

THE PREPPER'S WORKBOOK



**CHECKLISTS, WORKSHEETS *and* HOME PROJECTS
to PROTECT YOUR FAMILY *from* ANY DISASTER**

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Introduction:

HOW TO USE THIS WORKBOOK

As the title implies, *The Prepper's Workbook* is an interactive workbook and not the kind of book you read passively for entertainment or to glean bits and pieces information that might soon be forgotten. This book is all about you and your family, and is designed to enable you to be better prepared for any kind of disaster or emergency survival situation. And although we use the word “prepper” in the title, this is not just another book for those expecting a major doomsday event or upheaval of society. By definition, a “prepper” is someone who prepares in advance for any change in normal circumstances. Such a change may be as short-lived as an overnight power outage caused by an electrical storm, or it could be an extended collapse of the grid caused by major natural or manmade disasters.

Disasters typically happen with little or no warning and leave in their wake the ill prepared who will inevitably suffer for their lack of readiness or become reliant upon others for their most basic needs and comforts. To avoid becoming such a victim, you must begin the process of preparedness now. *The Prepper's Workbook* will help you do that by providing you with worksheets, checklists and activities that you can customize to fit your particular circumstances, including your geographical location and your family's living situation, whether it is in the city or the country, in an apartment or a house.

To get the most out of this book, you will need to actively participate in the exercises suggested and take the time to fill in the blanks on the pages requiring vital information, lists and maps. Doing this properly may take some time, and that's okay. The important thing is to start. As you go along, you will work your way through the book and have the great satisfaction of knowing that you have taken the first steps toward preparing yourself and your family for safety and survival.

To begin, it is important to go through the exercises in the first chapter of this book. These exercises are all about getting yourself and your home organized, assessing your surroundings and the threats that could affect you and your family, and taking stock of what you already have on hand that may be useful in an emergency. In this chapter you will also map the vital locations in the nearby area outside of your home, so that everyone in your family will know how to find the nearest emergency services and other critical locations without having to try to look this up under duress.

Moving beyond the beginning organizational section, *The Prepper's Workbook* takes you step by step through preparing to shelter in place in the home. Flowcharts to help you assess the viability of sheltering in place or the necessity to bug out and evacuate are also provided. If you do have to leave your home, the sections on how to build a bug-out bag, equip a bug-out vehicle and decide where to go will make you much more prepared than those who leave in a panic with no real plan.

Beyond these preliminary steps, the remainder of this workbook deals with specific types of threats and how to determine if they may affect you, and if so, how to prepare for them. The final chapter covers the Prepping Top Tens, outlining ten vital survival skills everyone should know and practice in advance of needing them in a real emergency.

USING INDIVIDUAL SECTIONS AND WORKSHEETS

INFORMATIONAL WORKSHEETS

The informational worksheets in each chapter are designed to give you a physical, hard copy of vital information for each member of your family all in one place—in this book. With today's over-reliance on storing personal information and contacts in computers and smartphones, these worksheets are essential. Fill in as many details as you feel comfortable with, and keep the book in a safe place.

CHECKLISTS

You will find a ton of helpful checklists in this book—they are essential for making sure you have everything you need to be fully prepared. However, there is no single checklist of preparedness equipment and supplies that can meet the needs of every family. Your specific needs may be unique to your geographical location, family member needs and personal situation. So with each standard checklist worksheet we provide, we also provide the space for you to build your own custom checklist or to add items as you see fit. Your main goal is to fully prepare for

your own family, and when it comes to that, you're the one who knows best. We're just getting you started in the right direction.

MAPS, CHARTS AND DIAGRAMS

The maps, charts and diagrams that this book asks you complete are designed to ensure that everyone in the household is able to find critical items and places both inside and out of the house, whether that's locating the fuse box, first aid kit or closest evacuation center. Like the personal information you collect in the informational worksheets, these maps are meant to break the dependence on electronic information. Google Maps may be a great way to find your nearest fire station, but it's all for naught if the power has been out for five days. Beyond the walls of your home, the maps you provide will familiarize everyone in your family with the surrounding environment and locations they may need to know in a crisis. These do-it-yourself illustrations do not have to be elaborate or artistic—you should feel free to print out maps from online or collect them from your local AAA office, and charts and diagrams can be simple sketches—the important thing is that they convey accurate information.

ACTIVITIES

Throughout each chapter, you'll also find activities. These are suggestions for hands-on projects to better prepare your home, vehicles and other equipment, as well as hone your personal and family's survival skills. They range from simple projects like crafting a 24-hour survival kit for your car to weekend projects like building storm shutters for your home and quick skills drills like practicing a flood evacuation. Most of these activities are designed to be affordable, quick and easy, but not all of them will be applicable to every family, so choose the ones only that apply to your area and your needs.

PREPPER'S TIPS & TRICKS

Throughout the pages of these book you will find extra tips, tricks and interesting tidbits of information that both of us have picked up from decades of survival training and practical use. They range from facts about disasters to practical prepping cheats that can help you stay safe and comfortable.

Now that you know this is not a book to kick back with for armchair entertainment, it's time to roll up our sleeves and get started putting the “work” in *The Prepper's Workbook*.



Section **1**
BASIC PREPPING

Chapter 1:

GETTING STARTED

ORGANIZING YOUR FAMILY INFORMATION

The first step in preparing yourself and your family for an emergency is to get organized and gather detailed, vital information for each member of the family and put it all in one place (in the Family Member Information pages that follow) so you and everyone else in your household will have access to it. This information includes medical details like blood type, required medications and known allergies, but also personal details such as Social Security Numbers and even contact info.

With today's dependence upon technology, such as smartphones that store numbers and e-mail addresses that can be accessed with one touch or even a voice command, it's not surprising that many people no longer commit to memory the phone numbers of even their closest loved ones. If you don't know your wife's or husband's phone number by heart, you're certainly not alone, but now is the time to change those habits, and even if you can't memorize contact info for everyone in your family, you can certainly write it down on the pages that follow.

Having this detailed information in one place could be one of the most valuable parts of your prepping if you or one of your family members is injured or turns up missing in a catastrophe. You should fill in as much or as little information as you'd like. Just remember, each piece of information in this chapter could prove invaluable if you and your loved ones are separated during a disaster.

ACTIVITY 1.1: EMERGENCY CONTACTS

This exercise consists of two activities. First, you'll write down your family's outside emergency contacts so that you have them all in one place. Second, you'll create individual, business card-sized contact cards that everyone in your family should carry with them on their person.

OUTSIDE EMERGENCY CONTACT SHEET

Name: _____

Home Phone: _____ Work Phone: _____

Cell Phone: _____

E-mail: _____

Mailing Address: _____

Name: _____

Home Phone: _____ Work Phone: _____

Cell Phone: _____

E-mail: _____

Mailing Address: _____

Name: _____

Home Phone: _____ Work Phone: _____

Cell Phone: _____

E-mail: _____

Mailing Address: _____

Name: _____

Home Phone: _____ Work Phone: _____

Cell Phone: _____

E-mail: _____

Mailing Address: _____

CONTACT CARDS

These cards are meant to be carried on the person of each of your immediate family members. Stick them in a backpack, purse or wallet, if anyone ever loses their phone, this single piece of paper could save the day.

Construct by hand:

1. Take a sheet of thick card stock.
2. Cut the card into 2x3-inch pieces.
3. Using a small-tipped permanent marker (that won't run when wet) print the following information on both sides of the card:

Immediate Contact #1	Name and Phone Number(s)	(wife/husband/father/mother)
Immediate Contact #2	Name and Phone Number(s)	(wife/husband/father/mother)
Outside Contact #1	Name and Phone Number(s)	(sibling/relative/friend/coworker)
Outside Contact #2	Name and Phone Number(s)	(sibling/relative/friend/coworker)
Outside Contact #3	Name and Phone Number(s)	(sibling/relative/friend/coworker)

Construct by computer:

1. Print the information above on regular paper, carefully sizing the font so it fits within 2x3 inches.
2. Using a photocopier (no ink to rub off or run when wet), copy the information onto a sheet of thick card stock.
3. Cut the card into 2x3-inch pieces.

ACTIVITY 1.2: FAMILY MEMBER INFORMATION

These detailed family member information sheets could become critical during or after a disaster, especially if one or more members of the family are injured or incapacitated, or if family members become separated.

TIPS & TRICKS

GET THE FAMILY ON BOARD

It's likely that not every member of your family will share your enthusiasm for preparedness planning, especially in the beginning. If you have a reluctant spouse or children, it is important to find prepping-related activities they can get excited about without dwelling on doom and disaster. Family camping trips or other small adventures utilizing similar checklists, supplies and equipment are a good start.

FAMILY MEMBER INFORMATION SHEET

Full legal name: _____

Date of birth: _____

Place of birth: _____

Height: _____

Weight: _____

Eye color: _____

Hair color: _____

Physical description: _____

Address: _____

Phone number: _____

E-mail: _____

SSN (optional): _____

**PASTE
PHOTO
HERE**

Date of photo: _____

Fingerprints/DNA sample (optional)

Personal Medical Information

Primary doctor: _____

Phone: _____ Blood type: _____

Allergies: _____

Medical conditions: _____

Medications: _____

Notes: _____

AN OBSESSION WITH CHECKLISTS

As adventure travelers, sea kayakers and offshore sailors, as well as authors, we are both obsessed with checklists out of long habit, and it was this obsession that led to the conception of this book. When you are about to set off into a trackless wilderness or cast off the dock lines for a passage on the high seas, forgetting some critical piece of equipment can be a matter of life or death. Disasters can quickly put anyone at any time in a similar situation, where going to the store to pick up what you forgot is not an option.

TAKING STOCK OF YOUR STOCK

Now that you've recorded vital information on who you are making emergency preparations for, it's time to do a realistic assessment of what you already have on hand so you know where you stand at the beginning. The following is a checklist for the basic necessities for surviving your average natural disaster. Before diving too deep into this book, check to see how many of these elemental supplies and emergency items you already have on hand now. In the chapters that follow, discussions and worksheets will help you make sure you haven't overlooked anything essential and that you have enough of everything in each category for every member of your family. But a quick run-through of this list will tell you quickly where the strengths and weaknesses of your preps are.

DECLUTTER AND GET ORGANIZED

Now is a good time to clean up and organize your home as you begin to take stock of what you have and make plans to acquire needed items and supplies. It will be much easier to complete the projects in later sections of this book as well if you get rid of the clutter of unwanted or no longer needed stuff.

ACTIVITY 1.3: BASIC EMERGENCY SUPPLIES

The following essential items should be in your home at all times.

BASIC EMERGENCY SUPPLIES

- Bottled drinking water
- Means of purifying contaminated water
- Foods that can be eaten without cooking
- Non-perishable foods (canned goods, rice, pasta, etc.)
- Non-electric can opener or multitool with opener
- Means of cooking without utilities (charcoal or propane grill, camp stove, etc.)
- Emergency blankets, sleeping bags, etc.
- Portable shelter (tarp or tent)
- Clothing: outer rain/wind/cold protection, insulating under layers
- Emergency heating (woodstove, propane stove, etc.)
- Flashlights, battery-powered lanterns
- Spare batteries
- Oil or kerosene lanterns, emergency candles
- Matches and/or butane lighters, FireSteel, etc.
- Pocket knife or multitool, larger cutting tool such as axe or machete
- Basic hand tools (hammer, screwdrivers, wrenches, saws, etc.)
- Solar or battery-powered cell phone charger
- Emergency weather radio (battery or hand-crank powered)
- Hand-held two-way communication radios (such as FRS radios)
- First aid supplies
- Hygiene supplies
- Protection (pepper spray, firearms, etc.)
- Emergency cash and/or rolled coins
- Reliable transportation if evacuation is necessary (car or other vehicle or at least a bicycle for each family member if living where automobiles are not an option)

ORGANIZING YOUR HOME

In this section you will get down to the details of your home itself, whether it's an apartment, condominium, single-family dwelling or something less conventional such as an RV or boat. The first worksheet provides account numbers and passwords related to the everyday management of your home. The reason you should record this here in your workbook is that your home may be damaged or destroyed or you may be injured or killed and other immediate family members may not have this information on hand.

TIPS & TRICKS

CHECK THE DETAILS OF YOUR HOMEOWNER'S INSURANCE

Unless your home is paid for, you are likely required to carry homeowner's insurance, but a basic policy required by the mortgage lender may not cover all incidents and disasters. Common exceptions are floods, earthquakes and wildfires. Make sure you have supplemental policies if you need them and that you are covered for liability.

ACTIVITY 1.3: HOME SWEET HOME

You may be understandably hesitant to fill out all the financial information in the following worksheet, but if you can keep it secure, this information can greatly reduce the worry and hassle for other family members if the one who normally pays the bills and manages bank accounts is unable to do so. Remember, the amount of detail, such as passwords, that you include is optional, but if you at least record the account numbers, other family members will have a place to start.

HOME INFORMATION

Home Insurance Information

Provider and phone number: _____

Name on account and account number: _____

Passwords (optional): _____

Home Mortgage or Rental Information

Bank or landlord and phone number: _____

Name on account and account number: _____

Passwords (optional): _____

UTILITY INFORMATION

Electric Company Information

Name and number to report outage: _____

Name on account and account number: _____

Passwords (optional): _____

Gas Company Information

Name and number to report leaks or damage: _____

Name on account and account number: _____

Passwords (optional): _____

Water and City Utilities Information

Name and phone number: _____

Name on account and account number: _____

Passwords (optional): _____

Additional Provider or Account

Name and phone number: _____

Name on account and account number: _____

Passwords (optional): _____

FINANCIAL INFORMATION

Bank Information (1)

Bank name and phone number: _____

Name on account: _____

Account number(s): _____

Passwords or hints (optional): _____

Additional info: _____

Bank Information (2)

Bank name and phone number: _____

Name on account: _____

Account number(s): _____

Passwords or hints (optional): _____

Additional info: _____

Credit/Debit Card Information (1)

Bank name/Card company: _____

Name on account: _____

Account number: _____

Card security code: _____ Expiration: _____

Passwords or hints (optional): _____

Additional info: _____

Credit/Debit Card Information (2)

Bank name/Card company: _____

Name on account: _____

Account number: _____

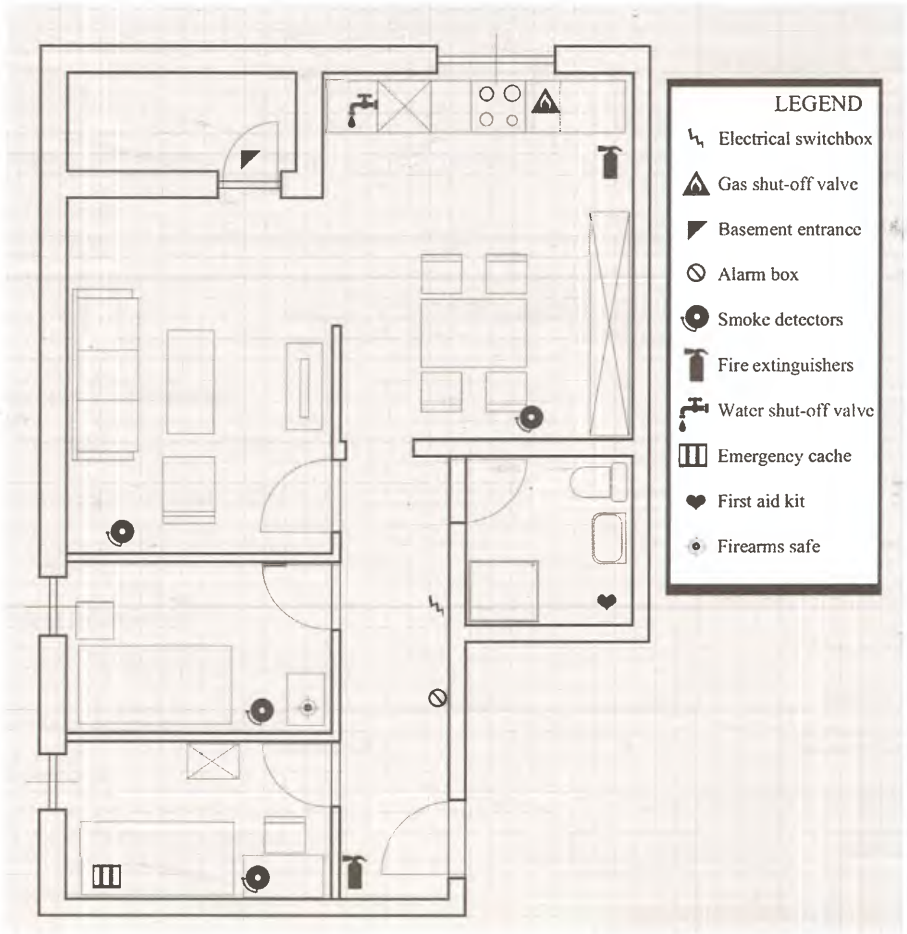
Card security code: _____ Expiration: _____

Passwords or hints (optional): _____

Additional info: _____

ACTIVITY 1.4: MAPPING YOUR HOME

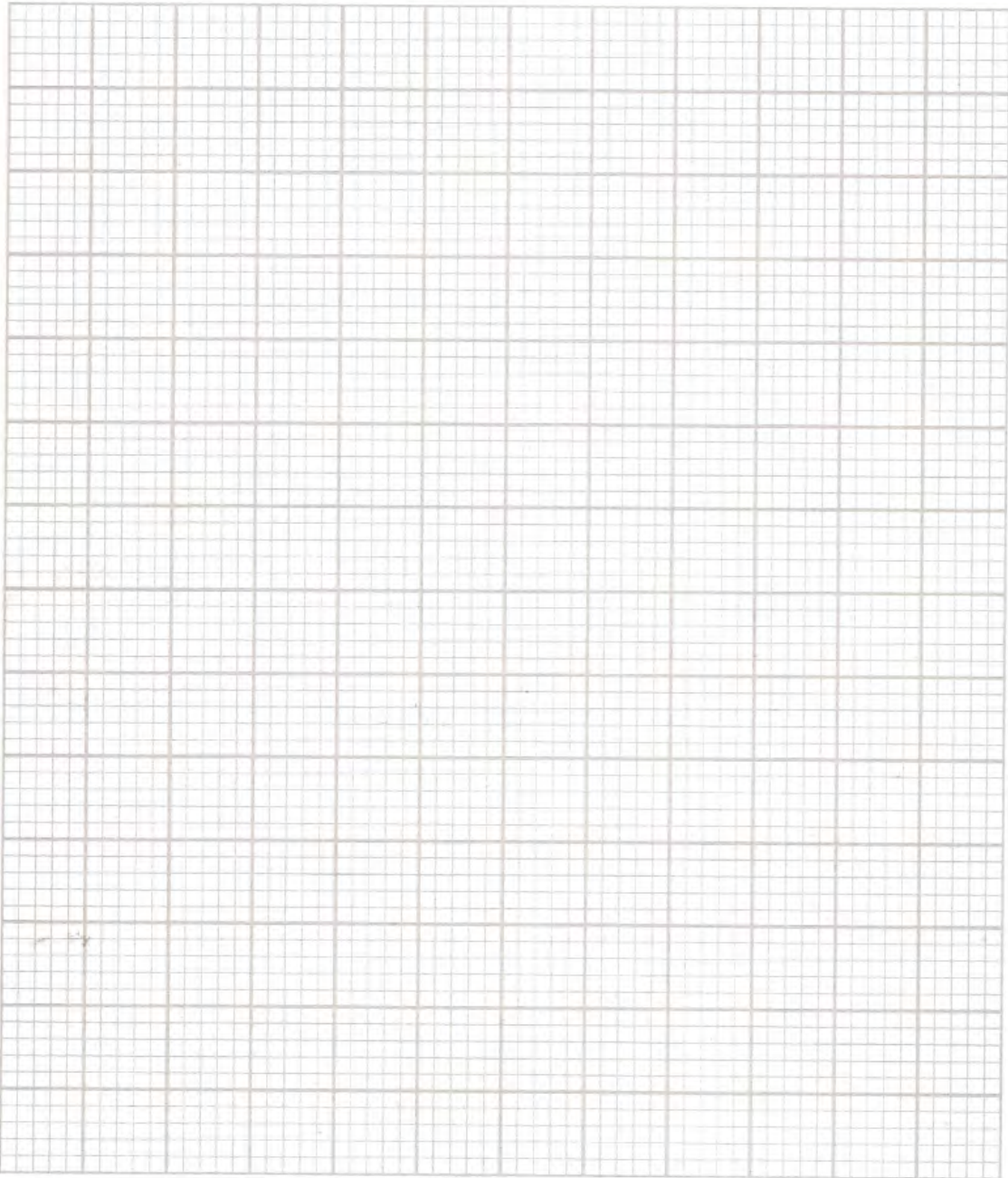
You may know your home inside and out like the back of your hand, but your wife, husband, son, daughter or visiting friends or relatives may not. And it may be that they find themselves alone in the house in a time of emergency. On the grid on the opposing page, draw your basic home floor plan and include as many vital locations and reference points as you can. Add notes if necessary to make these critical locations clear.



You should include a legend with symbols for the following items along with anything else you feel should be known:

- Electrical switchbox
- Gas shut-off valve
- Basement or attic entrance
- Alarm box
- Smoke/fire alarms
- Fire extinguishers
- Water shut-off valve
- Emergency cache
- First aid kit
- Firearms safe

HOME MAP



Notes: _____

USE EVERNOTE FOR YOUR ELECTRONIC DATA

Despite the importance of having a physical, hard copy of the vital information in these worksheets, most people will continue to use their smartphone, tablet or computer for some of this as well. To avoid losing all your information if one device is lost or damaged, use a syncing application like Evernote that will allow you to access your data from any and all of your devices. You can use this application to sync checklists, contacts, photos, web pages and just about anything you would normally save to a hard drive. Find out more at evernote.com.

KNOWING YOUR SURROUNDINGS

The next step after you have organized and familiarized everyone in the family with the immediate dwelling, the accounts associated with it and the vital locations within it is to expand to the surrounding area to include the locations and contact information for emergency services and other nearby outside help. To do so, first complete the following worksheet with phone numbers and locations, then map these locations as explained in the next section.

LEARN BY DOING

With the current popularity of prepping and survival topics, new books on every conceivable angle and topic of these subjects are coming out all the time. Many of them are worthy of a place in your preparedness library, but reading about these subjects is not enough. You need to practice new skills and techniques hands-on to understand them.

ACTIVITY 1.5: VITAL LOCATIONS OUTSIDE YOUR HOME

Should an emergency occur, it is necessary to know where to go and who to call in order to get help, should help be available. List as many nearby emergency centers and services as possible:

VITAL LOCATIONS OUTSIDE YOUR HOME

Nearest Hospital: _____

Address: _____

Phone numbers: _____

Additional Area Hospitals: _____

Address: _____

Phone numbers: _____

Nearest Police Station: _____

Address: _____

Phone numbers: _____

County Sherriff's Department: _____

Address: _____

Phone numbers: _____

Nearest Fire House: _____

Address: _____

Phone numbers: _____

Nearest Vet or Animal Hospital: _____

Address: _____

Phone numbers: _____

Nearest Evacuation Center or Shelter: _____

Address: _____

Phone numbers: _____

Other: _____

Address: _____

Phone numbers: _____

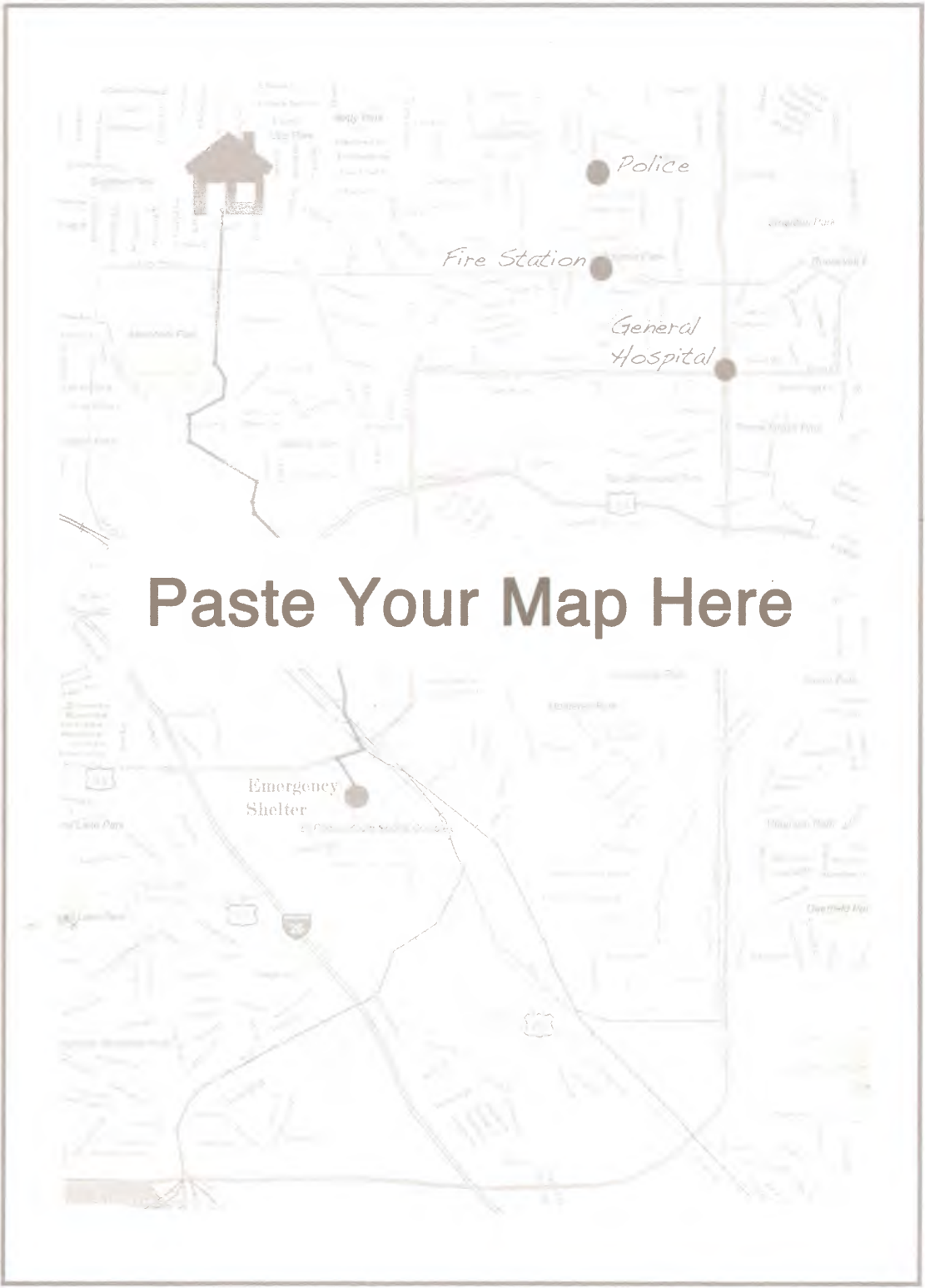
ACTIVITY 1.6: **MAPPING YOUR NEARBY EMERGENCY LOCATIONS**

In this exercise, you will create a detailed and customized map that includes your home and its relation to the locations of the emergency service locations that you filled in when completing the previous worksheet. This should be a map that you can glue right into your workbook in the provided two-page spread so that you or any of your family members can find these vital locations at a glance. You can create this map from a standard street map from AAA or print it online from a site such as Google Maps. By adjusting the settings while printing or photocopying, you should be able to size it to fit the pages of this book. Once you have the map, mark the exact locations of the nearest hospital, police station, fire house, evacuation shelter, etc., as well as the best routes to reach them.

TIPS & TRICKS

GET COMFORTABLE OFF THE GRID

Just as family adventures can be a fun way to introduce everyone to prepping skills and gear, sleeping outdoors in a tent, traveling on foot or by bike or canoe, and doing without the conveniences of electricity or communications can give you and your family and edge in a disaster. If your children already know what it's like to go without modern technologies, their absence in the aftermath of a real event will not be such a shock.



Paste Your Map Here

THE THREATS AROUND YOU

After assessing your home and mapping out its interior and its relationship to sources of possible help in the nearby community, it is now time to consider exactly what threats you may face and what types of emergencies or disasters you may have to contend with. One thing is certain: No matter where on Earth you live, there is no safe refuge from natural disasters or one kind or another, and with the current size of the human population on this planet, few locations are safe from manmade disasters either. You can, however, narrow down the kinds of catastrophes most likely to affect you by geographic region and factors such as your home's elevation above sea level and proximity to bodies of water, mountains, geological fault lines, etc., as well as human development such as cities and industrial complexes.

Historical weather data can tell you a lot about your location's vulnerability to storms such as tornadoes, hurricanes and blizzards, and can be researched on websites such as the National Weather Service and the National Hurricane Center. If you are new to an area, it would pay you to spend some time researching such historical data as well as news stories on more recent events. Talking to other area residents can enable you to gain valuable insight and tips as well. As you glean this information about specific threats to your location, go through the checklist that follows and check those threats that are known to or likely to affect you. Then, as you move forward through the rest of your workbook, you can tailor your preparedness plan to specifically deal with those threats, which will be outlined in detail later in this book.

TIPS & TRICKS

GET TO KNOW YOUR NEIGHBORS

Your immediate neighbors could have a significant impact on your family during or after a crisis. It pays to get to know who is living in the nearby vicinity and try and get an idea if they will also be self-sufficient and prepared. This could determine whether they might be helpful, indifferent or possibly even a threat when things go south.

ACTIVITY 1.7: HOW WELL DO YOU KNOW YOUR ZIP CODE?

The following is a checklist of common natural and manmade disasters that have caused catastrophic damage and loss of life where they occurred. Using historical data and current trends and information, go through this list and check all that may affect the area in which you make your home.

This is important: Make sure you do your research; don't just rely on experience. You may be shocked to learn that seventy years ago, an F4 tornado touched down half a mile from your home or that an active fault line runs along Main Street in your town.

- | | |
|---|--|
| <input type="checkbox"/> Tornadoes | <input type="checkbox"/> Wildfires |
| <input type="checkbox"/> Severe thunderstorms (dangerous lightning and straight-line winds) | <input type="checkbox"/> Industrial explosions |
| <input type="checkbox"/> Hurricanes and tropical storms | <input type="checkbox"/> Chemical spills or poisoning |
| <input type="checkbox"/> Earthquakes | <input type="checkbox"/> Pipeline or refinery accidents |
| <input type="checkbox"/> Volcanic activity | <input type="checkbox"/> Hydroelectric or other dam failures |
| <input type="checkbox"/> Tsunamis | <input type="checkbox"/> Nuclear power plant accidents |
| <input type="checkbox"/> Flooding | <input type="checkbox"/> Plane crash or railroad accidents |
| <input type="checkbox"/> Winter storms and blizzards | <input type="checkbox"/> Terror attacks |
| <input type="checkbox"/> Avalanches | <input type="checkbox"/> Riot or civil unrest |
| | <input type="checkbox"/> Disease outbreaks or pandemics |

Now that you've taken stock of your home and what you have on hand, compiled your family's vital information and assessed your surroundings and the possible threats you may face, it's time to take this information to the next two chapters. There, we will evaluate the pros and cons of sheltering in place or evacuating, and go through the worksheets and activities to prepare for both options.

TIPS & TRICKS

DON'T FORGET TO PLAN FOR YOUR PETS

Many pet owners consider their pets to be part of the family and will take their needs into consideration when stocking up for a crisis. Be aware though, that if you have to evacuate to a public shelter for any reason, pets may not be welcome. Have a plan for them whether you are sheltering in place or bugging out.



Chapter 2: **PREPARING TO SHELTER IN PLACE**

THERE ARE ADVANTAGES TO STAYING PUT

To shelter in place, simply put, means that you (or the authorities) have deemed that you are safer where you are than if you were to attempt to relocate. It could be due to a pending or current threat or that an event has happened and officials must clear a nearby area of hazards. Sheltering in place offers the benefit of operating on your own turf. You know what you supplies you have available, what protection is at your disposal, and what needs you may have. Your familiarization with your surroundings is your greatest benefit. Beyond the basic needs, sheltering in place also offers psychological benefits that are vitally important as well. People are more calm, happy, and confident in familiar surroundings.

Sheltering in place can take on many forms. Since disasters can occur with little or no warning, you could be at home, work, the store, or even in your vehicle. So careful consideration must be given to whether to stay put or move on.

This flow chart can help you decide if sheltering in place is right for you.