

Preppers University December To-Do List

- Post a note in car reminding you to never go under half a tank of gas.
- Learn how to check your car's fluids.
- Buy 20 cans of canned vegetables.
- Practice situational awareness when out and about shopping.
- Add two or more gallons of regular, unscented bleach grocery list.
- Tape emergency contact list inside of cupboard.
- Save your \$1.00 bills in a jar. Keep them for emergency only.
- De-clutter a part of a closet to store prep/food items.
- Use up any money you may have in a health savings account (*HSA*).
- Review how to turn off utilities.
- File all important documents in one place so you can grab and go.
- Stock up on board and card games and books.
- Introduce yourself to any neighbors that you don't know. (A plate of cookies helps!)
- Find 3 new easy and inexpensive recipes.
- Have all of your passwords written down and hidden.
- Schedule well-checkup appointments for yourself/family.
- Pick a roll or two of duct tape on your next shopping trip.
- Buy Ivory soap. You can use it for the shower and washing clothes.
- Eat one meatless meal a week this month.
- Make or buy a sewing kit.
- Try a prepper recipe. Use your food storage and get creative.
- Read a book about food storage.
- Check all vehicles for a spare tire, a jack, and a lug wrench.
- Talk to an elderly family/friend about the depression or other difficult time. Learn from their experiences.
- While you are with family/friends, check that all cell phones have up to date contact info.
- Figure out how much water you need. Start storing!
- Start a Preparedness Binder. Collect your favored recipes, checklists, and articles
- Make a healthy change to your daily diet.
- Re-evaluate your need for magazine, game, online and television subscriptions.
- Acquire or improve your exercise program.
- Produce a food journal. Write down what your family eats for a week. Base your short term food storage on this list.

Want even more help and support with your prepping?
Start the New Year with our 8-week Prepping Intensive or
our brand new 6-week Advanced Prepping Intensive!

