

5 MINUTE PREPPING PROJECTS FOR PEOPLE WITH NO TIME

1. Purchase a prepping notebook or binder where you can accumulate information you need in the event of an emergency.
2. Wash out empty juice jugs, swish with a bit of bleach and fill them with water for an emergency. Be sure to date them so that you that you can rotate them on an annual basis.
3. Place a pair of shoes, socks, work gloves, a whistle, and a light stick or flashlight with batteries under your bed for use during or after an emergency.
4. Talk to family members about how you will re-unite with each other following a disaster.
5. Choose an out-of-state contact person that is willing to be a relay point for information after-the-fact to your other family members and loved ones. (Following a disaster, telephone lines to an out-of-state location may work when local calls do not.)
6. Introduce yourself to a neighbor you have not met. Exchange emergency telephone numbers.
7. Purchase a manual can opener on your next visit to the store.
8. Fill empty milk jugs or other plastic containers with water and store them in your freezer. The frozen jugs will keep your food colder for longer in the event of a power outage. The water can also serve as a backup source for cleaning

or sanitation purposes.

9. Read Food Safety When the Grid Goes Down and print out the food safety charts at the at the Food Safety.gov website. Attach them to the inside of a cupboard door so you have them handy after a power outage or disaster.

10. Mark your calendar with a date one year from now so that you remember to rotate your canned goods out of storage.

11. Purchase extra canned goods each time you visit the grocery store.

12. Locate your utility shutoff valves and review the instructions for turning them off. Place a shut-off tool by the door nearest to them

13. Test your smoke alarms.

14. Make a list of all of your prescription drugs along with dosages and keep the list in your emergency kit.

15. Take digital photos of each room in your house. Take five minutes for each room and do you best to capture as much as you can. This will facilitate any after the fact insurance claims.

16. Write down your insurance policy numbers and your agent's phone number, and put them in your wallet and in your emergency kit.

17. Add \$1 a week to your emergency cash fund. If you can afford it, add \$5 per week (or more) to the fund.

18. Make digital copies of your important documents and store them on a flash drive.

19. Make a backup copy of the data on your computer hard drive and give it to a friend or relative to store for you. In computer terms, this is called “off site backup”.

20. Locate a source of water outside of your home such as a lake, pond or stream.

21. Learn to cook a pot of rice.

22. Download free prepping, survival and homesteading for e-books from Amazon as they become available.

Check the Backdoor Survival Facebook page for almost daily announcements of books that are currently available - often for just a day or two.

23. Call (800-480-2520) or email FEMA (fema-publications-warehouse@fema.gov) to order a free copy of their excellent print book

“Are You Ready Guide to Preparedness”. For more information about this publication, see Free for You: The “Are You Ready Guide to Preparedness”.

24. Practice starting a fire using a bit of dryer lint, a cotton ball soaked in petroleum jelly or a flint and steel.

25. Sow some seeds, fruits and veggies that is.

26. Visit one of the websites in the article Special Report: The Best Prepper Websites.