FORTUNE FAVORS THE PREPARED · BEGINNER ONE-PAGER

Where to Start Being Prepared

No bunker needed. A plan, two weeks of basics and a few skills.

1. Know your risks
2. Make a plan
3. Water, then food
4. First aid and medications
5. Light, power and news
6. Bags, then skills and people

1 What are you preparing for? Plan for the most likely first, not the worst case.

Short, local
Storm, power outage, boil-water notice
1–3 days. Stay home with water, food, light and a way to get news.

Regional
Hurricane, flood, wildfire, ice storm
Days to weeks, wide area. Stores empty fast. You may have to leave: know where and how.

Personal
Job loss, illness, injury, house fire
The most common emergency. Savings, a pantry, documents and first aid carry you.

Long-term
Extended grid-down, supply disruption
Build toward it slowly, on top of the basics. Don't start here.

Find your local risks: Threat Assessment · your county emergency management website · turn on Emergency Alerts on your phone. Read more: How to Begin Prepping

2 Your first month One small job a week. Most of it is already in your house.

1 Week 1 · Plan
- Where you meet if you can't go home; one out-of-area contact
- Write down phone numbers (not just in your phone)
- Know how to shut off water, gas and power

2 Week 2 · Water
- **1 gallon per person per day.** Start with 3 days, build to 2 weeks
- Count pets too
- Keep unscented bleach to treat water

3 Week 3 · Food
- 3–5 days of food you *already eat* that needs no cooking or fridge
- Buy one extra can or box every shop
- Manual can opener

4 Week 4 · Health and light
- First aid kit; ask about extra prescription supply
- Flashlights, batteries, a power bank
- Battery or crank radio
- Copies of IDs, insurance; some cash in small bills

Months 2–3: grow food and water to **2 weeks**. Get-home bag in the car. Take a first aid / Stop the Bleed class. Practice your plan once with the family: one night with the power off.

Year 1: one to three months of food, a way to treat more water, backup power for essentials, radios for the family, and a few neighbors you trust. Then go deeper, one pillar at a time.

3 The Preparedness Pillars: your first step in each Rough beginner order. Open the pillar on the site when you get there.

Planning START Write a simple family plan: meeting places, contacts, who picks up the kids, and a PACE list for how you'll reach each other. **Next:** PREP-CON levels so you know when to act.

Food START Store what you eat and eat what you store; rotate oldest first. **Next:** bulk staples (rice, beans, oats), then canning or Mylar.

Power Lights, batteries and power banks first. Try one evening with the main breaker off. Keep the freezer shut: full, it holds about 48 hours. **Next:** a UPS for the router, then solar or a generator.

Bags & EDC A get-home bag for where you actually are: walking shoes, water, snacks, light, layers. **Next:** a bug-out bag per person.

Transportation Keep at least half a tank; car kit with blanket, water, jumper cables. **Next:** two ways out of your area, and a Plan B.

Threat Assessment List your top 3–5 local hazards and check the plan covers them. **Next:** follow a daily brief and readiness conditions.

Water START Store it before food: you last about 3 days without it. To treat tap water: 8 drops of 6% unscented bleach per gallon, wait 30 minutes. **Next:** a filter, and know your nearest water source.

Medical START A home first aid kit and an IFAK (tourniquet, dressing) in the car. **Next:** training. Gear without skill doesn't help.

Communications Get news when cell and internet are down: NOAA Weather Radio. **Next:** family radios (FRS needs no license; GMRS is $35 for 10 years).

Pets & Animals Food, water, meds, leash/carrier and vet records for each pet. **Next:** which shelters and hotels take pets.

Navigation A paper road map of your area in the car; offline maps on your phone. **Next:** map and compass, a whistle and signal mirror.

Mutual Assistance Know your neighbors: who has skills, who needs help. **Later:** a small group (MAG) that trains together. Intelligence comes after that.

4 Not on the site yet, but don't skip them

Sanitation
Heavy trash bags, a bucket, wipes, hand sanitizer, toilet paper. If water stops, toilets stop.

Fire & Heat
Blankets and layers. CO alarm with battery. **Never** run a generator or grill indoors or in a garage.

Financial
Some cash in small bills: card readers and ATMs fail when the power does. Pay down debt; build savings.

Security
Good locks, outside lights, and neighbors who look out for each other. Keep your preps quiet.

5 Beginner mistakes

- **Buying gear before making a plan.** The plan tells you what to buy.
- **Storing food you don't eat.** Test freeze-dried and powdered food first.
- **Forgetting water, medications and pets.**
- **Gear in the box.** Unpack it, use it, practice with it.
- **Trying to do it all at once.** A little each week, and it adds up.
- **Keeping it secret from your own family.** They need to know the plan.

6 Free help to get started

Free Ready Trainer courses (Track 0): PLN-10 Family Emergency Plan · MED-01 MARCH-PAWS · MED-02 Medical Assessment · COM-01 PACE Planning · SEC-02 OPSEC Baseline · INT-03 SALUTE, SPOT and SALT Reports

Workbooks: the Family Emergency Plan Workbook walks you through step 1. The Personal Preparedness Assessment shows where your gaps are. Ready Ledger keeps it all in one app.

All the Preparedness Pillars
fortunefavorstheprepared.com/pillars/

Water and food amounts follow Ready.gov and the Red Cross: at least several days, two weeks at home if you can.
Print it, put it on the fridge, tick off a week at a time.

Remember, Fortune Favors the Prepared
Semper Paratus, Semper Gumby