



# Week 8 To Do List

## Sanitation

1. **Set up a permanent water catchment system at your home and/or retreat.** Methods will vary based on your structure and your environment.
2. **The World Health Organization offers free Fact Sheets** on many different sanitation related issues. You can find links to them [here](#). These can be useful additions to your binder.
3. **Head to the discount store and stock up on dental hygiene items:** toothbrushes, toothpaste, mouthwash, floss, and floss sticks. Buy in bulk if you can.

## Sustenance

1. **Prep for pets.** This week, if you have animals, stock up on some supplies for them. Invest in some dry food, but don't go overboard – high fat content can make it go rancid quickly. Also purchase some canned food, flea and tick supplies, and any other regularly purchased items that you get for your furry or feathered friends.
2. **Stock up on shelf-stable milk.** [Powdered milk](#) and canned evaporated milk are two solutions. This is particularly important if you have (or expect) children – or if you like some dairy in your coffee.
3. **If you don't already own a food dehydrator, get one.** Look for one on Craigslist or eBay (for cheapest prices). When you have the funds, add one to your prepping supplies. If you are purchasing new, [the Excalibur](#) is an excellent high-end product, and the [Nesco American Harvest](#) is a less expensive product.

## Survival

1. **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.
2. **This week, make an investment in sustainability.** Purchase seeds and store them away properly.



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3. **Learn to DIY.** If you don't already know how to use a set of jumper cables, learn that skill this week! Write down the instructions and keep them in your vehicle emergency kit.

## Shelter

1. **Choose one room in the house to prepare for a worst-case scenario.** The room you choose should be easy to heat, so if you have a woodstove or fireplace, that would be the best choice. Make a plan to separate this room from the rest of the house to keep it warm and secure. (Curtains or blankets in the doorways, French doors, etc.) Figure out what kind of sleeping arrangements you'll make – will you drag in some mattresses from the bedrooms, use sleeping bags, or get air mattresses
2. **Get a tent.** A tent can come in handy in many different scenarios, including a warm space when the power goes out during the winter. If you don't have a tent, begin looking for one online and in stores, such as Walmart and sporting goods stores. They often go on sale at the end of the summer. Learn how to set up that tent BY YOURSELF!
3. **Get a sleeping bag.** Do you have extreme-weather sleeping bags for each member of the family? Look for a good sale or begin picking them up as you can afford them.

## Security

1. **Install decorative gridwork** over the ground-level windows to make them more difficult to breach.
2. **Invest in some thorny plants** and nurture them around the perimeter of your house and yard.
3. **Create a safe room** to which vulnerable family members can retreat. ([You can do this, even in an apartment](#) or rental home.)



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## Sanity

1. **Make countdowns more fun.** Advent calendars can be a fun way to count down the days of the power outage. (After all, what isn't better when you have a little bit of chocolate?) Purchase these after Christmas when they go on sale and make the crisis seem more fun to kids.
2. **Pick up some glowsticks.** If you have children, glowing bracelets serve two purposes. They keep darkness at bay and they make children easier to spot if they wander off in the dark. Right now, you should be able to find them inexpensively at the dollar or discount stores. As well, [Amazon sells them in packs of 100](#).
3. **Select 15-20 of your very, very favorite photos and have prints made** — photos should all be the same size. This week, label the back sides of each photo with names, dates, and locations, and then laminate each one. Punch a hole in the upper corner of each photo and [store on a book ring](#). Keep this in a bug out bag. It will be a great comfort should you ever have to leave everything else behind in an emergency. You can also make these for your children with photos of their loved ones and pets.