



Week 4 Weekly Challenge

Sanitation

1. **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.
2. **Download the [US Army Field Hygiene and Sanitation guide](#).** This is another good one to print out. It was written for situations when you're away from home so it would be a great addition to a bug-out bag. If you can't print it out, [it can be found here on Amazon](#).
3. **Stash at least a 6 pack of toilet paper** in your vehicle.

Sustenance

1. **Go on a personal spending freeze.** How long can you go without spending money on anything but preps? Bonus: Apply all that money you saved to adding even more preps!
2. **Consider a [bucket of emergency food](#)** that you can quickly grab to take with you in the event of a last-minute evacuation.
3. **Start a price book.** This will help you track the local sales cycles and will help you to make sure what looks like a bargain is actually a bargain.

Survival

1. **Stash some supplies in the bottom of your child's backpack** – water, a snack, any tools that might be useful, and a map. Be sure your children understand the importance of OPSEC and be sure that the supplies you put in their pack won't get them in trouble if the teacher finds them.
2. **Get a very detailed map of your state.** Begin tracing different routes out of town. These routes should take you in different directions, because you'll never know from which direction (north, south, east, or west) a threat will come. Plan on actually driving each route over the next few weeks and watch for potential points for bottlenecks or roadblocks, areas that could possibly become flooded, and anything else that would hinder your progress.
3. **Add a survival manual** to your EDC kit and/or bug-out bag. The [SAS manual](#) is very small but very comprehensive.



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Shelter

1. **Do you have somewhere to go if disaster strikes and you can no longer stay in your home?** Make plans for two places to go if you need to evacuate. One can be nearby, but the other should be further away in the event that the reason you're evacuating affects homes regionally. Even more importantly, make sure you are expected. You don't want to be one of those folks who says "I'm coming to *your* house if something happens."
2. **If you had to evacuate, where would your pets go?** If you end up in a shelter, Fluffy and Fido probably won't be welcome. Establish a relationship with a boarding kennel and be sure they have all of the appropriate vaccination paperwork to be able to take your pet.
3. **Put together supplies to leave at the office.** In some types of emergencies, you might need to shelter-in-place at work. Pack a change of clothes, a light sleeping bag, food, water, and emergency lighting.

Security

1. **Devise an efficient route for picking up the kids from school.** Be sure that anyone who might be picking up the children already has permission to do so in the school office.
2. **If you have kids away at college or living many miles from you,** have a conversation this week about their options in a worst case scenario: staying put, if they have the skills, gears, and mental attitude to survive, heading home, or heading to some other safe location. Help them assemble a bug out bag that would provide for their needs (sanitation, sustenance, shelter, survival, security, and sanity) on their journey.
3. **Put together an EDC** for yourself and for each person in your family.

Sanity

1. **Add a comfort item to your bug-out bag.** Some examples could be a religious text, a book of photos, or a journal.
2. **If you have children, pick up some travel toys or games** to keep in the trunk of your vehicle. If you end up stranded, you will be very very glad that you have something to entertain the kids.
3. **Photos document your family's history and provide a source of great memories.** They need to be preserved. This week, go through the photos on your cell phone and the phones of other family members, select the ones you wish to save, and then save them



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on a site like Flickr or in the cloud, perhaps on Dropbox. Once the photos are transferred, you can then save them to DVDs and/or thumb drives.