



Week 8 Weekly Challenge

No matter where you live, from a condo to a mobile home to a rural homestead, your survival retreat must include certain elements. For this challenge, give careful consideration to each of these:

1. Is this already in place?
2. Do you have a back-up in place, including supplies, if necessary?
3. Does your backup plan require written instructions or plans? You'll want to have these printed and stored in a file or binder.

Use this challenge as both an assessment, a To Do list, and a challenge to take your preps to a higher level and truly create a survival retreat right where you are.

Water:

Without question, this is the most important component of your survival retreat. If your current water supply becomes tainted, what is your backup plan?

- Do you have a secondary source?
- Where is the closest place to get water and do you have a way to transport it?
- Can you set up a water catchment system? If so, you'll need the supplies and perhaps, printed instructions.
- How much water does your water heater hold? Do you know how to access it?
- If you have a swimming pool, pond, or some other body of water on your property, do you have a way to transport it and purify it? How can you insure it's safe to drink?
- Do you share a well, stream, or some other water source with others?
- A water testing kit is inexpensive and can help you determine the safety of water for drinking.

Food:

Have you ever considered that one day your stored food will be used up, and there might not be a grocery store handy for replenishment? Having at least 3 months' worth of stored food is a basic goal, but a backup is necessary.

- What food are you currently growing, and what other foods could you add to your garden plans?



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- In a water shortage or drought, how would you water your garden?
- Do you have stored seeds?
- If you have extra food, do you know how to preserve it? Learn how to can (both water bath and pressure canning) and dehydrate food.

Security:

- What have you done so far to add security to your home?
- What other inexpensive measures could you take to add another layer of security?
- How is the perimeter of your property protected? The perimeter could be the border of your property, the hallway of your apartment building, or your front/back yards.
- From which windows of your home do you have the best view of the surrounding areas?
- What can you do to make your property less desirable to vandals and other criminals?
- What natural disasters should you take into consideration where your home's and family's security is concerned? What plans can you put into place for your safety? Example: How close do you live to a body of water that could possibly flood your home?

Self-Reliance:

It's possible to become increasingly more self-reliant, even if you live in a city. A survival retreat should be self-reliant in as many ways as possible.

- Without water or power, what is your plan to get laundry done? Do you have the supplies necessary? Can you dry clothes during the winter and what is your plan for that?
- Without running water, toilets will stop functioning. What emergency toilet plans and supplies do you have? How will you dispose of the waste?
- What appliances, both large and small, can you live without? Have you tried to do that for at least 24 hours?
- What do you have for cooking food without electricity? How often have you used those methods and do you have extra fuel stored? For how long will it last?
- Solar is a viable alternative for most people. What solar applications do you have and in what other ways could you utilize solar power?



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- Have a plan for bathing without running water or electricity for heating.
- Gray water can become useful in a drought or other water emergency. Do you have a way to recycle that water and do you know what water is safe to re-use?
- In a power outage, you will need to have a plan to stay warm enough on cold days and nights. What is your plan and do you have all the supplies and gear you need?
- Hot days and nights present a different challenge. What is your plan to stay cool enough and do you have the supplies you'll need?
- Your survival retreat will need light sources: security lights outside, ambient lighting inside, and directional lighting for various tasks. What do you currently have for these and what do you still need to buy? (Don't forget batteries and light bulbs.)