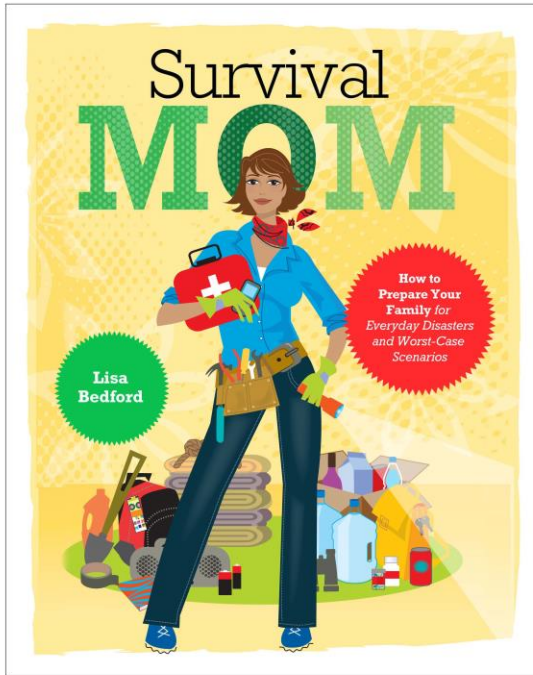


# Prepping for the Worst:

## Basic Survival Strategies for Everyone

# *I'm Lisa Bedford, The Survival Mom!*



Author of Survival  
Mom: How to Prepare  
Your Family for Everyday  
Disasters & Worst-Case  
Scenarios

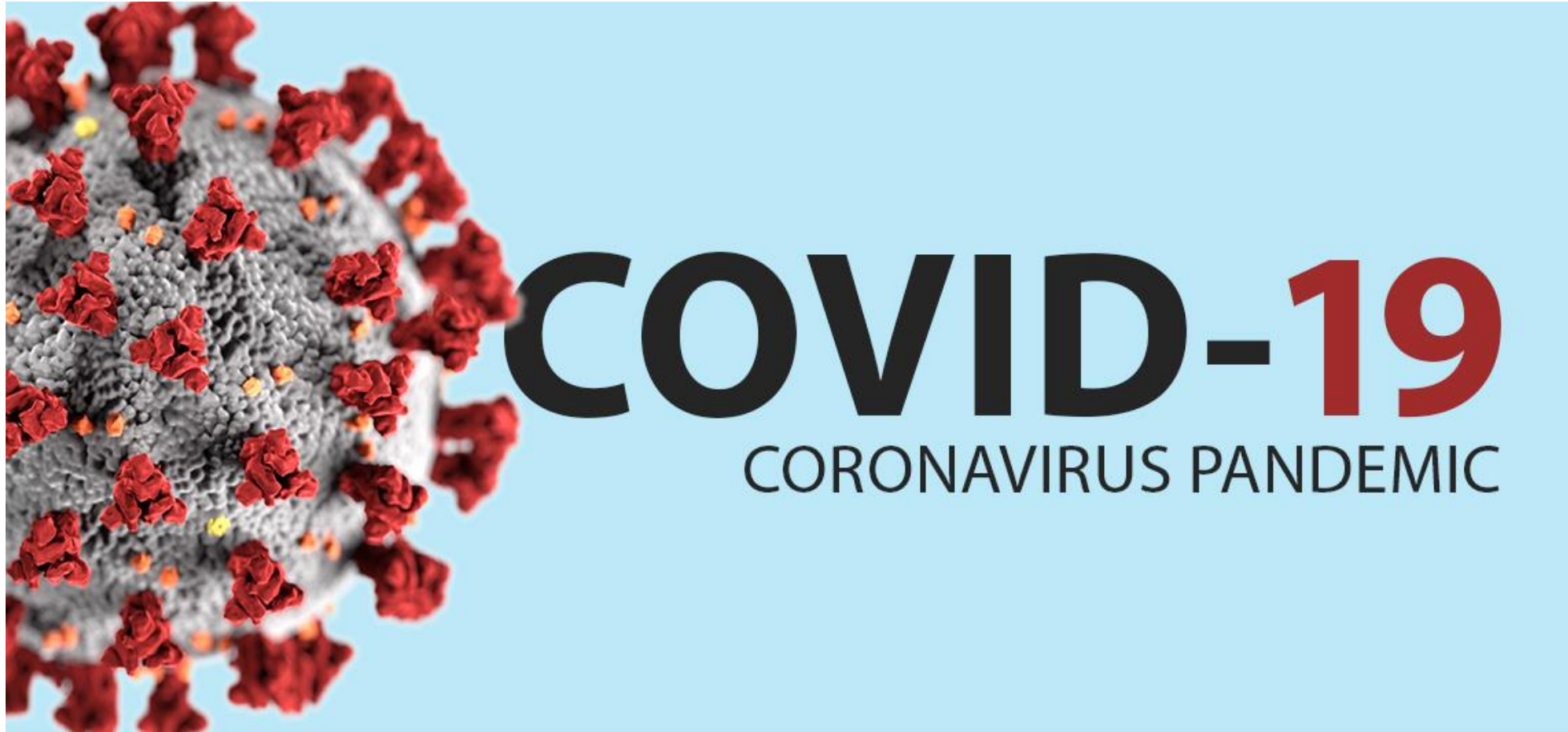


## THE SURVIVAL MOM

PREP MORE. WORRY LESS.

Founder, Editor, Writer: [TheSurvivalMom.com](http://TheSurvivalMom.com)

Remember the Spring of 2020?



# It's time to...

- Make a PLAN
- Prepare your home first
- Write down your plan
  - To DO
  - To BUY
  - To LEARN
- Discuss your plan



# Learn the 8 S's

Sanitation

Sustenance

Sanity

Shelter

Security

Seasonal

Strength/Health

Survival  
Sundries

# Sanitation

- Keeping everything clean & healthy
- Bathing/Toilet
- Clean surfaces
- Water purification
- Laundry





# Sustenance

- Shelf-stable foods
- Simple meals
- 30 days' menu
- Freeze-dried meals
- Off-grid cooking method



# Sanity

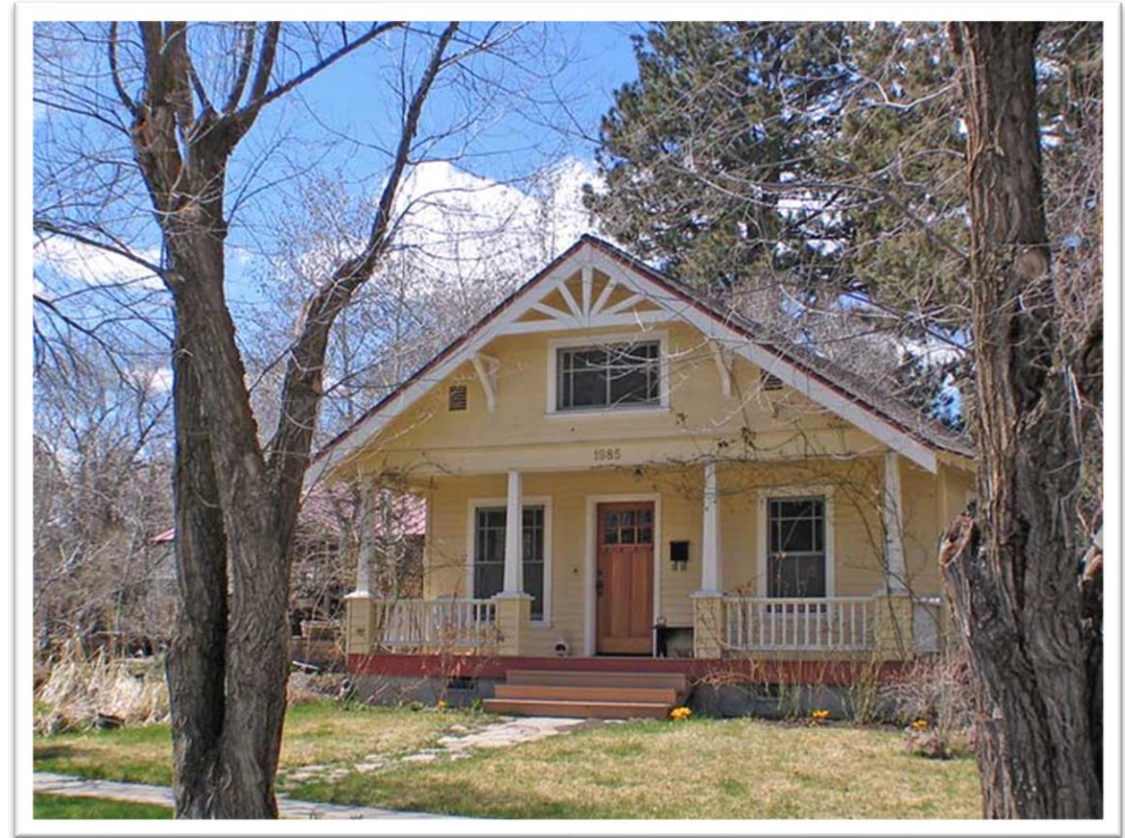
- Peace amidst chaos, fear
- Routines
- Schedule
- Quiet time
- Activities





# Shelter

- Home is cool enough
- Home is warm enough
- Lighting
- Power outages
- Organize supplies
- Declutter!



# Security

- Locations/situations where you feel vulnerable
- Lighting, “someone’s home”
- Deterrence
- Take measures now for home, vehicle, workplace





# Seasonal

- Supplies & plans for different weather
  - Hot
  - Cold
  - Wet
  - Drought
- Consider extreme weather that doesn't usually occur



# Strength/Health/First Aid

- Typical family ailments
- Prescription medications
- Plan for improved health
- Learn first aid/CPR
- Supplies



# Survival Sundries

- Versatile, multi-use supplies
  - Paracord
  - Knife
  - Duct tape
  - Multi-tool
  - Work gloves



# Apply the 8 S's to your Home Base





# HOME BASE: Sanitation

- ✓ Toilet supplies
  - ✓ Cleaning supplies
  - ✓ Laundry supplies & method
  - ✓ Water storage
  - ✓ Water purification
- 
- ✓ What does YOUR Home Base need?



# HOME BASE: Sustenance

- ✓ Shelf-stable foods
- ✓ Simple-to-prepare meals
- ✓ List a few ideas now...
- ✓ 30 days worth
- ✓ Off-grid cooking method(s)

- ✓ What does YOUR Home Base need for sustenance?



# HOME BASE: Sanity

- ✓ Routines
  - ✓ A schedule
  - ✓ Private/Quiet time
  - ✓ Activities
  - ✓ What boosts your emotional/mental health?
- 
- ✓ What does YOUR Home Base need?



# HOME BASE: Shelter

- ✓ Plan for extreme temperatures
  - ✓ Plan for power outages
  - ✓ Emergency lighting
  - ✓ What needs to be decluttered/organized?
- 
- ✓ What does YOUR Home Base need to provide a safe shelter?



# HOME BASE: Security

- ✓ Home security
- ✓ Personal security
- ✓ Safe place within home
- ✓ Firearms, training

✓ What does YOUR Home Base need to be more secure?



# HOME BASE: Seasonal

- ✓ Changing weather
- ✓ Extreme weather/temperatures
- ✓ Prepare for next season ahead of time

✓ What does YOUR Home Base need for the coming season?





# HOME BASE: Strength

- ✓ Family health issues
  - ✓ Mobility issues
  - ✓ Over-the-counter & prescription medications
  - ✓ Prepared for simple injuries
  - ✓ Plan for improved health
- 
- ✓ What does YOUR Home Base need?



# HOME BASE: Survival Sundries

- ✓ General-purpose supplies
- ✓ Great lists on survival/prepping websites

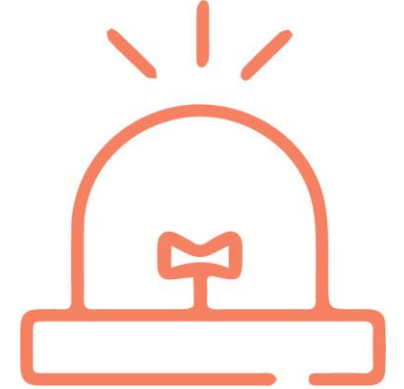
- ✓ What survival sundries does YOUR Home Base need?



# Apply the 8 S's to a bug out bag



- Sanitation
- Sustenance
- Sanity
- Shelter
- Security
- Seasonal
- Strength/Health
- Survival Sundries



# More at [TheSurvivalMom.com/Academy](https://TheSurvivalMom.com/Academy)

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