

Plan



Prep It Yourself

Plan, Prepare, Practice

Simple Steps to
Get Started

Why Should I Prepare?

- Like Insurance it provides greater peace of mind
- Makes us and our family more self-sufficient
- Allows us to support our extended family, friends, and communities in an emergency



Prepare for What?

NOT the Zombie Apocalypse!!!

- We Can't Predict Everything
- Daily Activities / Commute
- Job Loss
- Natural Disasters
- Global Pandemic

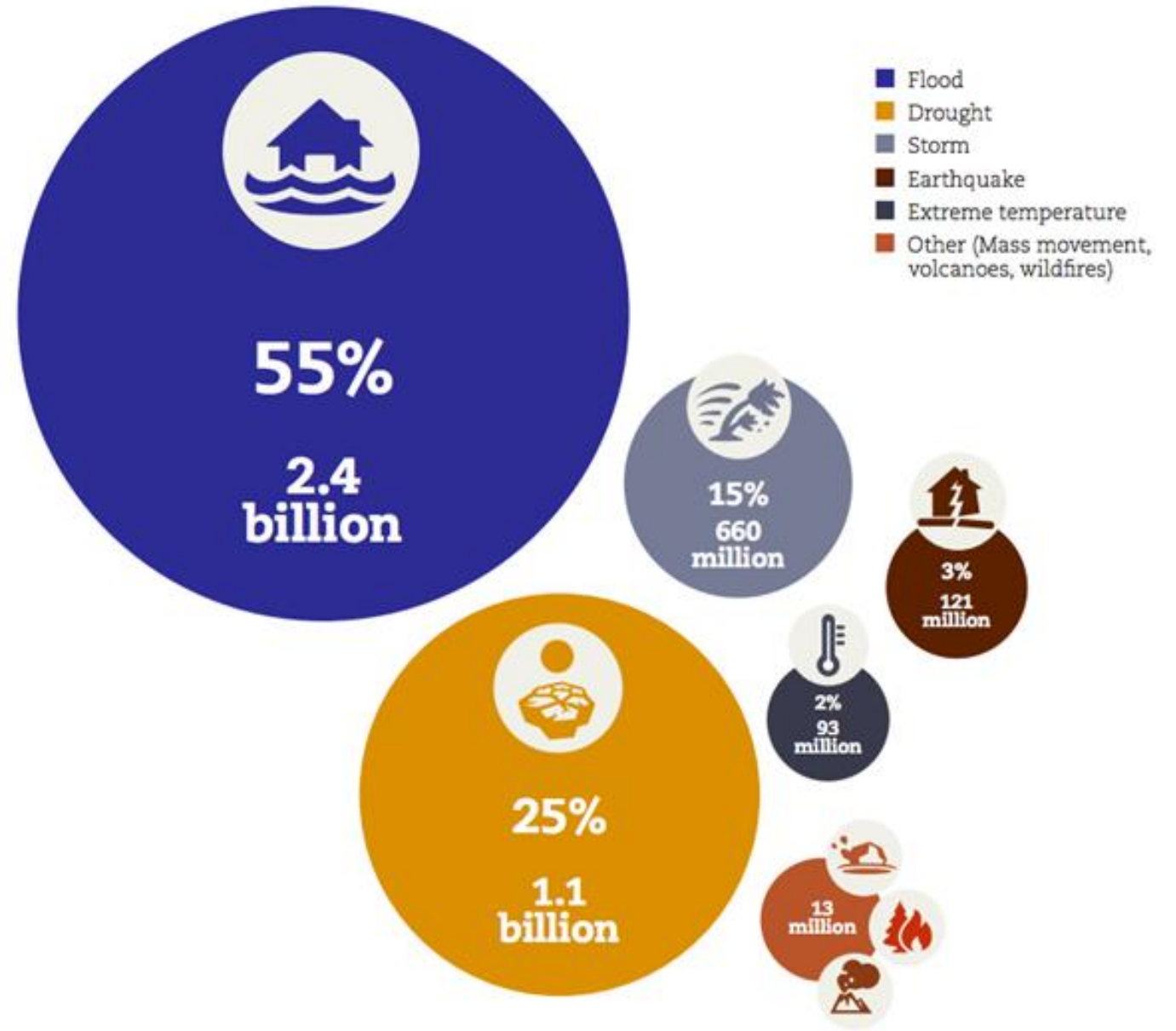


Number of people affected by disaster type (1994-2013)
(NB: deaths are excluded from the total affected)

Who is affected by Natural Disasters?

The World Health Organization's official definition says, "A natural disaster is an act of nature of such magnitude as to create a catastrophic situation in which the day-to-day patterns of life are suddenly disrupted and people are plunged into helplessness and suffering, and, as a result, need food, clothing, shelter, medical and nursing care and other necessities of life."

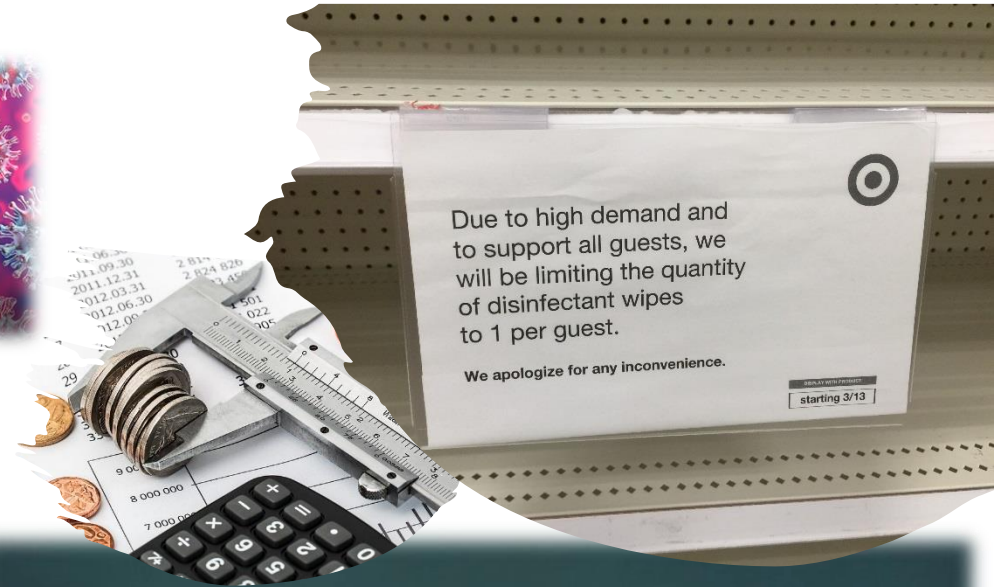
We all have been or will be in our lifetime!



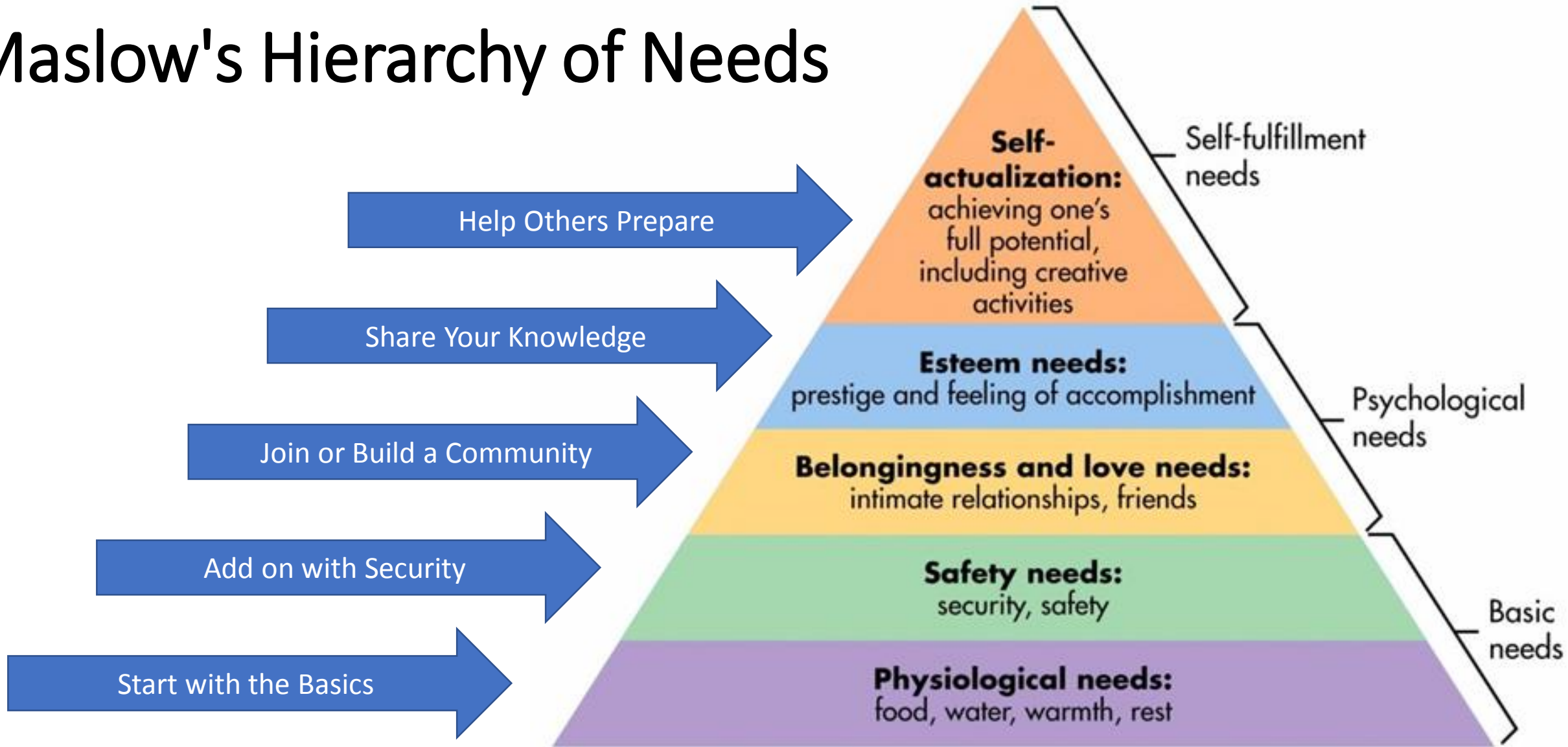
Global Pandemic



- Empty Shelves / Shortage of Basics
- Financial Challenges
- Medical Facilities & Staff Overwhelmed & Overworked
- Quarantines & Social Distancing



Maslow's Hierarchy of Needs



Keep It Simple: Philosophy of 3's

Plan, Prepare, Practice

3 Minutes

3 Hours

3 Days

3 Weeks

3 Months



Finance, Health, Basics Needs

3 Days:

- 72 Hour Kit / Bug out Bag
- Get Home Bag
- Every Day Carry (EDC)
- 10 C's of Survival

**Accessible
&
Portable**



3 Weeks:

- Food Storage - Short-term
- Basic Family Meals
- What do we eat normally?
- Simple and easy meals

Quick Easy Meals Your Family Will Eat





3 Months:

- Food Storage – Long-term
- Staple Items (Beans, Rice, Wheat or Flour, etc.)
- Basic Equipment (BBQ, Camp Stove, Fuel, etc.)

5-25 Year Storage Life

Basic Skills:

- Camping
- Food Preparation
- Hunting / Survival

**Get out
Have some Fun
with Family & Friends**



Plan



Short Term

Long Term

Contingency



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More information

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