



Week 1 To Do List

No-Cost Preps

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. **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.)
- Do you have a way to transport it back to your house if your vehicle wasn't working?

3. **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!

4. **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! We'll talk more about health and fitness during Week 7 but there's no time like the present to get started.

5. **Begin storing water for sanitation purposes.** Collect some containers for storing water to keep in the bathroom. If you have an interruption in running water, you can use this to flush the toilet, wash your hands, or clean surfaces. Don't worry as much about the containers when it comes to water for sanitation.



Week 1 To Do List

6. Do a water audit. See how much water you actually use in a day by only using water from containers. (It works even better if you can shut your water off for a day!) Include in your tally: drinking water, cooking water, flushing water, hand washing water, dishwasher....you get the idea! You'll probably find that you use far more than the standby of one gallon per person per day.

7. Download the [Hesperian Sanitation Guide](#) – consider printing it out.

8. Switch to water as your beverage of choice. Even if you purchase it in \$5 gallon jugs, it's still the best deal around, with the added bonus of being good for your health. Skip the soda pop, juices and sports drinks. Also, skip the individual bottles of water because those can be just as pricey as buying a soda. Coffee and tea that you make at home are also very inexpensive.

Low-Cost Preps

- 1. Get some disposables.** If your water isn't running and it is a short-term outage, disposables will make life easier (and cleaner!)
 - Paper plates
 - Disposable utensils
 - Lysol cleaning wipes.
- 2. Get prepared to treat water in an emergency.** Pick up [single bags of pool shock](#). They're fairly inexpensive and the powder will last longer than liquid bleach. Be certain that there are no algicides or fragrances in your pool shock. It can be used to purify water for drinking.
- 3. Purchase portable water filters for the bug-out bags.** We like [Sawyer Mini](#) and [Lifestraw](#). These are also great additions to the kids' school backpacks.
- 4. Stock up on the supplies you need to make electrolyte beverages.** This will be essential in the treatment of any type of waterborne illness that a family might suffer in an emergency. [Here are a few recipes](#).



Week 1 To Do List

Investment Preps

Choose a home filtration device. Look for a gravity fed device that doesn't require power to operate. (Note from Daisy: I used to use a [Berkey](#), but now, I have switched to [ProPur](#) and [AquaPail](#). In the water emergency in West Virginia and the current emergency in Alabama, these devices were powerful enough to make the water safe to drink, while Berkey devices were not.)