including helmets and shields, standing on a street at night. They are holding shields and batons, and there is a large plume of blue smoke or gas in the background.

In this guide on How To Prepare for 2023, we will walk you through the basics and provide you with a foundation and framework you can build upon. A guide will not have everything you need to know, but it will get you started or reinforce what you have already done to provide a more stable foundation. Prepping doesn't require a lot of money, as you will see from this guide. It requires your time and commitment, so resolve yourself today to build a more solid foundation for yourself in the future.



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The invasion of Ukraine is driving prices for food, energy, and fuel, which drives up the costs for everything else. Before it invaded Ukraine, Russia supplied around 40% of Europe's natural gas. With the valves shut off and the pipelines sabotaged, Europe is scrambling. Inflation is rocketing higher as central banks raise interest rates to try and pump the brakes on and cool the economy. The current forecast is that global growth will fall by nearly 1%. It seems small, but as existing natural gas and fuel supplies dwindle from national reserves and winter is in full effect, rationing and decreased industrial output are inevitable. Global growth is likely to retract even further and create a genuine humanitarian crisis as hunger and famine become a reality for aid-dependent countries.

However, the war in Ukraine isn't the only cause of this freefall. The global supply chains have been strained. The customary laws of supply and demand driving prices have been flipped on their head. We are seeing shortages even during times of peak production, and we are seeing low agricultural yields that haven't quite set in yet with current and rising demand. Consider the bumper crop of soybeans that can't make it down the Mississippi River because of reduced barge traffic and low water levels. The indicators all point to a significant economic retraction in 2023, and the best we can hope for at this point is some recovery in the middle of 2024. At least, that is the best forecast. Knowing all of this, you should first start by prepping your finances.





#1 PREPARE FINANCES

Almost every company and country openly admit we are heading into a global recession. The key here is “heading into.” We are only at the early stages of it. There’s more to come, so you should prep your finances as you would your food and water. It may seem odd for a prepper to emphasize personal finances as a prep, but your fiscal position provides you with more options in the future. If anything less than a complete societal meltdown occurs, you will be glad you emphasized finances as a prep.

It’s a core prep. While some prepping channels might tell you to buy gold, silver, or even cryptocurrency, which may be good options for conserving wealth for a recovery phase, prepping your finances is more about positioning yourself for a more solid future.

At this point, we are still determining how bad the global economy will get. I would encourage you to start by downloading our free Recession-Proofing Guide that will cover the following points and many more in greater depth; however, here are some important things you can do now to build a stronger financial footing for yourself as we head into the dark financial days ahead.



UNDERSTAND YOUR MONEY AND RESOURCES

The starting point is your personal inventory of your finances. If you still need to do this or only do it on the day you pay bills, you must examine your finances critically. Review your expenditures. Write down every purchase you make. Putting pen to paper will force you to ask the questions if I want and need this thing I am purchasing, and can I get it cheaper elsewhere? Take it a step further and review your bank and credit statements for a month or two. Break them into categories like need, didn't need, and waste. You have to understand where your pattern of money flow is going. Is it serving you? Are you sliding day-by-day into deepening debt? Are you chipping away at indebtedness? Slowly but confidently? By the way, one free and easy tool to set up to monitor your finances is [mint.com](https://www.mint.com). I've used it for years to monitor my credit card and bank accounts to understand my expenditures. Once you have done this exercise, turn to the next.



UNSUBSCRIBE

We subscribe to so many things that it's hard to figure out where they are and track down where to manage them. Cancel those unused subscriptions. The easiest way to unsubscribe is to simply go through your bank statement and figure out where your subscriptions are. Are you spending too much on streaming television subscriptions at the same time you have resolved to watch less? Are you paying for a gym membership you aren't genuinely using? Decide the number of times you went to the gym over the last month into what you paid that month, plus 1/12th of your annual subscription. How much did each trip to the gym cost you? Was it worth it? Did you forget about a free trial, and now it is about to become an annual subscription?

Make sure you aren't going to renew automatically. Big box stores, streaming services, media, magazines, gaming, food delivery plans, and more should all be assessed. Trim the nickel-and-dime stuff out of your future budget. Most of these subscriptions don't have a cancellation fee, and they will gladly take you back if you suddenly realize you can't live without your favorite karate or science fiction show or your big boxes of frozen pizza bites. If you can, track all your





CREATE A BUDGET

You have to build a budget, and you have to tighten the belt. You can't assume your job will be recession-proof or you can afford the same lifestyle. Now that you have an understanding of your money flow, establish a budget. Take your waste and entertainment budget and slash it by 50% or more in preparation for a recession.

Set your grocery bill to a fixed amount and deploy shopping strategies to stay within or below that shopping amount. Start tightening up the reins on your expenses-- even the necessary ones. Look at each category of expenditure and find a way to cut corners. Buy in bulk, grow some of your food, source your food elsewhere, form a buying co-op, or even drive less. You may want to shop at a different store. I am shocked at the price differences between large grocery stores and smaller chains. There are bargains to be had, and when you work within the constraints of a new budget, you will find the deals easier to locate.

SELL "STUFF"

Sell cars, boats, motor homes, jet skis, trailers, and other large items you own that you don't need or haven't used. If the economy does tank, it's best to sell these items now. If the economy completely crashes, nobody will pay you a tenth of what these things are worth. The cash on hand will serve you better than a vehicle you may have to let go of at a reduced price in the future because you are simply desperate.

Many people found that they could downsize and get by with one car. If that's you, maybe the cash for the sale of a car will go further right now to pay off debt. Automobiles, new and used, are selling at record-high prices right now. Here, again, we are trimming the fat and increasing your income by reducing unused expenditures and things that are always replaceable.



STOP USING CREDIT CARDS

Take the cards out of your wallet and leave them at home. Heading into a recession, you don't want to pick up even a few dollars of debt that will hang over your head. If you have credit cards and you are making minimum payments, you are basically buying things now that you are going to pay for for the next two decades. A credit card minimum payment is the lowest amount you can pay every month while keeping your account in good standing, and the average American household has \$5,700 in credit card debt. With an 18% interest card, that's \$143. Making the minimum payment, you will pay almost \$8,000 in additional interest over the 24 years it will take you to pay that off. Stop using plastic. If you consolidate debt but keep spending as you have been, you will find yourself closer to bankruptcy than financial freedom.

Two strategies for reducing credit card debt are first to leave the card at home. It is tempting to put that dinner or trip to the store or coffee shop on a credit card if you have it. If your card is at home, you won't be tempted to pay for a \$5.00 coffee for the next ten years. Use a debit card, cash, or nothing at all. The second strategy is to pay over your minimum each month. If that's \$20 or \$200, each little bit will chip away at your overall principal balance. When you fall on times of economic challenge, you won't have indebtedness tying up what little resources you have left.

Once you have done all the outline strategies, do them again. Repeat your assessment 2 or 3 times per month to stay focused and on track. For more on preparing your finances, definitely get our [free recession guide](#). Approach your finances with the same thoughts and attention you give your other preps. Recessions, even great depressions, don't last forever. You can survive, thrive, and emerge stronger from them.

You can live better now by reducing expenditures, living within your means, and maximizing and rationing what you have now. I am not a financial advisor, but these are the things that I have learned and implemented over the years. I know many people whose parents didn't teach these things, and they certainly don't teach much of this information in our schools. Despite all that, here it is for you. What you implement is up to you, but implement something to make sure your financial preps now can see you through no matter how bad it gets in the future.



#2 BUILD FOOD STORAGE & SUPPLY

Your most critical prep is your food. Storing, preserving food, and cooking meals at home are the most significant ways to make it through the coming years. When considering food, there are a few things we need to factor in. I'm oversimplifying here not to be overwhelming, but again, we're just thinking about starting food storage for disasters of varying lengths. Prepping for a minor natural disaster might only require 3-days of emergency food. 3-weeks is always more secure. Ideally, having a year or more of food on hand that you can eat off instead of letting it expire on the shelf is the best scenario. Food independence is huge.

First, let's consider the calories of consumption per day by adults. Any less than 1200 calories, and you're starting to starve. Most would be ok with roughly 2000 calories per day if not exerting themselves. But realistically, after a disaster, it is possible you'll move a lot more, especially if you need to walk long distances or do strenuous chores. For this, expect to need roughly 3000 calories. Ideally, a balanced macronutrients (fats, carbs, and proteins) can be had through a combination of these various food items you can store away. I will put some current prices next to the items. Some you will find for even less if you shop around. Prices will vary by variety and source. Many will be even more costly than the price I list here today.

A BASIC 3-WEEK SUPPLY

- 20 lbs of white rice (\$11.74)
- 20 lbs of beans (\$14.46)
- 20 cans of fruit (\$28.68)
- 20 cans of vegetables (\$6.78 - \$11.76)
- 20 cans of meat (tuna, beef, pork, chicken, etc.) (\$53.46)
- 2 containers of peanut butter or peanut butter powder (\$9.88, \$23.98)
- Butter (ideally powdered) (\$17.99, \$33.31)
- Drink sweeteners such as tang (optional based on your preferences) (\$3.18)
- 2 bags (20 pounds) flour (\$12.86)
- 1 bag (4-10 pounds) of sugar (\$2.84, \$6.12)
- 1 bag of salt or 4 containers (\$4.16)
- 1 lb of oats (\$3.98)
- 1-gallon olive or cooking oil (\$8.17, \$39.74)



Of course, remember, many of these items will require cooking which requires fuel and a means to cook. If you can't immediately step up and purchase each item at once, commit to buying one or more with each trip to the store. Consider this your minimum supply. Replenish these as you eat them. Supplement this essential list by considering a collection of these items: bouillion cubes/powder, dry milk powder, freeze-dried anything (especially vegetables), dehydrated fruits, breakfast bars, pasta, legumes, canned foods, and multivitamins.

The enemies of long-term food storage are high temperatures, light, moisture, and insects and pests. Take these into account, but take this critical first step in building your food preps. Don't just let them sit on a shelf waiting for an emergency. Start meal planning around them and make it a functional pantry that you keep well-stocked. By cooking and eating your food, you will be better positioned to combat the inflation we will face next year and possibly the years after.



You need to consider a few things when thinking about cooking after a disaster. Who do you want to know that you have food and a means to cook and how much fuel do you have stored up? Both factor into what approach you'll take. For those starting out, I often recommend getting a [camping stove](#) with [propane](#). Or you can use something like a [rocket stove](#) fueled with small amounts of

biomass that you can find lying around most areas, such as twigs and other dried material. I usually discuss utensils to have on hand, but if you're staying home, you should have the basic pots, pans, forks, knives, spatulas, etc. If you want foods that will be easy to eat without much cooking or preparation, consider MREs or Freeze Dried Food. They're expensive but provide portability and a quick and easy meal.



Finally, grow something. Anything. If that's [sprouts on your windowsill](#), an herb, patio, or [backyard garden](#), it's something. Suppose it adds flavor to your food, excellent. Suppose it provides you with essential nutrients and calories, even better. If you can produce more than you can eat, trade it or preserve it by [dehydration](#) or [freeze drying](#). Don't let food go to waste. Conservation of resources is as important as stocking up.



#3 BUILD WATER STORAGE & SUPPLY

As a society, we completely take for granted how easily water flows into our homes. As we have seen, after most natural disasters, that can change rather quickly. Water can be in short supply during a drought and at a much greater cost. [Building a supply of water, a precipitation collection system](#), and the means to [filter and treat water](#) will one day prove to be a tremendous benefit to you.

The general rule of thumb is to [store 1 gallon of water](#) per person per day...and that's just the bare minimum. 2 gallons is much more advisable, which is still a very minimal starting point. Also, don't forget your pets. When you're ready to step up to a better option, I recommend simple [5 or 7-gallon water containers](#) that are BPA-free, food grade, and have a dark wall. If properly stored, these can last for many years. The advantage of these options is their mobility. [Some are stackable](#),

[some are like legos](#), and some are not stackable, so be sure you're considering this before buying them. [Be sure to store them in a cool, dark, dry place](#) and rotate them every six months or so. If you want a more permanent solution holding more water, you might consider a [55-gallon drum](#).

I have 5 in my family, so if we want enough water for the bare minimum for three days, that would be $3 \times 5 = 15$ gallons. Again, this is just a starting point, and I recommend shooting for two weeks if possible. Scale up as you can and continue until you can comfortably sustain yourself for an extended period of the supply being down.

Just as important as the ability to store is the ability to filter and treat it. My recommendation for those starting out is a [sawyer mini water filter](#) and [water purification tablets](#) to help remove bacteria. If you'd prefer not to spend the money on these options, you can boil or pasteurize the water to kill organisms, but it will not remove contaminants like a filter. Remember, boiling requires a fuel source. For \$20, it's hard to beat a small filter, plus they're very portable.



WHAT ARE THE BEST STORAGE OPTIONS?

[When looking at water storage items](#), included below are the features you should consider:

- BPA Free
- HDPE (High-Density Polyethylene) / Food Grade
- Blue Or Opaque (Not Clear). Clear water storage containers will enable bacteria to begin growing, which we don't want.
- [Emergency bathtub liners and bags](#)
- Stackable Or Non-Stackable (Storage Capabilities)
- Make sure to factor in available storage space in your home, how many gallons you need, mobility (wheels/handles and weight), and weight per gallon.

For example, someone in an apartment will need smaller options that can be modular (multiple 5-gallon containers vs. one 55-gallon container). Wherever you decide to store your water container, make sure it is a cool, dark place. Under stairs, in closets, under beds and tables, and in garages are all excellent storage spaces.

Remember, a gallon of water weighs 8.3 lbs. Make sure wherever you have a lot of water, you are staying within weight ratios for your structure.



WATER STORAGE FAQs

Will The Water Ever Go Bad?

Water technically never goes bad unless it's contaminated. If exposed to light, water can develop growth.

How Long Will Water Store?

Water can be stored indefinitely, but I typically rotate my water every 5-years. I mark the side of all my water storage containers with the date I put the water in. When water sits for a long time, pouring it out of your containers, it will taste flat. All you need to do is pour the water into a cup, then pour that cup into another cup, and back and forth a few times. By doing this, you will oxygenate the water, and it will help remove that flat taste.

Fill Water Containers Using A Drinkable Water Hose (RV Hose):

If you are filling up these water storage containers and expect to have them sit in the same place for an extended period, I recommend using a drinkable water hose or an RV hose as the water will already be safe, drinkable water as you are putting it in.

Do I Need To Treat The Water When I Initially Fill The Containers Up?

I used to treat my water using products called "water preservers," which are nothing more than bleach. I do not use them anymore. If you want to treat your water, put 1/4 teaspoon of unscented bleach per gallon, which will be enough to purify the water. Over time, the bleach will deteriorate, even if you open that up 3-years from now. I keep filters on hand with all my water if I ever open up my water containers, and the water is questionable.

Do I Need to Clean The Containers Before Filling Them Up With Water?

Yes, you should [clean the containers thoroughly](#) before filling them with water. To summarize, all you need to do is add 3-4 drops of soap (Dawn or dishwashing soap) and warm water inside the container. Swish around the container, dump it out, rinse, and repeat. I keep doing this until I don't see soap bubbles coming out. Then, I add 1-2 drops of bleach and warm water inside the container. Same thing – swish around the container, dump it, rinse, and repeat. After doing this, I fill them with water from the kitchen tap.

Can I Buy Used Water Containers?

No, do not buy used water storage containers. You need to find out the history of the container and what was stored inside. This is not an area where I recommend cutting your budget.





#4 HEALTH & MEDICAL

Your health is your wealth. Surviving anything will be a massive challenge if you don't have your health. The coming years will test us and challenge us in many ways. If you can't lift yourself over a 6-foot wall or walk 5 miles, you might be in a bit of trouble, to say the least, if a natural disaster strikes while you are away from home.



PREPARE MENTALLY & PHYSICALLY

Do everything you can through diet and exercise to rid yourself of prescription medicines. I know that's easier said than done, and it isn't possible for many. Still, if losing those few extra pounds we all have will ease the pain, inflammation, or pressure for which you take medications to manage, then you need to go the healthier route as soon as possible. Of course, you can't quit cold turkey, and you should always consult with a physician. Nevertheless, if dropping those extra pounds means your blood pressure and cholesterol serum levels go down, you need to do that as soon as possible.

Set a physical goal for yourself. Look for opportunities to increase your health and stamina. Take the stairs, walk the dog, and take an evening stroll. Go for a hike, swim, or jog if you can. Many nagging physical ailments are lessened or disappear when we eat better, exercise, and shed those 5-20 pounds of weight we all unnecessarily carry. Your fat reserves won't help when you need to walk 5-20 miles home or to a bugout location. Consider what you might have to physically do to get to safety and take action to get your health and fitness to a level to meet those challenges.





FIRST AID & MEDICINE

Help may be minutes, hours, or simply not even available when seconds matter. We take for granted in our daily lives the ability to pick up a phone, make a call, and help is on the way. During or after a disaster, picking up the phone to call 911 may not be an option. EMTs, ambulances, and fire departments will likely be focused on shelters or locations where the community is instructed to bring the injured. No one is probably coming to your home. It will be essential to prioritize building or buying a pre-made medical kit. If you looked at your medical equipment right now, would it be enough at this moment to get you through a disaster? Are you constantly looking for a bandaid or sinus medicine? If you are, you need a kit that will get you through. If you're building your own, here are some very basic options to consider:

- Tourniquet. If someone in your family has a significant laceration, a tourniquet could stabilize them until you get medical attention. Alert! Do not buy these on Amazon, as there are many scammers selling junk tourniquets. I only buy mine directly from the [NAR website](#).
- [Ibuprofen](#)
- [Israeli bandage](#)
- [Moleskin](#)
- [Gauze](#)
- [Bandage wraps](#)
- [Sunscreen](#)
- [Sting relief](#)
- [Neosporin](#)
- [Glue for cuts](#)
- [Quikclot](#)
- [First Aid Wipes](#)
- [Sam split](#)
- [Medical gloves](#)





If you prefer to buy a pre-made kit instead, there are plenty of options on the market. One of the more advanced injury kits I would recommend that I've reviewed before is from [RefugeMedical](#) (I do not get any affiliate commission from them...they're a legit solid company).

Also, I can not recommend [The Survival Medicine Handbook](#) enough. I've got several copies of this at my house. Most medical guides end by suggesting you take the patient

to the doctor. This one assumes no medical help is coming, uses layperson terms, and walks you through the steps to treat the injured. If you start with a premade kit, ensure the items in it are durable. Many cheap kits also have cheap bandaids that don't work. Consider any pre-made kits, even the best of them, a starting point. Build it out to suit your medical needs now, in line with the most pressing disasters you might face.



#5 SANITATION & SAFETY

Regarding sanitation and safety, you need to be able to keep your home environment safe from external contaminants after a disaster, and you need to dispose of the waste you and your family generate safely. First, when it comes to external factors, much will depend upon the type of disaster you are forced to endure. In addition to basic preps like food, water, emergency bag, and medicine, each disaster brings a specific subset of unique things to have on hand. Each disaster also has a set of procedures to follow and things to be aware of for your safety. Please consult one of City Prepping's videos on handling [human waster](#) after a disaster. It's an important starting point.

SANITATION

Minimally for sanitation, you will want trash bags, rubber or nitrile gloves, disinfecting wipes, soap, hand sanitizer, N95 masks, goggles/safety glasses, bleach, isopropyl alcohol, hydrogen peroxide, wipes, and a five-gallon bucket system for human waste--both solid and liquid. Kitty litter for those systems.

FLOODS

When it comes to flooding, you shouldn't try to wait it out. If you need to get to higher ground, do so as soon as possible. Sometimes, however, that evacuation window closes, and we are forced to endure the disaster in location. Flood waters will cause sewers to overflow and chemical pollutants to mix into the water. This can quickly render municipal water supplies undrinkable, but it can also poison your soil and garden.

It is also dangerous to walk through it if you are forced to bug out. If you live in a flood zone area, consider having these basic, minimal things to have on hand: sandbags, galoshes/ rubber boots, fishing bibs, waterproof tape, waterproof container with documents, emergency ponchos, personal water filtration device, and vaseline as an emergency protective layer between your skin and chemical toxins.

Additionally, you should ensure water is less likely to enter your home and contaminate your environment by installing [sewer backflow valves](#) and checking them to ensure they are functioning. Install an automatic sump pump. Increase the grade around your home and dig minor water troughs to ensure water flows away from your environment. Check gutters, drains, and precipitation collection systems. For more information, refer to [ready.gov/floods](https://www.ready.gov/floods).



FIRES

Fires are an immediate danger, and if you are anywhere in the path of one, you should evacuate to a safer location. Even if the fire is only near you and not on top of you, smoke, ash, and embers create a dangerous safety issue. There are a few basic supplies on hand if you are in a zone with a high fire probability. You should have an emergency fire blanket, fire extinguishers, functional smoke alarms, carbon monoxide detectors, and goggles. Because breathing will be difficult because of smoke and fine particles causing respiratory irritation, you should have some type of air filtration. Minimally, an N95 mask or even a wet bandana is better than nothing. Fire is a real danger. You may want to pay up to get a CBRN gas mask or fire escape mask that will protect your face and filter the air. The smoke will kill you faster than the flames. It's the number one cause of death related to fires.



Protecting your environment is also critical.

Make sure doors and windows are closed. You can easily tape plastic sheeting over windows and doors to create a vapor barrier between the outside and inside. You will want to leave any HVAC systems off so as not to pull smoke into your environment. Make sure you don't have fuel for the fire in the form of overgrown, wild, or dead vegetation immediately surrounding your home. If you have a pool, pond, or lake on your property, consider an emergency pumping system to allow you to spray down your roof and area. Find out more by visiting cityprepping.com.

STORM ACTIVITY

Storms can bring anything from lightning to debris flows to a blizzard of snow, high winds, even tornadoes, or massive rainfall. Preparing for the type of storm most likely to impact your area will put you ahead of many others. Proactively assess your home environment and remove dead trees and plants, clear gutters, and ensure the things in your house can't be turned into projectiles by high winds. If you know a storm is approaching, make sure your preps are well stocked, vehicles are filled with fuel, bugout bags and documents are ready to go, and emergency lighting and backup batteries are fully charged. Find out more by visiting ready.gov/severe-weather.





#6 EQUIPMENT

Equipment assumes that your municipal systems are out, as they are susceptible to being after a natural disaster or even economic collapse. While there are so many videos on things to consider, and so much will depend on the circumstances you perceive may occur in the future, some of the items we recently covered in a video on preparing for [winter storms](#) apply to almost any disaster:

- Carbon monoxide sensor alarm
- Fire extinguisher
- Painter plastic sheeting + duct tape
- Sleeping bags, quilts, wool blankets + ground pad
- Electric blanket or heating pad
- Emergency foil blankets
- Hot water bottles and thermos
- Small tent (enough for your family, nothing more)

- Winter clothes (layered)
- [Mr. Heater Buddy](#)
- Small propane tanks + large tanks + hose for Mr. Heater
- [Led headlamps, lanterns, flashlights](#)
- [Tea candles](#)
- [UCO lantern](#)
- [Propane lantern](#)
- [Camping stove](#)
- Food: [freeze-dried](#) + [MRE](#)
- [Stored water](#)
- [Emergency radio](#)
- [Small solar panel for charging electronics](#) (plus [budget option](#)) + [battery](#)
- [Solar generator](#)
- [Dual Fuel Generator](#)
- [Heavy Duty extension cords](#) with a splitter on the end



While that is by far not an inclusive list, having each of those items will position you well through any disaster, give you greater peace of mind, and help you through your everyday life. If you really want to equip yourself beyond this, the most significant equipment you can have is [knowledge and skills](#). Equip your mind and your hands with practical skills like knot tying, knitting, gardening, cooking, pickling and preserving food, hunting, fishing, foraging, mechanics, woodworking, beer making, soap making, or any of the thousands of other things you can learn. Even if you have little use for it right now, I encourage you to pursue it if it interests you. You may find it incredibly useful if things ever take a turn for the worst for an indefinite time. Here are a few additional resources you might find handy:

- [Low-cost survival items](#)
- [Survival tools](#)
- [10 Survival Items Every Prepper Needs](#)

CONCLUSION

Let this be the year you get ready, improve yourself, and get prepared for an uncertain future by making sure your own world. If you simply follow the minimums outlined in this guide, you will find yourself far ahead of the masses if a disaster strikes. If you put all of the things outlined in this guide in place for the coming year, you will have more ensured stability. If nothing occurs other than inflation, you will find that you are better able to manage expenditures and are equipped for any dramatic impact that happens.

You don't necessarily need a bunker and a fat bank account to make concrete steps toward securing a more stable future for yourself, but you do need to take steps now before it is too late. Our future is incredibly uncertain and looks to be worsening before it is going to get any better. Use the basics outlined here to lessen the impact of future world events. Consider one of the hundreds of other videos on the City Prepping channel to deepen your understanding of prepping and plug in a solution that's going to work for you, in your circumstances, and within your budget.

Each little thing here builds upon the other. Getting your finances in order will save hundreds of dollars for a stronger financial position. Your food preps, cooking for yourself, and growing something of what you eat will save you money, increase your health, and supply you through supply chain disruptions or shortages. Focusing on health, medical needs, safety, and sanitation will position you well when disasters, both large and small, do strike, and they will strike. If the last few years have taught us anything, it is how fragile these systems we rely upon and take for granted are. Every small step towards greater self-sufficiency and independence will pay dividends over the next several years.

As always, stay safe out there.

