



## September Preppers To Do List

### Sanitation

1. **Do a sanitation survey.** Discover the answer to these questions:
  - Do you have running water if the electricity is out? (If you have a well, chances are you do not)
  - Does your toilet flush into a main sewer line or does it flush into a septic system?
  - If your toilet flushes into a main sewer line, is there a valve that shuts your house off from the sewer line? If so, find out where it is and how to shut off the line to prevent back-up into your house.
2. **Get some disposables.** Pick up 1 pack of paper plates, 1 pack of disposable utensils, and a pack of Lysol cleaning wipes. This will make clean-up easy during a short-term power/water outage.
3. **Find the nearest body of water where you could acquire a bucket full** for flushing the toilet, or in a dire emergency, for purifying to drink. Is it within walking distance? Would it be accessible during an emergency? (Some folks would frown on people traipsing through their yards to get to the pond out back.)

### Sustenance

1. **Begin saving empty 2-liter soda bottles.** Rinse them out well, allow to air dry. Bottle caps can be run through the dishwasher, if you have one. These containers can be used to store dry foods of all types, from cornmeal to oatmeal to rice.
2. **Buy 1 package of oxygen absorbers from Amazon.** Size: 50 cc. You will use one in each small size food storage container. See our oxygen absorber guide for more details.
3. **Look for the cheapest rice and beans you can find.** Sometimes ethnic markets have the best deals. Buy as much as you can afford this week; you'll be repackaging the food in the clean bottles with an oxygen absorber.

### Survival

1. **Do a health assessment of each member of the family.** Are there any issues, including dental, that need to be addressed? If possible, schedule an annual physical for each person to get even more information about what concerns, if any, should be taken care of. Prioritize these.
2. **Organize your gear.** You probably already have numerous items around your house that are typically part of emergency supplies and bug out bags. This week, begin in one room and see how many of these items you can track down in drawers, cupboards, and other storage spaces. There's no point in spending money on more duct tape, for example, if you already have 3 or 4 rolls scattered around the house and garage!
3. [Complete the 5-step threat assessment.](#)

## Shelter

1. **Put a plan in place for surviving in your home during a summer power outage.** If you have elderly loved ones, anyone with chronic health issues, or a baby in the family, make plans to evacuate them elsewhere for the duration of a longer term power outage.
2. **Buy a battery powered fan...**you'll be so happy you did if you have a summer power outage.
3. **Do a home security assessment.** Think like a criminal and try to figure out the weak points in your home security. Are your locks flimsy? Are there windows that would be easy to breach? Are there any neighbors of whom you're suspicious? Take notes – we'll use this later!

## Security

1. **Do a walk-around your entire property.** If you were a thief, is your home an inviting target? What can be seen through the windows? Are there obvious security issues you should address?
2. **Make copies** of each family member's birth certificates, marriage licenses, all insurance policies (auto, health, homeowners, renters, etc.) and the front and back of each credit and debit card. Refer to the [Grab-n-Go Binder printable](#) for a complete list.
3. **Buy a 3-hole punch** if you don't already own one! This one simple tool will make it much easier to keep your binder up to date.

## Sanity

1. **You are doing the right thing!** Don't let people make you feel like you're all doom and gloom. Read Daisy's article, [Prepping is the Ultimate Act of Optimism](#).
2. **Look for sanity-savers at yard sales and thrift stores.** Hit the sales with your children in mind. (But not in tow – this is a grown-up excursion!) Pick up age-appropriate toys and books, and stash them away without letting the kids see what you got. Then, during a power outage or emergency, you'll have a brand new (to them) stash of goodies to entertain your kiddos. Obviously, focus on toys that don't require the grid to work.
3. **Take a walk.** If you're just getting started with fitness, do what you can do. Go for 15 minutes at a slow pace. If you're in good shape, commit to walking 5 days a week. This is great for your mind and your body!

Check out [PreppersUniversity.com](http://PreppersUniversity.com) for even more resources! Join our Student Center or one of our courses for one-on-one help, networking, and top-notch instruction.