



Week 6 To Do List

Sanitation

1. **Set up supplies for emergency handwashing.** You can use an old-fashioned pitcher and basin, hand sanitizer, baby wipes, or a combination of methods. While I don't normally recommend antibacterial soap, during an emergency, it's a different ballgame and can help prevent illness from poor sanitation.
2. **Download the [Hesperian Sanitation Guide](#)** – consider printing it out.
3. **Stock up on some disposable cleaning items** to make life easier during a short-term water emergency: Paper towels, paper napkins, disinfecting wipes (like Lysol wipes), hand sanitizer.

Sustenance

1. **Subscribe so that you get emails from all of your local stores.** Most stores don't send out flyers each week anymore but you can get the same information right to your inbox in most cases. This will help you plan your shopping trips efficiently.
2. **Pick up some inexpensive risers for your beds.** Why is this in the Sustenance category, you ask? Because you have now cleared a lot of new space for food preps! ([These will lift your bed up to 8 inches](#). If you can, order a set for each bed in the house.)
3. **Buy a digital thermometer for your refrigerator.** In the event of a power outage, this can help you to determine whether or not your food is still safe for consumption.

Survival

1. **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.
2. **Build a simple Faraday cage** to hold various electronics. You'll find complete instructions in this article as well as in Dr. Arthur T. Bradley's book, [Disaster Preparedness for EMP Attacks and Solar Storms](#).



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3. **Download [this Army First Aid manual](#).** Print it out if you can. Alternatively, you can purchase it on Amazon for less than \$15.

Shelter

1. **How will you stay warm if the power goes out in the winter?** If you don't have a built-in off grid heat system like a fireplace or woodstove, now is the time to choose a secondary system. Look into propane or kerosene heaters that are safe to be used indoors. Purchase a supply of additional fuel and a battery operated CO monitor.
2. **If you live in tornado country, stash some emergency supplies in your storm shelter.** Flashlights, first aid supplies, food, water, and sanitation supplies are essential.
3. **Put together some lights out kits** for the main rooms of your house. Each kit should include a light source and a fuel source. Storing them together is a great idea so that you won't have to go searching for a lighter or more kerosene in the dark. You can make these part of your decor by making a pretty display of an old fashioned kerosene lamp and a decorative box with matches.

Security

1. For the next five weeks, **set aside at least \$10 per week and add it to a small compartment in your bug out bag.** Your stash of cash should contain small bills, all \$1 and \$5.
2. **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.
3. **Are you prepared for the potential of a fire?** In an emergency situation, the fire department may not be able to respond. Stock up on [fire extinguishers](#) and have an escape plan to get everyone safely out of the house if necessary.



Week 6 To Do List

Sanity

1. **Make sure you have something to do if the power is out.** Stock up on off-grid entertainment: arts and craft supplies, puzzles, games, books, crossword or word search puzzles, needlework, journals.
2. **Consider getting an inexpensive kiddie pool.** During a summer power outage, it can provide some respite from the heat for both children and grown-ups.
3. **Got coffee and a way to make it?** If you are someone who enjoys (or needs desperately) a morning cup of coffee, invest in an emergency supply of coffee, shelf stable creamer, and an off-grid way to make it. ([A coffee press](#) is probably the easiest method.)