

WISDOM & PREPARATION FREE GUIDE



**POWER &
TRUTH**

PODCAST

with Cami Barnes

These are some practical steps you can take to prepare for scenarios that include but are not limited to: societal unrest, economic instability, or other potential threats to your family's safety and security.

Getting Started:

1. Develop a Family Emergency Plan

- **Establish Communication Protocols:** Create a system to stay in touch (e.g., walkie-talkies, satellite phones, meeting points).
- **Set Meeting Locations:** Choose primary and secondary safe locations where family members can reunite if separated.
- **Assign Roles:** Delegate responsibilities such as food preparation, security, and first aid.

2. Build a Financial Safety Net

- **Diversify Assets:** Hold physical cash, or other tradable commodities.
- **Reduce Debt:** Lower your reliance on external financial systems.
- **Store Essential Documents:** Secure IDs, insurance policies, and ownership papers in waterproof, fireproof containers.

3. Ensure Access to Food and Water

- **Stockpile Essentials:** Store non-perishable foods, water, and cooking supplies for at least 6-12 months.
- **Grow Your Own Food (if possible):** Start a garden with crops like potatoes, beans, and herbs.
- **Water Sources:** Invest in water purification systems and identify nearby natural water sources.

4. Secure Shelter and Safety

- **Reinforce Home Security:** Install strong locks, security cameras, and backup power systems.
- **Create Safe Rooms:** Designate a secure area within your home to retreat to in case of danger.
- **Stay Mobile:** Consider owning a well-maintained vehicle for rapid evacuation.

5. Gather Survival Supplies

- **Emergency Kits:** Include first aid kits, flashlights, batteries, multi-tools, and fire starters.
- **Clothing:** Store durable, weather-appropriate clothing for each family member.
- **Weapons and Defense:** If you legally acquire tools for self-defense, learn to store and use them safely.

6. Acquire Skills for Self-Reliance

- **First Aid Training:** Learn CPR and basic medical care.
- **Survival Skills:** Practice fire-making, navigation, and food preservation techniques.
- **Self-Defense:** Take self-defense classes and/or martial arts training.

7. Build a Community Network

- **Trusted Allies:** Form relationships with neighbors and trusted individuals for mutual aid.
- **Skills Exchange:** Collaborate with others who have complementary skills (e.g., mechanics, medics).
- **Communication Plans:** Develop a system to share information securely within your network.

8. Stay Informed

- **Monitor News:** Follow reliable sources for updates on societal developments.
- **Learn Signals:** Understand warning signs of instability (e.g., financial collapse, infrastructure breakdowns).
- **Avoid Misinformation:** Verify facts before making decisions.

9. Plan for Mobility

- Bug-Out Bags: Prepare ready-to-go backpacks with essential supplies for each family member.
- Evacuation Routes: Plan multiple routes out of your city or state.
- Safe Locations: Identify remote areas where you can retreat temporarily or permanently.

10. In all things Seek God

- Pray, grow in your knowledge of God and relationship with Him.
- Read and study scripture to deepen your faith and fellowship with other believers to stay in community.
- Teach Children: Create family prayer, bible studies, and educate them on safety protocols without instilling fear.

GATHERING SUPPLIES



Amazon List

Here is a list of items to consider for your supplies. This is not an exhaustive list and my providing of this list in no way insinuates that you should or need to purchase these things. As I said before, govern yourselves accordingly.

Supplies List

Other Companies to consider for supplies:

Ready_Wise

Be Prepared

4Patriots

