

BE PREPARED

Food

- Stock-up on shelf-stable food stuffs and dry goods like beans, rice, flour, oats.
- Consider canning, freezing, dehydrating perishable food for longer shelf life.
- When it goes on sale buy 2-3x more of your *normal* foods with a mindset to can and/or dehydrate foods that you don't need right away.

Water

- Stock-up water bottles (keep out of the sun).
- Buy a big water storage container or get several backup 5 gallon waters jugs from one of the local water companies like Artesian Blue in Cove, OR.
- If you depend on a water pump, consider what you would do without power.

Vitamins, Herbs, and Medicine

- Stock up on Vitamins, Herbs and Medicine.
- Vitamin C, Vitamin D, herbal supplements, dry herbs, pain meds.
- Buy 1-2 extra ace bandages, gauze, anti-biotic ointment, "vet wrap", etc over the course of the next few months, to make sure your First Aid Kit is updated.
- Go through your First Aid Kit and throw out expired meds and replenish with new/fresh.
- Learn about using dried herbs (many do dual-duty in your medicine cabinet as well as your kitchen) and most can be grown in your garden and preserved for long-term storage.

Heat & Power

- Purchase 1-2 generators that can power your basic needs like fridge, freezer, medical equipment, etc.
- Fill extra gas cans for generator and vehicle backup.
- Buy extra propane for powering BBQs, camp stoves, buddy heaters, etc.
- Consider a woodstove for heat (and potentially for cooking).
- Stock up on firewood *now*.
- Have candles, kerosene lamps, and flashlight (with extra batteries) on hand.

Resources

- Backwoods Home Magazine is a great resource for information about back to the basics living and living off the land. Learn more here: <https://www.backwoodshome.com/>
- Consider buying important books in paperback or hardcover format in case internet access is not an option.