



Week 7 Weekly To Do List

No-Cost Preps

1. **Are you still walking daily?** Commit to spending 20 minutes per day (at the minimum) moving your body or lifting heavy things.
2. **Identify any simple health issues do your family members deal with** that do not require a doctor's supervision. Jot those down and then find at least 1 home remedy for each. Add the home remedies to your SPI binder.
3. **Download this [Army First Aid manual](#).** Print it out if you can. (Alternatively, you can purchase it on Amazon for less than \$15.)
4. **If you have children or grandchildren, do they know how to call 911 and what to say?** This week, stage a drill in which you, the adult, are too sick or injured to get out of bed. Prior to the drill, rehearse how to dial 911 (for young children), and then what to say to the operator. In preparation for the arrival of emergency responders, children should know to put all pets in a back bedroom, outside in a fenced yard, or in their kennels. A night time emergency requires them to turn on both outside and inside lights, making it easier for the responders to find your home.

Low-Cost Preps

1. **Get extra hearing aid batteries**, if applicable to your family.
2. **Make a list of the over-the-counter (OTC) medicines** you normally use in a 3-month span. Add them to your To Buy list and plan on adding one package/bottle of each to your stash each month until you have at least a 3 month supply.
3. **Sign up for a First Aid and CPR class** for yourself and as many other family members as possible. If you've already taken these classes within the past 3 years or so, find a Wilderness First Aid class near you. This will be more expensive but you'll learn first aid techniques that assume the injured or sick person is miles from medical care. REI stores often hold these classes.
4. **How is your emergency medical library?** It's important to have hard copies of texts that can see you through a medical emergency when help is not available. Some good options are: [Prepper's Natural Medicine](#), [The Survival Medicine Handbook](#), and [Emergency War Surgery: The Survivalist's Medical Desk Reference](#).



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5. **Put together some special supplies for family members who are under the weather.** Colds, flus, and stomach ailments do not wait for convenient times to occur. Include comforting supplies like canned soup, ginger ale, herbal tea, saltines, peppermint candies, and soft tissues. Also put back OTC decongestants, pain relievers, anti-nausea medication, and anti-diarrheal medication.

Investment Preps

1. **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. **Does anyone in your family have a persistent medical issue that could be taken care of?** If so, take steps to resolve dental issues, vision issues, etc. A flare-up of these problems during an emergency can take a situation from bad to worse.
3. **Purchase duplicate glasses** or other medical devices.