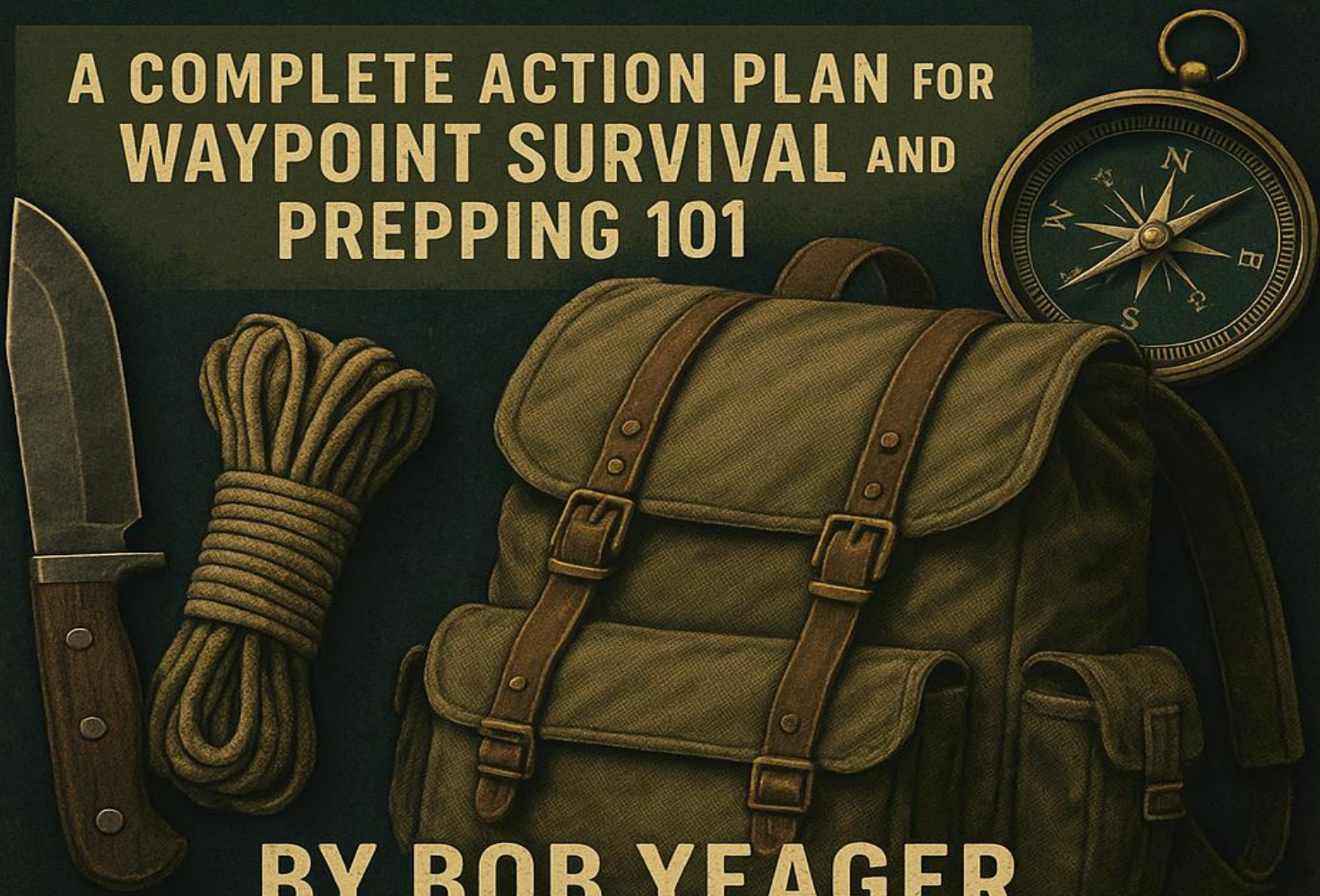
THE 10-DAY PREPAREDNESS CHALLENGE

A COMPLETE ACTION PLAN FOR WAYPOINT SURVIVAL AND PREPPING 101



BY BOB YEAGER AND JAMES BENDER

The 10-Day Preparedness Challenge: A Complete How-To Action Plan

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About the Authors

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How to Use This Book

This book provides specific step-by-step instructions for building preparedness over 10 days. Each day requires 30-60 minutes and includes exact procedures, shopping lists, and measurable outcomes. The program is designed to be repeated multiple times, with each cycle building deeper skills and more comprehensive preparedness.

Introduction: Why This Works

True preparedness isn't about buying gear - it's about building systems and skills. This 10-day program gives you the exact steps to create those systems, one day at a time. By the end, you'll have functional preparedness that actually works when you need it.

Day 1: Assessment and Foundation Building

What You'll Accomplish Today

•Complete a detailed preparedness inventory
•Set up your preparedness workspace
•Create your first 72-hour kit
•Establish your planning routine

Morning Preparation (10 minutes)

1.Get your supplies ready:
•Notebook and pen
•Measuring tape
•Smartphone (for photos)
•Calculator

Core Task 1: Complete Your Preparedness Inventory (20 minutes)

Step 1: Food Inventory
1.Go to your kitchen and pantry
2.Count the following items and write down exact numbers:
•Canned goods (count each can)
•Rice/pasta/grains (estimate pounds)
•Cooking oil (count bottles/containers)
•Salt/sugar/spices (yes/no for each basic spice)
•Protein sources (canned meat, peanut butter, etc.)

3.Calculate your current food days: Divide total cans by 4 (assuming family of 4). This gives you approximate days of emergency food.
Step 2: Water Inventory
1.Count all stored water:
•Bottled water (count individual bottles)
•Large water containers (note gallon size)
•Water in water heater (typically 40-50 gallons)
2.Calculate your water days: Total gallons ÷ 4 people ÷ 1 gallon per person per day = days of water
Step 3: Tools and Equipment Inventory Check for these specific items (mark yes/no):
•Flashlights (count how many work)
•Batteries (count by size: AA, AAA, D, etc.)
•First aid kit (yes/no - we'll build a real one later)
•Radio (battery or hand-crank)
•Fire extinguisher
•Smoke detector batteries (check last change date)
•Manual can opener
•Matches/lighters
•Duct tape
•Plastic sheeting/tarps

Core Task 2: Set Up Your Preparedness Workspace (15 minutes)

Step 1: Choose Your Location Pick one of these options:
•Hall closet (most common choice)
•Corner of garage
•Basement area
•Spare bedroom closet
Step 2: Clear and Organize
1.Remove everything currently in the space
2.Clean the area thoroughly
3.Install simple shelving if needed (basic wire shelving works)
4.Designate specific areas:

•Top shelf: Long-term storage
•Middle shelves: Rotating supplies
•Bottom: Heavy items (water, tools)
•Floor space: Large containers
Step 3: Label Everything Create simple labels:
•"Water Storage"
•"Food - Rotate Monthly"
•"Medical Supplies"
•"Tools & Equipment"
•"Documents"

Core Task 3: Build Your First 72-Hour Kit (15 minutes)

What You Need to Buy This Week:
•1 large backpack or duffel bag
•12 bottles of water (16.9 oz each)
•6 energy bars or MREs
•1 flashlight
•1 set of batteries for flashlight
•1 emergency blanket (mylar)
•1 first aid kit (basic store-bought)
•1 roll duct tape
•$100 cash in small bills
How to Pack It:
1.Put water bottles in bottom of bag (heaviest items)
2.Wrap food in plastic bag, place in middle
3.Put first aid kit in easily accessible pocket
4.Attach flashlight to outside of bag
5.Roll emergency blanket tight, secure with rubber band
6.Put cash in waterproof bag (Ziplock works)
7.Duct tape goes on outside where you can grab it quickly
Test Your Kit: Lift the packed bag. If you can't carry it comfortably for 10 minutes, remove items until you can.

Evening Review and Planning (10 minutes)

Record Your Numbers:
•Days of food currently stored: ____
•Days of water currently stored: ____
•72-hour kit completed: Yes/No
•Preparedness workspace set up: Yes/No
Tomorrow's Preparation: Write down exactly what you need to buy for Day 2 (water storage containers).

Day 2: Water Security - How to Store and Purify Water

What You'll Accomplish Today

•Set up a 2-week water storage system
•Learn 3 water purification methods
•Create a water rotation schedule
•Test your water purification equipment

Shopping List for Today

•4-6 seven-gallon water containers (Aquatainer or similar)
•1 water purification system (LifeStraw Family or Sawyer Mini)
•1 bottle of unscented bleach
•Water storage treatment tablets
•Permanent marker
•Masking tape

Morning Preparation (5 minutes)

Calculate your exact water needs:
•Number of people in household: ____
•Gallons needed per day (1 gallon × people): ____
•Gallons needed for 2 weeks (daily × 14): ____

Core Task 1: Set Up Water Storage System (25 minutes)

Step 1: Prepare Your Containers
1.Wash each container with soap and hot water
2.Rinse thoroughly - no soap residue
3.Fill with water and add 1 teaspoon of bleach per gallon
4.Let sit for 30 minutes, then empty
5.Rinse again with clean water
Step 2: Fill and Label Containers
1.Fill each container completely with tap water
2.Add water storage tablets according to package directions
3.Label each container with today's date using permanent marker
4.Write "ROTATE" date (6 months from today)
5.Number your containers (1, 2, 3, etc.)
Step 3: Position Your Water Storage
1.Place containers in your preparedness workspace
2.Keep them off concrete floors (use wood boards or pallets)
3.Store in cool, dark area
4.Make sure you can access them easily
5.Keep containers away from toxic materials (paint, gasoline, etc.)

Core Task 2: Learn Water Purification Methods (20 minutes)

Method 1: Boiling (Practice This)
1.Fill a pot with questionable water (use tap water for practice)
2.Bring to a rolling boil
3.Boil for exactly 3 minutes (set a timer)
4.Let cool before drinking
5.Practice tip: Boil water tastes flat - add a pinch of salt or pour between containers to add air
Method 2: Bleach Purification (Mix a Test Batch)
1.Use unscented bleach only
2.Add 8 drops of bleach per gallon of water
3.Stir well
4.Let sit for 30 minutes

5.Water should have slight chlorine smell - if not, repeat process
6.Practice tip: Make a test batch and taste it so you know what properly treated water tastes like
Method 3: Filtration System (Set Up and Test)
1.Unpack your water filter system
2.Follow manufacturer's setup instructions exactly
3.Run tap water through system
4.Taste the filtered water
5.Time how long it takes to filter 1 gallon
6.Important: Read the manual to understand what your filter does and doesn't remove

Core Task 3: Create Water Rotation Schedule (10 minutes)

Set Up Your Rotation System:
1.Create a simple calendar reminder for 6 months from today
2.Write procedure for rotation day:
•Use stored water for normal household tasks (watering plants, etc.)
•Refill containers with fresh water
•Add storage tablets
•Update labels with new dates
3.Post this schedule in your preparedness workspace
Test Your Access:
1.Practice moving one full water container
2.Make sure you can lift it safely
3.Ensure you have a clear path from storage to kitchen
4.If containers are too heavy, consider smaller containers or a hand truck

Evening Review and Planning (5 minutes)

Check Your Accomplishments:
•Water containers filled and labeled: /
•Water purification methods tested: ____/3
•Rotation schedule created: Yes/No
•Can access stored water easily: Yes/No
Calculate Your Water Security:
•Total gallons stored: ____
•Days this will last your family: ____
•Backup purification methods ready: ____
Tomorrow's Preparation: You'll need to buy food storage containers and basic shelf-stable foods.

Day 3: Food Security - Building Your Emergency Food Supply

What You'll Accomplish Today

•Build a 2-week emergency food supply
•Set up a food rotation system
•Learn basic food preservation
•Create emergency cooking capability

Shopping List for Today

•10 lbs. white rice
•5 lbs. dried beans (pinto or black)
•12 cans mixed vegetables
•12 cans protein (tuna, chicken, beef)
•6 cans soup
•2 lbs. pasta
•2 jars pasta sauce
•1 lb salt
•2 lbs. sugar
•Cooking oil (2 bottles)
•Peanut butter (2 jars)

•Oatmeal (large container)
•5-gallon food-grade buckets with lids (2 buckets)
•Mylar bags for bucket storage
•Oxygen absorbers
•Portable camping stove with fuel

Morning Preparation (10 minutes)

Calculate your food needs:
•People in household: ___
•Calories needed per person per day: 2000
•Total daily calories needed: ___
•Total calories for 14 days: ___

Core Task 1: Set Up Long-Term Food Storage (30 minutes)

Step 1: Prepare Your Storage Buckets
1.Wash buckets thoroughly with soap and hot water
2.Rinse completely and let air dry
3.Check that lids seal tightly

Step 2: Package Rice for Long-Term Storage
1.Line one bucket with mylar bag
2.Pour 10 lbs. rice into mylar bag
3.Add 4-5 oxygen absorbers on top of rice
4.Squeeze air out of mylar bag
5.Seal mylar bag with iron or hair straightener
6.Close bucket with lid
7.Label bucket: "WHITE RICE - [TODAY'S DATE] - 25 YEAR SHELF LIFE"

Step 3: Package Beans for Long-Term Storage
1.Repeat process with second bucket and beans
2.Use 3-4 oxygen absorbers for beans

3.Label: "DRIED BEANS - [TODAY'S DATE] - 25 YEAR SHELF LIFE"

Step 4: Organize Canned Goods
1.Group comparable items together
2.Check expiration dates on all cans
3.Arrange with earliest dates in front
4.Create simple inventory list:
•12 cans vegetables (expires: ____)
•12 cans protein (expires: ____)
•6 cans soup (expires: ____)

Core Task 2: Set Up Food Rotation System (15 minutes)

Create Your "First In, First Out" System:

1.Designate front row of shelf for "use first" items
2.Place newest items in back
3.When you use something, replace it with back stock
4.Create monthly check schedule

Make Your Rotation Calendar:

1.Set monthly reminder to check dates
2.Write simple procedure:
•Check all expiration dates
•Move older items to front
•Use items within 6 months of expiration
•Replace used items on next shopping trip
Calculate Your Current Food Supply:
•Canned goods: 30 cans ÷ 4 people ÷ 2 cans per person per day = 3.75 days
•Rice and beans: 15 lbs ÷ 4 people ÷ 1 lb per person per day = 3.75 days
•Total emergency food supply: 7-8 days

Core Task 3: Set Up Emergency Cooking (10 minutes)

Test Your Camping Stove:

1.Read all safety instructions
2.Attach fuel canister according to directions
3.Light stove outdoors only
4.Boil 2 cups of water and time it
5.Practice turning flame up and down
6.Practice shutting off completely
7.Let cool completely before storing

Create Cooking Kit: Gather these items in one container:

•Camping stove and extra fuel
•Lighter and waterproof matches
•2 pots (assorted sizes)
•Can opener (manual)
•Large spoon for stirring
•Sharp knife
•Cutting board
•Paper plates and cups
•Plastic utensils

Test Cook a Meal:

1.Use your camping stove to cook rice and beans
2.Time the entire process
3.Note how much fuel you used
4.Practice cooking without electricity

Core Task 4: Learn Basic Food Preservation (10 minutes)

Dehydration Method (Try This):

1.Slice 2 apples thinly
2.Arrange on baking sheets
3.Set oven to lowest temperature (170°F or "warm")
4.Dry for 6-8 hours until leathery
5.Store in airtight container
6.Label with date

Salt Preservation (Practice):

1.Cut vegetables into small pieces
2.Layer vegetables and salt in jar (1 part salt to 3 parts vegetables)
3.Press down to remove air
4.Cover with brine (2 tablespoons salt per cup of water)
5.Keep submerged under brine
6.Let ferment for 3-7 days at room temperature

Evening Review and Planning (5 minutes)

Check Your Food Security:

•Long-term storage buckets prepared: ____/2
•Days of emergency food available: ____
•Emergency cooking system tested: Yes/No
•Food rotation system established: Yes/No

Inventory Your Accomplishments:

•Total pounds of rice stored: ____
•Total pounds of beans stored: ____
•Total cans of food stored: ____
•Emergency cooking fuel (number of canisters): ____

Tomorrow's Preparation: You'll need a battery-powered or hand-crank radio and basic communication supplies.

Day 4: Communication and Information - How to Stay Connected

What You'll Accomplish Today

•Set up emergency communication systems
•Create a family communication plan
•Establish information gathering capability
•Secure important documents

Shopping List for Today

•Hand-crank emergency radio (with NOAA weather)
•Set of 4 two-way radios (walkie-talkies)
•Extra batteries for all devices
•Waterproof document bag
•USB flash drive
•Portable phone charger/power bank
•50 feet of paracord
•Whistle (loud emergency whistle)

Morning Preparation (5 minutes)

Gather information you'll need:
•Phone numbers for all family members
•Work addresses for all adults
•School addresses for all children
•Out-of-state contact person's information

Core Task 1: Set Up Emergency Radio System (20 minutes)

Test Your Emergency Radio:

1.Unpack radio and read manual completely

2.Test hand-crank function:

•Crank for 1 minute
•Turn on radio
•Time how long it plays (should be 10-15 minutes)
3.Test battery function:
•Install batteries
•Turn on and scan all bands
•Find local AM, FM, and NOAA weather stations

4.Program important frequencies:

•Local news stations
•NOAA weather for your area
•Emergency broadcast stations
Create Radio Station List: Write down these frequencies and tape to radio:
•Local news AM: ____
•Local news FM: ____
•NOAA weather: ____
•Emergency broadcast: ____

Test Reception:

1.Try radio in various locations in your house
2.Find the spot with best reception
3.Test radio in your car
4.Practice using radio with hand-crank only (no batteries)

Core Task 2: Set Up Two-Way Communication (15 minutes)

Program Your Walkie-Talkies:

1.Charge all radios fully

2.Set all radios to same channel (try channel 1 first)

3.Test range by having family members walk to different areas

4.Find the channel with least interference

5.Program privacy codes if available

6.Test emergency features (if any)

Establish Communication Protocols:

1.Assign each family member a radio

2.Practice basic radio etiquette:

•Say "over" when finished talking
•Keep messages short
•Use clear, simple language

3.Create simple code words:

•"Code Green" = All OK
•"Code Yellow" = Need help but not emergency
•"Code Red" = Emergency, need immediate help

Test Your Range:

1.One person stays home with radio

2.Others drive/walk away testing range

3.Mark on map how far radios work

4.Note areas with poor reception

5.Identify repeater locations if needed

Core Task 3: Create Family Communication Plan (15 minutes)

Fill Out This Information for Each Family Member:
Person 1:
•Name: ____
•Cell phone: ____
•Work phone: ____
•Work address: ____
•Email: ____

Person 2:
•Name: ____
•Cell phone: ____
•Work phone: ____
•Work address: ____
•Email: ____
(Continue for all family members)

Out-of-State Contact:
•Name: ____
•Phone: ____
•Address: ____
•Relationship: ____

Meeting Places:

•Primary (near home): ____
•Secondary (outside neighborhood): ____
•Regional (outside city): ____

Make Multiple Copies:

1.Type or write plan clearly
2.Make wallet-sized cards for each person
3.Laminate cards or put in plastic
4.Put copy in each car
5.Email copy to out-of-state contact
6.Store copy in emergency kit

Core Task 4: Secure Important Documents (15 minutes)

Gather These Documents:

•Birth certificates
•Passports
•Driver's licenses
•Insurance policies
•Deeds/titles
•Bank account information
•Medical records
•Emergency contact lists

Create Digital Copies:

1.Scan or photograph each document
2.Save as PDF files on USB drive
3.Password protect the USB drive
4.Test that you can open files
5.Make second USB copy
6.Store one copy off-site (work, relative's house)

Organize Physical Documents:

1.Put originals in waterproof bag
2.Organize by category
3.Create simple inventory list
4.Store in fireproof safe or bank safety deposit box
5.Keep copies in different location
Test Your Document System:
1.Practice accessing digital copies
2.Make sure passwords work
3.Verify all documents are readable
4.Check that USB drives work in different computers

Evening Review and Planning (5 minutes)

Test Your Communication Systems:

•Emergency radio works: Yes/No
•Can receive NOAA weather: Yes/No
•Two-way radios programmed: Yes/No
•Family communication plan complete: Yes/No
•Documents secured: Yes/No

Practice Communication:

1.Have family member go to different room
2.Test radio communication
3.Practice using emergency radio
4.Review family meeting places
5.Make sure everyone knows out-of-state contact

Tomorrow's Preparation: You'll need basic tools for home security and alternative heating supplies.

Day 5: Shelter and Warmth - Securing Your Home

What You'll Accomplish Today

•Assess and improve home security
•Set up alternative heating system
•Create emergency shelter capability
•Winterize your home for emergencies

Shopping List for Today

•Door reinforcement kit (or 3-inch screws)
•Window security film
•Motion sensor lights (2-4 units)
•Portable propane heater (Mr. Buddy or similar)
•Propane tanks (4-6 small canisters)
•Carbon monoxide detector
•Emergency blankets (4-6 mylar blankets)
•Sleeping bags rated for local winter temperatures
•Tarps (2 heavy-duty tarps)
•Rope or paracord (100 feet)

Morning Preparation (10 minutes)

Walk around your home and note:
•All doors (front, back, side, garage)
•All ground-floor windows
•Areas where someone could hide
•Current lighting situation
•How your home is heated normally

Core Task 1: Home Security Assessment and Improvement (25 minutes)

Step 1: Test Door Security

1.Check each exterior door:

•Does it fit tightly in frame?
•Are hinges on inside?
•How long are the screws in strike plate?
•Can you see light around edges?

2.Test door strength:

•Push firmly on door near handle
•Does frame flex?
•Does door move in frame?

Step 2: Reinforce Doors

1.Replace strike plate screws with 3-inch screws:

•Remove existing short screws
•Drill pilot holes for new screws
•Install 3-inch screws that go into wall stud
•Test door - should feel much more solid

2.Check door frame:

•Look for gaps between frame and wall
•Fill gaps with expanding foam
•Paint over foam when dry

Step 3: Secure Windows

1.Install security film on ground-floor windows:

•Clean window thoroughly
•Cut film to size (slightly larger than glass)
•Apply film smoothly, removing air bubbles
•Trim excess film with razor blade

2.Test window locks:

•Make sure all windows lock properly
•Add additional locks if needed
•Consider window bars for basement windows

Step 4: Improve Exterior Lighting

1.Install motion sensor lights:

•Choose locations that cover all approaches
•Mount 8-10 feet high if possible
•Adjust sensitivity and timer settings
•Test each light by walking in front

2.Remove hiding places:

•Trim bushes near windows and doors
•Remove items that could conceal someone
•Add thorny plants under windows

Core Task 2: Set Up Alternative Heating (20 minutes)

Step 1: Choose Heating Location

1.Pick room that can be closed off from rest of house
2.Ensure adequate ventilation (crack a window)
3.Clear area around heater location
4.Have fire extinguisher nearby

Step 2: Set Up Propane Heater

1.Read all safety instructions completely
2.Install carbon monoxide detector in room
3.Connect propane tank to heater:

•Check all connections for leaks (soapy water test)
•Turn on gas slowly
•Light heater according to instructions

4.Test heater operation:

•Run for 15 minutes
•Monitor carbon monoxide detector
•Check that room warms up
•Practice turning off quickly

Step 3: Calculate Heating Needs

1.Time how long one propane tank lasts
2.Calculate tanks needed for 3 days of heating
3.Store extra tanks safely outside
4.Create rotation schedule for tank replacement

Safety Checklist:

•Carbon monoxide detector working: Yes/No
•Ventilation adequate: Yes/No
•Fire extinguisher nearby: Yes/No
•Propane stored safely outside: Yes/No

Core Task 3: Create Emergency Shelter Capability (10 minutes)

Build Indoor Emergency Shelter:

1.Choose smallest room that can fit family
2.Hang blankets over windows for insulation
3.Use rugs or blankets on floor
4.Set up sleeping bags
5.Practice heating this space only

Build Outdoor Emergency Shelter:

1.Practice setting up tarp shelter in backyard:

•Tie rope between two trees
•Drape tarp over rope
•Secure corners with stakes or rocks
•Create windbreak with second tarp

2.Test shelter:

•Spend 30 minutes inside
•Check for drafts
•Make sure it's waterproof
•Practice setting up in dark
Emergency Shelter Kit: Put these items in one bag:
•2 tarps
•100 feet rope

•4 emergency blankets
•Sleeping bags
•Ground pad or blankets
•Basic tools (knife, hatchet)

Core Task 4: Winterize for Emergencies (10 minutes)

Insulate Pipes:

1.Locate exposed pipes in basement/crawlspace
2.Wrap with pipe insulation
3.Know location of main water shutoff
4.Practice shutting off water

Prepare for Power Outages:

1.Locate circuit breaker box
2.Label important circuits
3.Practice resetting breakers
4.Know how to shut off main power

Stock Winter Emergency Supplies:

•Extra blankets in each bedroom
•Warm clothes in easy-to-reach location
•Hand warmers (chemical heat packs)
•Extra batteries for flashlights
•Candles and matches (for light only, not heat)

Evening Review and Planning (5 minutes)

Security Improvements Completed:

•Doors reinforced: /
•Windows secured: /
•Motion lights installed: /
•Hiding places removed: Yes/No
Heating System Ready:
•Alternative heater tested: Yes/No
•Carbon monoxide detector installed: Yes/No
•Propane supply calculated: ____ days
•Emergency shelter practiced: Yes/No

Test Your Systems:

1.Turn off main heat for 1 hour
2.Heat one room with alternative heater
3.Practice setting up emergency shelter
4.Make sure family knows safety procedures

Tomorrow's Preparation: You'll need first aid supplies and basic medical equipment.

Day 6: Medical and First Aid - Becoming Your Family's First Responder

What You'll Accomplish Today

•Build a comprehensive first aid kit
•Learn essential first aid skills
•Set up medication storage system
•Create sanitation and hygiene capability

Shopping List for Today

•Large first aid kit or supplies to build one:
•Bandages (assorted sizes)
•Gauze pads and rolls
•Medical tape
•Antiseptic wipes
•Antibiotic ointment
•Pain relievers (ibuprofen, acetaminophen)
•Thermometer
•Tweezers
•Scissors
•Instant cold packs
•Elastic bandages
•Burn gel
•Prescription medication (30-day extra supply)
•Hand sanitizer (4 bottles)
•Soap (6 bars)
•Toilet paper (12 rolls)
•Feminine hygiene products
•Portable camping toilet
•Bleach for sanitation
•Rubber gloves (2 boxes)

Morning Preparation (5 minutes)

Gather current medical information:
•List of family medications
•Known allergies for each person
•Medical conditions requiring particular care
•Emergency medical contact numbers

Core Task 1: Build Your First Aid Kit (25 minutes)

Step 1: Organize by Category Create separate sections for:

•Wound care
•Medications
•Tools
•Emergency supplies

Step 2: Stock Wound Care Supplies Count and organize:

•Adhesive bandages: 50 assorted sizes
•Sterile gauze pads: 20 (2x2 inch), 10 (4x4 inch)
•Gauze rolls: 6 rolls
•Medical tape: 3 rolls
•Antiseptic wipes: 50 individual packets
•Antibiotic ointment: 3 tubes

Step 3: Add Medications Include these with expiration dates noted:

•Pain relievers: 100 ibuprofen, 100 acetaminophen
•Anti-diarrheal: 20 tablets
•Antihistamine: 50 tablets
•Burn gel: 2 tubes
•Hydrocortisone cream: 2 tubes

Step 4: Include Tools

•Thermometer (digital)
•Tweezers (decent quality)
•Scissors (sharp, medical grade)
•Safety pins: 12
•Instant cold packs: 4
•Elastic bandages: 4 rolls
•Triangular bandages: 4
•Rubber gloves: 20 pairs

Step 5: Test Your Kit

1.Practice finding items quickly
2.Make sure everything fits in container
3.Create simple inventory list
4.Label kit clearly
5.Set expiration date reminders

Core Task 2: Learn Essential First Aid Skills (20 minutes)

Skill 1: Treating Cuts and Scrapes Practice this procedure:

1.Put on rubber gloves
2.Stop bleeding with direct pressure
3.Clean wound with antiseptic wipe
4.Apply antibiotic ointment
5.Cover with appropriate bandage
6.Check wound daily for infection signs

Skill 2: Treating Burns Learn the steps:

1.Cool burn with cold water (not ice)
2.Remove from heat source
3.Do not break blisters

4.Apply burn gel
5.Cover with sterile gauze
6.Seek medical help for serious burns

Skill 3: Treating Sprains Remember RICE method:

•Rest the injured area
•Ice for 15-20 minutes every 2-3 hours
•Compression with elastic bandage
•Elevation above heart level if possible

Skill 4: Recognizing Medical Emergencies Call 911 immediately for:

•Difficulty breathing
•Chest pain
•Severe bleeding that won't stop
•Head injuries with confusion
•Allergic reactions with swelling
•Broken bones

Practice Session:

1.Have family member fake an injury
2.Practice treating it properly
3.Time how long it takes to find supplies
4.Practice with different scenarios

Core Task 3: Set Up Medication Storage (10 minutes)

Organize Current Medications:

1.Gather all prescription medications
2.Check expiration dates
3.Organize by person and condition
4.Create medication list for each family member

Create Medication Storage System:

1.Use pill organizers for daily medications
2.Store extra supplies in cool, dry place
3.Keep medications in original containers
4.Rotate stock using oldest first
5.Set calendar reminders for refills

Build Emergency Medication Kit: Include 7-day supply of:

•All prescription medications
•Over-the-counter medications used regularly
•Emergency medications (inhalers, EpiPens)
•Copies of prescriptions
•List of pharmacy phone numbers

Special Considerations:

•Insulin: requires refrigeration backup plan
•Heart medications: keep extra supply accessible
•Children's medications: liquid forms expire faster
•Elderly medications: organize clearly for easy access

Core Task 4: Create Sanitation System (15 minutes)

Set Up Emergency Toilet:

1.Assemble portable camping toilet
2.Test setup and breakdown
3.Stock with toilet paper and sanitizer
4.Create privacy screen with tarp
5.Plan waste disposal method

Build Hygiene Kit:

•Hand sanitizer: 4 bottles
•Soap: 6 bars
•Shampoo: 2 bottles
•Toothbrushes and toothpaste
•Feminine hygiene products: 3-month supply
•Diapers if needed: 2-week supply
•Towels: 4 quick-dry towels

Create Cleaning Supplies:

•Bleach: 2 bottles (for disinfection)
•Rubber gloves: 2 boxes
•Trash bags: 2 boxes
•Paper towels: 12 rolls
•Disinfectant wipes: 6 containers

Practice Sanitation Procedures:

1.Practice setting up emergency toilet
2.Mix bleach solution for disinfection (1:10 ratio)
3.Practice washing hands without running water
4.Set up gray water disposal system

Evening Review and Planning (5 minutes)

Medical Preparedness Checklist:

•First aid kit complete and tested: Yes/No
•Family knows basic first aid: Yes/No
•Medication storage organized: Yes/No
•Emergency sanitation ready: Yes/No
Skill Assessment: Rate family's ability (1-5 scale):
•Treating cuts and scrapes: ____
•Recognizing emergencies: ____

•Using first aid kit: ____
•Emergency sanitation: ____

Test Your Medical Response:

1.Practice medical emergency scenario
2.Time response to find and use supplies
3.Make sure everyone knows location of supplies
4.Review when to call 911 vs. treat at home

Tomorrow's Preparation: You'll need basic security equipment and self-defense tools.

Day 7: Security and Self-Defense - Protecting Your Family

What You'll Accomplish Today

•Conduct thorough security assessment
•Install basic security improvements
•Learn situational awareness skills
•Set up neighborhood watch communication

Shopping List for Today

•Door security bar or reinforcement
•Window alarms (4-6 units)
•Personal protection devices (pepper spray, personal alarms)
•Outdoor security cameras (2-4 basic units)
•Timer switches for lights
•Thorny bushes for landscaping
•Security signs for yard
•Two-way radios for neighborhood communication

Morning Preparation (10 minutes)

Think like a criminal:

•Walk around your property
•Look for easy entry points
•Note valuable items visible from outside
•Identify hiding spots
•Check sight lines from neighbors

Core Task 1: Complete Security Assessment (20 minutes)

Exterior Assessment:

1.Test each door:

•Push hard on door near handle
•Check if frame flexes
•Look for gaps around door
•Test deadbolt strength
•Rate security 1-10: ____

2.Check each window:

•Test locks on all windows
•Look for easy access from outside
•Check basement windows especially
•Note windows hidden from view
•Rate security 1-10: ____

3.Evaluate lighting:

•Walk property at night
•Identify dark areas
•Check if lights work
•Note motion sensor coverage

•Rate lighting 1-10: ____

4.Assess landscaping:

•Look for hiding spots near house
•Check bushes under windows
•Note escape routes for intruders
•Evaluate sight lines to neighbors
•Rate landscaping security 1-10: ____

Interior Assessment:

1.Valuables visibility:

•Stand at each window
•Note what valuables are visible
•Check if electronics are obvious
•Look for signs of wealth
•Rate visibility 1-10: ____

2.Safe room potential:

•Identify room with solid door
•Check for second exit
•Note communication capability
•Evaluate supplies storage
•Rate safe room 1-10: ____

Core Task 2: Install Security Improvements (25 minutes)

Immediate Door Improvements:

1.Install door security bar:
•Position bar at 45-degree angle
•Ensure it fits tightly under handle
•Practice quick installation

•Test with family members

2.Upgrade door hardware:

•Replace short screws with 3-inch screws
•Install deadbolt if missing
•Add door viewer (peephole)
•Consider door reinforcement plate

Window Security:

1.Install window alarms:

•Clean window surface
•Attach alarm to window frame
•Test alarm function
•Set sensitivity properly
•Test with family so they know the sound

2.Add window locks:

•Install additional locks on accessible windows
•Use dowels in sliding window tracks
•Consider window bars for basement
•Test that windows still open for emergency exit

Lighting Improvements:

1.Install timer switches:

•Replace regular switches with timers
•Set random on/off patterns
•Program different times for different days
•Test that timers work properly

2.Add motion sensor lights:

•Install at all entry points
•Mount 8-10 feet high if possible
•Adjust sensitivity and range
•Test by walking in detection area

Core Task 3: Learn Situational Awareness (15 minutes)

Practice the OODA Loop:

•Observe: What do you see around you?
•Orient: What does this information mean?
•Decide: What action should you take?
•Act: Execute your decision

Situational Awareness Exercises:

1.The 5-5-5 Rule:

•Notice 5 things you can see
•Notice 5 things you can hear
•Notice 5 things you can feel
•Practice this everywhere you go

2.Exit Awareness:

•Identify all exits when entering any building
•Note which exit is closest
•Plan alternate routes
•Practice with family

3.Baseline Recognition:

•Learn what "normal" looks like in your area
•Notice when something seems "off"
•Trust your instincts
•Teach family to recognize unusual behavior

Personal Protection Skills:

1.Carry yourself confidently:

•Walk with purpose
•Keep head up and eyes alert
•Avoid looking at phone while walking
•Make brief eye contact with strangers

2.Trust your instincts:

•If something feels wrong, it is
•Don't worry about being rude
•Remove yourself from uncomfortable situations
•Teach children to trust their "uh-oh" feeling

Core Task 4: Set Up Neighborhood Security Network (10 minutes)

Identify Key Neighbors:

1.Map your immediate neighbors:

•Note which neighbors are home during day
•Identify neighbors with security systems
•Find neighbors interested in mutual security
•Note neighbors with useful skills (police, military, medical)

2.Create contact network:

•Exchange phone numbers with 3-5 closest neighbors
•Set up group text for security alerts
•Agree on simple communication signals
•Plan regular check-ins during emergencies

Establish Watch Protocols:

1.Define suspicious activity:

•Strangers checking doors/windows
•Vehicles driving slowly through neighborhood
•People taking photos of houses
•Anyone asking unusual questions

2.Create response plan:

•When to call police vs. neighbors
•How to safely observe suspicious activity
•Communication methods during emergencies
•Meeting points if evacuation needed

Practice Scenarios:

1.Power outage security:

•How to check on neighbors
•Communication without phones
•Coordinated lighting/patrol schedule
•Resource sharing agreements

2.Suspicious person protocol:

•Safe observation techniques
•When and how to approach
•Documentation methods
•Police contact procedures

Evening Review and Planning (5 minutes)

Security Improvements Completed:

•Door security enhanced: Yes/No
•Window alarms installed: /
•Lighting improved: Yes/No
•Neighborhood network established: Yes/No

Security Assessment Scores:

•Overall door security: ____/10
•Overall window security: ____/10
•Exterior lighting: ____/10
•Landscaping security: ____/10
•Neighborhood cooperation: ____/10

Practice Security Measures:

1.Test all new security devices
2.Practice situational awareness with family
3.Walk property at night to check lighting
4.Contact neighbors to confirm communication plan

Tomorrow's Preparation: You'll need financial planning materials and cash for emergency fund.

Day 8: Financial Preparedness - Building Economic Resilience

What You'll Accomplish Today

•Calculate and start emergency fund
•Create debt elimination plan
•Set up alternative currency/barter system
•Secure financial documents and accounts

Supplies Needed Today

•Calculator
•Financial documents (bank statements, bills, etc.)
•Cash ($500-1000 for emergency fund start)
•Small bills and coins for barter
•Fireproof safe or safety deposit box
•Notebook for financial tracking
•Precious metals (optional - silver coins)
•Barter goods (alcohol, coffee, batteries, etc.)

Morning Preparation (10 minutes)

Gather these financial documents:

•Last 3 months of bank statements
•All credit card statements
•Mortgage/rent payment info
•Utility bills
•Insurance payments
•Income documentation

Core Task 1: Calculate Emergency Fund Needs (15 minutes)

Step 1: Calculate Monthly Essential Expenses Add up these monthly costs:

•Housing (mortgage/rent): $____
•Utilities (electric, gas, water): $____
•Food (groceries only): $____
•Transportation (gas, insurance): $____
•Insurance (health, life): $____
•Minimum debt payments: $____
•Total Monthly Essentials: $____
Step 2: Set Emergency Fund Goals
•3-month emergency fund: $_____ (monthly × 3)
•6-month emergency fund: $_____ (monthly × 6)
•Start with goal of $1,000 minimum
Step 3: Calculate Current Financial Position
•Money in checking account: $____
•Money in savings account: $____
•Cash on hand: $____
•Total liquid assets: $____
•Emergency fund gap: $____
Step 4: Create Savings Plan
•Target monthly savings: $____
•Weeks to reach $1,000: ____
•Weeks to reach 3-month goal: ____
•Date you'll reach first goal: ____

Core Task 2: Start Emergency Fund (10 minutes)

Set Up Emergency Fund Account:

1.Open separate savings account labeled "Emergency Fund"
2.Set up automatic transfer of $50-200 per week
3.Do not get debit card for this account
4.Set up account alerts for balance changes
Fund Your Emergency Cash:
1.Withdraw $500-1000 in cash today
2.Get mix of bills: $100s, $50s, $20s, $10s, $5s, $1s
3.Include $50 in quarters and small bills
4.Store cash in fireproof safe at home
5.Keep $100 in car emergency kit
Track Your Progress:
1.Create simple tracking sheet
2.Record weekly deposits
3.Calculate progress toward goal
4.Set milestone rewards (non-spending rewards)

Core Task 3: Create Debt Elimination Plan (20 minutes)

List All Debts: For each debt, write down:

•Creditor name: ____
•Total balance: $____
•Minimum payment: $____
•Interest rate: ____%
•Payment due date: ____
Choose Debt Elimination Strategy:
Option 1: Debt Snowball (Recommended)
1.List debts from smallest to largest balance
2.Pay minimums on all debts
3.Put extra money toward smallest debt
4.When smallest is paid off, add that payment to next smallest
5.Repeat until all debts are paid

Option 2: Debt Avalanche

1.List debts from highest to lowest interest rate
2.Pay minimums on all debts
3.Put extra money toward highest interest debt
4.Continue until all debts are paid
Calculate Your Debt Freedom Date:
1.Add up all minimum payments: $___
2.Add extra amount you can pay: $___
3.Total monthly debt payment: $___
4.Use online calculator to find payoff date
5.Your debt freedom date: ___

Find Extra Money for Debt Payment: Look for these opportunities:

•Cancel unused subscriptions: $___/month
•Reduce dining out: $___/month
•Lower utility bills: $___/month
•Sell unused items: $___
•Side hustle income: $___/month
•Total extra found: $___/month

Core Task 4: Set Up Barter and Alternative Currency System (15 minutes)

Build Barter Inventory: Stock these high-value trade items:

•Alcohol (small bottles): 12 bottles
•Coffee (instant): 10 jars
•Batteries (AA, AAA): 50 each
•Toilet paper: 24 rolls
•Soap: 12 bars
•Cigarettes (even if you don't smoke): 10 packs
•Salt: 10 pounds
•Sugar: 10 pounds

•Matches/lighters: 20 each
•Ammunition (if legal in your area)

Acquire Precious Metals:

1.Buy $500-1000 in silver coins (American Silver Eagles)
2.Store in fireproof safe
3.Keep purchase receipts
4.Learn current silver prices
5.Practice recognizing real vs. fake silver
Create Barter Value Chart: Establish trade values:
•1 bottle alcohol = 2 jars of coffee
•1 pack cigarettes = 4 bars soap
•1 silver coin = 1 week groceries (estimated)
•Adjust based on local conditions

Practice Bartering:

1.Visit local flea market or garage sale
2.Practice negotiating without cash
3.Offer trade items for things you need
4.Learn to assess fair trade values

Core Task 5: Secure Financial Documents (10 minutes)

Gather Important Financial Documents:

•Bank account information
•Investment account details
•Insurance policies
•Property deeds
•Vehicle titles
•Tax returns (last 3 years)
•Social Security cards
•Birth certificates
Create Digital Backup:

1.Scan all documents to PDF
2.Save on encrypted USB drive
3.Store USB drive in fireproof safe
4.Email copies to trusted family member
5.Use cloud storage with strong password

Secure Physical Documents:

1.Store originals in bank safety deposit box
2.Keep copies in fireproof safe at home
3.Give copies to trusted family member
4.Update documents annually

Protect Your Accounts:

1.Change all financial passwords
2.Set up two-factor authentication
3.Monitor accounts weekly
4.Set up fraud alerts
5.Know how to freeze credit quickly

Evening Review and Planning (5 minutes)

Financial Preparedness Checklist:

•Emergency fund started: $____
•Debt elimination plan created: Yes/No
•Barter inventory started: Yes/No
•Documents secured: Yes/No
Calculate Your Financial Security:
•Days of expenses covered by emergency fund: ____
•Months until debt-free: ____
•Value of barter inventory: $____
•Financial documents protected: Yes/No
Set Up Ongoing Financial Habits:
1.Weekly emergency fund deposit: $____

2.Monthly debt payment: $____
3.Quarterly barter inventory check
4.Annual document review

Tomorrow's Preparation: You'll need contact information for neighbors and community organization materials.

Day 9: Community and Networking - Building Your Survival Network

What You'll Accomplish Today

•Map your neighborhood resources
•Form a mutual aid group
•Establish skill-sharing network
•Create community emergency plan

Supplies Needed Today

•Neighborhood map or paper to draw one
•Contact information forms
•Small gifts for neighbors (cookies, etc.)
•Two-way radios for group communication
•Notebook for recording skills and resources
•Simple contracts for mutual aid agreements

Morning Preparation (5 minutes)

Create a simple map of your immediate area:

•Draw your street and surrounding streets
•Mark your house
•Number each neighbor's house
•Note any businesses, schools, or important buildings

Core Task 1: Map Neighborhood Resources (25 minutes)

Survey Your Immediate Neighbors (Houses within 3 blocks):
For each household, gather this information:

•House #1:
•Names: ____
•Adults: ____ Children: ____
•Occupations: ____
•Useful skills: ____
•Resources (generator, well, garden, etc.): ____
•Phone number: ____
•Best time to contact: ___

•House #2:
•Names: ____
•Adults: ____ Children: ____
•Occupations: ____
•Useful skills: ____
•Resources: ____
•Phone number: ____
•Best time to contact: ___

(Continue for all immediate neighbors)

Identify Key Community Assets: Mark these on your map:

•Medical professionals (doctors, nurses, EMTs)
•Skilled trades (electricians, plumbers, mechanics)
•Security personnel (police, military, security guards)
•Teachers and childcare providers
•Farmers or gardeners
•Ham radio operators
•People with generators
•People with wells or water sources

•People with large gardens
•People with livestock
Document Community Infrastructure:
•Nearest hospital: ____
•Nearest fire station: ____
•Nearest police station: ____
•Community center: ____
•Schools that could serve as shelters: ____
•Churches or meeting places: ____
•Grocery stores: ____
•Gas stations: ____
•Hardware stores: ____

Core Task 2: Form Mutual Aid Group (20 minutes)

Identify Potential Group Members: Look for neighbors who:

•Are interested in preparedness
•Have useful skills
•Are dependable and trustworthy
•Live close enough to help quickly
•Have complementary resources

Approach Potential Members:

1.Start with casual conversation about preparedness
2.Gauge their interest level
3.Suggest informal cooperation
4.Propose regular group meetings
5.Start small with 3-4 households

Create Group Agreement: Write down these basics:

•Group name: ____
•Meeting schedule: ____
•Communication method: ____

•Resource sharing rules: ____
•Decision making process: ____
•Conflict resolution method: ____
Establish Group Roles:
•Coordinator: ____ (organizes meetings, communication)
•Security leader: ____ (coordinates security measures)
•Medical leader: ____ (handles medical emergencies)
•Communications leader: ____ (manages radios, information)
•Logistics leader: ____ (manages supplies, resources)

Set Up Group Communication:

1.Create group text message
2.Program two-way radios to same channel
3.Establish check-in schedule
4.Create simple code words for different situations
5.Plan backup communication methods

Core Task 3: Establish Skill-Sharing Network (15 minutes)

Document Everyone's Skills: Create a neighborhood skill inventory:

Medical Skills:
•First aid certified: ____
•CPR certified: ____
•Nurse: ____
•Doctor: ____
•Veterinarian: ____
•Pharmacist: ____
Technical Skills:
•Electrician: ____
•Plumber: ____
•Mechanic: ____
•HVAC technician: ____

•Computer specialist: ____
•Ham radio operator: ____
Practical Skills:
•Gardening/farming: ____
•Food preservation: ____
•Hunting/fishing: ____
•Cooking for large groups: ____
•Sewing/tailoring: ____
•Carpentry: ____

Security Skills:

•Military experience: ____
•Police experience: ____
•Security training: ____
•Firearms training: ____
•Martial arts: ____

Set Up Skill-Sharing System:

1.Create simple database of skills
2.Establish "favor bank" system
3.Plan regular skill-sharing workshops
4.Set up mentorship pairs
5.Create skill-learning goals for group

Plan Skill-Sharing Activities:

•Monthly workshops: ____
•Skill practice sessions: ____
•Group training events: ____
•Guest expert presentations: ____

Core Task 4: Create Community Emergency Plan (15 minutes)

Establish Emergency Communication:

1.Primary communication: Group text messages
2.Secondary communication: Two-way radios on channel ____
3.Backup communication: Door-to-door check
4.Emergency signals:

•All clear: ____
•Need help: ____
•Danger: ____

Create Emergency Procedures:

1.Check-in protocol:
•Who checks on who
•How often during emergency
•What information to gather
•How to report status

2.Resource sharing plan:

•What resources can be shared
•How to request help
•How to prioritize needs
•How to track what's shared

3.Security plan:

•Patrol schedule during emergencies
•How to handle strangers
•When to call police
•Group defense procedures

4.Evacuation plan:

•Meeting point if neighborhood must evacuate
•Transportation arrangements
•Who helps elderly/disabled neighbors
•What to bring when evacuating

Document Contact Information: Create emergency contact sheet for all group members:

•Name: ____
•Address: ____
•Home phone: ____
•Cell phone: ____
•Work phone: ____
•Email: ____
•Emergency contact: ____
•Medical conditions: ____
•Special needs: ____

Plan Regular Group Activities:

•Monthly meetings: ____
•Quarterly emergency drills: ____
•Annual group preparedness assessment: ____
•Social events to build relationships: ____

Evening Review and Planning (5 minutes)

Community Network Assessment:

•Neighbors contacted: ____
•Mutual aid group members: ____
•Skills documented: ____
•Emergency plan created: Yes/No

Network Strength Evaluation: Rate your community network (1-10):

•Medical capabilities: ____
•Technical skills: ____
•Security capabilities: ____
•Communication systems: ____
•Resource sharing willingness: ____

Test Your Community Network:

1.Send test message to group
2.Practice radio communication
3.Confirm everyone has contact information
4.Schedule first group meeting

Tomorrow's Preparation: You'll need all your preparedness systems ready for comprehensive testing.

Day 10: Testing and Integration - Putting It All Together

What You'll Accomplish Today

•Test all preparedness systems
•Conduct family emergency drill
•Integrate all systems into cohesive plan
•Plan for continuous improvement

Supplies Needed Today

•All preparedness supplies from previous 9 days
•Stopwatch or timer
•Notebook for recording test results
•Camera to document any problems
•Checklist for each system test

Morning Preparation (10 minutes)

Review everything you've built over the past 9 days:

•Water storage and purification
•Food storage and cooking
•Communication systems
•Shelter and security
•Medical supplies and skills
•Financial preparedness
•Community network

Core Task 1: Test Individual Systems (30 minutes)

Water System Test (5 minutes):

1.Access stored water:

•Time how long to get to water storage: ____ seconds
•Successfully moved one container: Yes/No
•Water tastes good: Yes/No

2.Test purification methods:

•Boil water in 3 minutes: Yes/No
•Filter system works: Yes/No
•Bleach purification mixed correctly: Yes/No

3.Problems found: ____

Food System Test (10 minutes):

1.Cook emergency meal:

•Set up camping stove: ____ minutes
•Cook rice and beans: ____ minutes
•Meal tastes acceptable: Yes/No
•Used reasonable amount of fuel: Yes/No

2.Access stored food:

•Found ingredients quickly: Yes/No
•Can opener worked: Yes/No
Have all necessary cooking tools: Yes/No

3.Problems found: ____

Communication System Test (5 minutes):

1.Test emergency radio:

•Hand-crank radio works: Yes/No
•Receives NOAA weather: Yes/No
•Battery backup works: Yes/No

2.Test two-way radios:

•All radios on same channel: Yes/No
•Clear communication throughout house: Yes/No
•Range adequate for neighborhood: Yes/No

3.Problems found: ____

Security System Test (5 minutes):

1.Test security improvements:

•Door reinforcements solid: Yes/No
•Window alarms work: Yes/No
•Motion lights activate: Yes/No

2.Test emergency procedures:

•Family knows safe room location: Yes/No
•Emergency numbers accessible: Yes/No
•Escape routes clear: Yes/No

3.Problems found: ____

Medical System Test (5 minutes):

1.Test first aid kit:

•Found supplies quickly: Yes/No
•Supplies in good condition: Yes/No
•Family knows how to use: Yes/No

2.Test emergency procedures:

•Can contact emergency services: Yes/No
•Know location of nearest hospital: Yes/No
•Medication supplies adequate: Yes/No

3.Problems found: ____

Core Task 2: Conduct "Lights Out" Drill (45 minutes)

Preparation:

1.Choose 3-hour time period (evening works best)
2.Turn off main electrical breaker
3.No cell phones except for true emergencies
4.Simulate winter conditions (close curtains, etc.)

Hour 1: Immediate Response (15 minutes)

1.Family response test:

•Time to get flashlights: ___ minutes
•Everyone knows where to meet: Yes/No
•Emergency supplies accessible: Yes/No

2.Set up alternative lighting:

•Flashlights working: /
•Lanterns working: /
•Candles safely lit: /

3.Establish communication:

•Two-way radios working: Yes/No
•Emergency radio receiving: Yes/No
•Contact with neighbors: Yes/No

Hour 2: Sustaining Operations (15 minutes)

1.Prepare meal without electricity:

•Set up camping stove: ____ minutes
•Cook complete meal: ____ minutes
•Clean up without running water: ____ minutes

2.Maintain warmth:

•Alternative heating working: Yes/No
•Family staying warm: Yes/No
•Carbon monoxide detector working: Yes/No

3.Handle sanitation:

•Emergency toilet set up: Yes/No
•Hand washing system working: Yes/No
•Waste disposal plan working: Yes/No

Hour 3: Long-term Adaptation (15 minutes)

1.Entertainment and morale:

•Family activities planned: Yes/No
•Children handling situation well: Yes/No
•Stress levels manageable: Yes/No

2.Resource management:

•Fuel consumption reasonable: Yes/No
•Battery usage sustainable: Yes/No
•Water usage controlled: Yes/No

3.Security during blackout:

•Perimeter secure: Yes/No
•Neighbors checked on: Yes/No
•Emergency protocols followed: Yes/No

Core Task 3: Test Community Integration (20 minutes)

Community Communication Test:

1.Contact mutual aid group:

•Reached all group members: /
•Two-way radio network established: Yes/No
•Information sharing working: Yes/No

2.Neighborhood check:

•Checked on elderly neighbors: Yes/No
•Shared resources as needed: Yes/No
•Coordinated security patrol: Yes/No

Resource Sharing Test:

1.Test barter system:

•Neighbors willing to trade: Yes/No
•Fair trade values established: Yes/No
•Barter goods accessible: Yes/No

2.Test skill sharing:

•Neighbors helped with problems: Yes/No
•Group skills adequate for challenges: Yes/No
•Leadership structure working: Yes/No

Core Task 4: Integration and Improvement Planning (15 minutes)

System Integration Assessment: Rate how well systems work together (1-10):

•Water and food systems: ____
•Communication and security: ____
•Medical and community: ____
•All systems together: ____

Identify Critical Gaps:

1.Biggest weakness found: ____
2.Most urgent improvement needed: ____
3.Skills that need development: ____
4.Equipment that needs upgrading: ____

Create 90-Day Improvement Plan:

1.Month 1 priorities:

•Fix critical problems found today
•Improve weakest system
•Practice skills that need work

2.Month 2 priorities:

•Expand food storage
•Enhance community network
•Add backup systems

3.Month 3 priorities:

•Conduct advanced drills
•Prepare for next 10-day cycle
•Teach others preparedness skills

Plan for the Next 10-Day Cycle:

1.Schedule next cycle: ____
2.Advanced challenges to add: ____
3.New skills to learn: ____
4.Systems to expand: ____

Evening Review and Final Assessment (10 minutes)

Overall Preparedness Score: Rate your family's preparedness (1-10):

•Water security: ____
•Food security: ____
•Communication capability: ____
•Shelter and security: ____
•Medical preparedness: ____
•Financial resilience: ____
•Community network: ____
•Overall average: ____

10-Day Challenge Completion:

•All 10 days completed: Yes/No
•All systems tested: Yes/No
•Family trained on all systems: Yes/No
•Community network established: Yes/No
•Ready for next cycle: Yes/No

Celebrate Your Achievement: You've completed the 10-Day Preparedness Challenge! You now have:

•14+ days of water storage
•14+ days of food storage
•Multiple communication methods
•Enhanced home security
•Medical response capability
•Financial emergency fund started
•Community support network
•Tested, integrated systems

Commitment to Continuous Improvement: Preparedness is a journey, not a destination. Commit to:

•Monthly system checks
•Quarterly skill practice
•Annual major drills
•Repeating this 10-day cycle
•Teaching others these skills

Final Thought: True preparedness isn't about fear, it's about confidence. You now have the knowledge, skills, and systems to handle whatever challenges come your way. More importantly, you have the foundation to keep building and improving your family's resilience for years to come.

Appendix A: Quick Reference Checklists

Daily Completion Checklists

Day 1 Checklist:

Preparedness assessment completed
Workspace organized
72-hour kit assembled
Planning routine established

Day 2 Checklist:

Water storage containers filled
Water purification methods tested
Rotation schedule created
Access routes verified

Day 3 Checklist:

Long-term food storage set up
Rotation system established
Emergency cooking tested
Food preservation practiced

Day 4 Checklist:

Emergency radio programmed
Two-way radios configured
Family communication plan created
Documents secured

Day 5 Checklist:

Home security improved
Alternative heating tested
Emergency shelter practiced
Winterization completed

Day 6 Checklist:

First aid kit assembled
Medical skills practiced
Medication storage organized
Sanitation system is ready

Day 7 Checklist:

Security assessment completed
Security improvements installed
Situational awareness practiced
Neighborhood network started

Day 8 Checklist:

Emergency fund started
Debt elimination plan created
Barter system established
Financial documents secured

Day 9 Checklist:

Neighborhood resources mapped
Mutual aid group formed
Skill-sharing network established
Community emergency plan created

Day 10 Checklist:

All systems tested
"Lights out" drill completed
Community integration tested
Improvement plan created

Emergency Contact Templates

Family Emergency Contacts:

•Family Member 1: ____
•Family Member 2: ____
•Out-of-State Contact: ____
•Local Emergency Services: 911
•Poison Control: 1-800-222-1222
•Local Hospital: ____
•Family Doctor: ____
•Insurance Company: ____

Supply Lists and Specifications

Water Storage Specifications:

•1 gallon per person per day minimum
•2-week supply recommended
•Food-grade containers only
•Rotate every 6 months
•Store in cool, dark location

Food Storage Specifications:

•2000 calories per person per day
•2-week supply minimum
•Mix of canned goods and bulk storage
•Rotate using "first in, first out"

•Include cooking fuel and tools

First Aid Kit Specifications:

•Bandages: 50 assorted sizes
•Gauze: 20 pads, 6 rolls
•Medications: pain relievers, antiseptics
•Tools: thermometer, tweezers, scissors
•Emergency supplies: instant cold packs

Appendix B: Advanced Cycles and Seasonal Adaptations

Second Cycle Enhancements (Days 1-10 Advanced)

Day 1 Advanced: Detailed Risk Assessment

•Complete formal risk assessment for your area
•Research historical disasters in your region
•Create specific plans for top 3 threats
•Develop evacuation routes and timing

Day 2 Advanced: Water Independence

•Install rainwater collection system
•Learn well water testing procedures
•Set up gray water recycling
•Practice water conservation techniques

Day 3 Advanced: Food Production

•Start emergency garden
•Learn food preservation techniques (canning, dehydrating)
•Practice hunting/fishing if legal
•Set up sprouting system for fresh vegetables

Day 4 Advanced: Advanced Communications

•Get ham radio license
•Set up mesh networking
•Learn signal intelligence gathering
•Practice communication security

Day 5 Advanced: Hardened Shelter

•Install backup power system
•Create safe room/panic room
•Set up perimeter security
•Practice advanced camouflage techniques

Day 6 Advanced: Medical Training

•Take wilderness first aid course
•Learn suturing and advanced wound care
•Practice triage procedures
•Set up quarantine protocols

Day 7 Advanced: Tactical Skills

•Take professional self-defense training
•Learn escape and evasion techniques
•Practice team movement and communication
•Develop operational security procedures

Day 8 Advanced: Economic Independence

•Develop multiple income streams
•Learn precious metals trading
•Set up cryptocurrency wallets
•Practice advanced bartering

Day 9 Advanced: Community Leadership

•Organize neighborhood preparedness group
•Conduct community training sessions
•Establish mutual aid agreements
•Create community resource sharing

Day 10 Advanced: Scenario Testing

•Conduct multi-day exercises
•Test systems under stress
•Practice decision making under pressure
•Evaluate and improve all systems

Seasonal Adaptations

Winter Preparations:

•Increase heating fuel storage
•Add winter clothing to emergency kits
•Practice cold weather cooking
•Test systems in cold conditions

Summer Preparations:

•Focus on cooling and ventilation
•Increase water storage for heat
•Practice food preservation in heat
•Test systems in hot conditions

Spring Preparations:

•Focus on flood preparedness
•Practice severe weather procedures
•Update and rotate supplies
•Conduct major system tests

Fall Preparations:

•Prepare for winter isolation
•Harvest and preserve garden produce
•Conduct annual equipment maintenance
•Plan for holiday season challenges

Appendix C: Resources and Further Learning

Recommended Books

•"The Encyclopedia of Country Living" by Carla Emery
•"When All Hell Breaks Loose" by Cody Lundin
•"The Modern Survival Manual" by Fernando Aguirre
•"Emergency War Surgery" (NATO Handbook)

Training Organizations

•American Red Cross (First Aid/CPR)
•CERT (Community Emergency Response Team)
•Local ham radio clubs
•Wilderness medicine schools

Equipment Suppliers

•Ready.gov (government preparedness resources)
•Local camping and outdoor stores
•Restaurant supply stores (bulk food)
•Farm supply stores (storage containers)

Online Communities

•Local preparedness groups
•Ham radio nets
•Homesteading forums
•Survival skills communities

Remember: The goal isn't to become a "prepper" - it's to become a more resilient, self-reliant, and confident person who can handle whatever life brings.