

# 10 Prepper Tips to Help Avoid Mistakes

- Our number one rule in becoming a self-reliant Prepper is to avoid following the wrong advice. There are so many overwhelming sources of information out there that it can become too easy to fall into the trap of fixating on the advice of a single expert. Learn to look at all the options but ultimately, do what is best for you, your family and your particular situation for how you live. So many people approach this from different perspectives and no single person can cover all your needs and ideologies. Use your own good sense and test your theories, equipment and preparations for yourself. You are your own best resource to know what works and doesn't work for you. You should verify the advice you're given and then test, evaluate and practice to achieve proficiency.
- Our second tip is not storing only one kind of food. You need to ensure you have nutritional variety in your diet as well as different foods to keep everyone's spirits up. When planning on food storage, plan on how you can prepare that food from prepackaged foods that only need hot water to more elaborate meals that need different pots and pans and a way to heat them up. Most importantly in food storage is to include water storage. Have the water to go with the food and ensure to have multiple sources of water storage or a means to get water and make it safe for drinking.
- Our third tip for new Preppers is to eat the food you store. This allows you to learn to prepare the food you invested in and help you and your family become familiar with how the meals satisfy them. As an example, there are people who cannot tolerate a great deal of wheat in their diet and they end up developing an intolerance for it the more they consume it. This is a valuable piece of information to have beforehand. Rotating your food stores help ensure you have the freshest and best food for yourself and your family.
- Our fourth tip would be to not only rely on your food storage but learn how to replenish that food. Learn how to raise food through gardening or raising livestock. For those that have the wherewithal and the means, learn the skill of hunting and fishing where you can. Besides storing food, give yourself additional options and learn how to produce or acquire other food on your own. It will go a long way for you. When disaster strikes is a tough time to learn to start a garden.
- Our fifth tip is to remember to store medicines. Preppers are great at having first aid kits but newer people don't have as much medicine as they have bandages. Add an extra month's supply of prescription meds although you will most times need to talk to your doctor to get the extra prescription. Keep over-the-counter medications on hand, like cold and flu meds, allergy meds and stomach trouble medications. Although it's necessary to have first aid kits on hand, we

generally need an aspirin or some antacids more often than we need a suture kit and trauma dressings.

- Our sixth tip is to be conscientious about spending time and money acquiring a lot of equipment and supplies but not developing your skills. Your skill set is what will be your most valuable resource in being prepared. Try to learn new skills with the goal of being able to build or repair something yourself rather than having someone do it for you or simply just consuming replacement goods. This really becomes the standard of being a Prepper.
- Our seventh tip is not to concentrate on building a weapons arsenal as your primary focus in getting prepared. There is a great deal of advice, sensationalism and strong and boisterous opinions around the absolute need to have firearms in the Prepper community. It's gotten to the point now that Preppers have become synonymous with guns and that doesn't always portray us in the best light. We're now often confused with survivalist and a lot of the public thinks we are all out there armed to the teeth just looking for a reason to shoot anyone who may cross our path. The truth is; that simply isn't the case among most Preppers that I know. Although people tend to claim on the internet just how ready and willing they are to use their weapons, I will say that once you've had to take a life you don't walk away from that the same person. The Preppers I know will do most anything to avoid having to use a firearm against a fellow citizen. Do not fall into the hype of the TV and internet but instead do what best suits your family situation and if you decide to have firearms, then get some training. A locked door and a barking dog though are much more effective at keeping someone from breaking into a house than a gun in the nightstand.
- Our eighth tip is relying on bugging out. In most cases during an emergency you are much better off staying where you are rather than risking moving on the open roads. A bug out bag is still a great idea to have on hand and keeping it ready to go in case you have to evacuate your home. Just don't make bugging out your only plan or first priority. Keep things in perspective and don't rely on television because it will cloud your judgment about the need to flee at the first sign of trouble.
- Our ninth tip is not to neglect the needs of your pets when preparing for emergencies or events. It seems like such a simple thing that you can simply include them in your own preps but they actually need their own items. Keep the food they normally eat in your inventory. Mr. Kitty may not want to share that bowl of chili with you and I can promise you that dogs and a can of chili do not mix well after a couple of hours; especially St. Bernards and chili. They should have their own bug out bag with a means to leash or secure them, food and water bowls, a pet first aid kit to treat any injuries they may end getting and their paperwork and identification tags or chip numbers.

- Our tenth and last tip that new Preppers generally miss is the absolute importance of getting your paperwork gathered and copied. I would suggest that you copy your insurance paperwork or at least the policy and phone numbers as your first priority. Then either use a past bill or make copies of your utilities, credit cards and bank statements. The last and most important thing to have is copies of your ID's such as driver's license, medical cards and passport, employee ID cards, CCW and any other kind of important ID cards you carry. Just open your wallet to see what you have that you would want to show to someone when trying to prove who you are and that you belong where you say you're going or trying to get the services you need; like at a hospital or hotel. After any emergency we want to get back to our homes and possessions and either recover them or start the rebuilding process. Having a copy of all of your important paperwork and your ID will make the process of getting your life back in order go all that more smoothly and much faster than if you had nothing to start working from.