

APN

Meet Up Manual

Greetings from the American Preppers Network. We congratulate you on your desire to start your own local preppers meet up group. Meet up groups are very important to the individual, their families, and their prepper community. Meet ups are a great way to sharing information and learning from each other.

Each group is different and has different methods that they wish to use. This is perfectly OK. APN is not here to tell you how to do anything, only advise and give out information. You may want to have only monthly meet ups. Some like bi-weekly meet ups. It's entirely up to you how you desire to form your local meet up group.

The APN has a wealth of information available to you to help you in the prepping experience. Your State and Regional Coordinators will have considerable information available for you as well as the blogs and state forums. The Coordinators will be holding statewide meet ups so you can get to know other preppers and exchange ideas. In the future we expect to have seminars to which you are invited to attend.

We recommend you appoint a group leader. In this manual is a meet up group survey that you can use to gather information about what the people in your group desire, skills, and vital information. This information should always be voluntary and confidential.

There is also sections on "What is a Prepper," "Core Values", and "The Five Principles of Preparedness.":

We hope that your group grows and succeeds. APN is here to help and wish you good luck.

John T. Davis

Midwest Regional Coordinator

American Preppers Network

Do's and Don't's

APN is not going to tell you how to run your meet up group. However, there are certain do's and don't's that you might want to consider.

DO's

1. Do make everyone feel comfortable and welcome. Preppers come from a variety of backgrounds and desires. Some may be a bit shy at first. Others may want to jump right in. By having a friendly, open atmosphere all will feel welcome and want to participate.
2. Do be open to new ideas. Every person has their own expectations of what prepping is. You may not always agree with them but their ideas are just as important as yours. Be respectful and open-minded as you can learn from each other.
3. Do try to keep regular meeting dates and places. By doing so you will always know when and where the next meeting is.
4. Do have a planned program for each meeting. This can be shared among the members and is a great way to share your experiences, skills, and knowledge.
5. Do invite your friends and families to meet ups. They will then understand that we aren't crazy and are just like everyone else, only more prepared.
6. Do practice the core values and five principles in your daily life.

DON'T'S

1. Don't ridicule others because they don't believe the way you do. Everyone is different and has the right to their own individual beliefs. Ridicule will drive people away and give the group a bad name. This is about sharing.
2. Don't allow personal disagreements to interfere with the meet up group. If you have an issue with an individual take it outside the group.
3. Don't forget the APN Core Values and the 5 principles. We are all preppers in our own way. Respect is key.

Typical Meet Up Schedule

This is a typical Meet Up Schedule. I've seen it work very well in other meet up groups. This is a recommendation only, it is, after all, your group.

1. Pass around a sign in sheet, welcome newcomers and give them a meet up survey sheet. If you have a guest speaker introduce them.
2. Discuss any old business that needs to be discussed.
3. Show and Tell. If anyone has anything they brought to share whether a piece of equipment or article let them share it with the group. Discuss it and get the opinions of the group about what was brought.
4. Discuss any new business. If anything needs to be voted on follow the Robert's Rules of Order. This is a democracy after all and everyone has a right to be heard. During this period set the next meeting date and what the program will be and who will be presenting it.
5. Present the program for the evening. After the program open up the floor for discuss and questions and answers.
6. End the meeting and if people want to stay and chat some more, that's great.

Skills and Needs Survey

Name: _____ Date: _____

Address: (optional) _____

Phone: (____) _____ Cell:(____) _____

E-Mail Address: _____ (will not be shared publicly)

Describe specific preparedness interests and threat concern areas: (Food, water, natural disaster, EMP, environmental, self- reliance, etc)

Outline specific need areas you have that may be supported by the Club (Resource Identification, getting started, food storage, energy, medical, workshops, networking, etc)

Describe applicable skill sets you possess that you are willing to share with the group

Are you interested in donating time to developing the prepper network in your state?

Days/Eves/Weekend _____

Referred by: _____

Family members: (number and ages only) _____

Emergency Contact: _____

What is a Prepper?

A Prepper is a person who takes personal responsibility and self-reliance seriously. Preparedness is an important part of life for a serious Prepper. They follow the Five Principles of Preparedness while they walk the path of the Prepper.

A Prepper is a person who earnestly believes that no challenge is insurmountable with the proper dedication, determination and focus. A Prepper looks at things that most people would think impossible to survive and says “All you really need is X, Y and some Z! Preppers are very family oriented people who believe that it is more important to sacrifice leisure and entertainment today so that in a future potential calamity, they will be able to sustain a certain standard of living.

While an inordinate amount of commentary and focus is put on so-called “Doomsday” or Apocalyptic preparedness, in reality this is, or should be, a very minor to non-existent concern for Preppers. Truly, Preppers focus much more on being prepared for things that will more likely be an issue – such as the family bread-winner losing their job, passing away or being incapacitated. Other primary concerns for Preppers are: death or serious illness/injury to a family member, all-consuming house fire, flooding or other natural and man-made disasters.

Our current economic environment makes the potential impact of some of these things even more likely. Indeed, the economic stability of their country is of a huge concern to Preppers because of what it would mean for, not just themselves, but the rest of the country if a severe economic crisis were to occur.

The End Of The World As We Know It or TEOTWAWKI is a common acronym for Preppers to use. It is perceived from a personal level and indicates the end of the way we know the world from our own viewpoint. This can include our viewpoint of the world from a personal, family, neighborhood, town, state, regional, national or world level. Many people suffer a catastrophic TEOTWAWKI on a family level that their friends and extended family may never be aware of. A Prepper takes steps to mitigate the long lasting effect of a severe impact on their world. They do this through stocking items that are critical for their continued well-being – called Standard of Living Insurance. The most notable and important of these items are Food, Water, and Shelter.

An established Prepper will have large amounts of food stored, will have water filters and access to water established and will have taken steps to create or maintain the livability of their shelter, or home.

Are Preppers and Survivalists the same thing?

A Prepper is not the same as a Survivalist. A Survivalist typically focuses on learning primitive and other woodsmen skills and have very little focus on actually stocking up supplies and building an extensive repository of every needful thing. Whereas Survivalists prepare and learn to live off the land, Preppers prepare to maintain their current lifestyle as much as possible.

While they are not synonymous, many Preppers are also Survivalists and are very adept at living off the land. Likewise, many Survivalists are Preppers and store resources to be able to sustain their Standard of Living.

Preppers typically plan to “Shelter in Place” or “Bug-In” which indicates they expect to ride out any bad situation while living in their home. Other Preppers find themselves in situations where they recognize that they may need to “Bug-Out” or leave their home for another location, commonly referred to as their “Bug Out Location” or BOL. A BOL may be a mountain retreat, a home in the country or simply a good place in the woods where they feel they can be safe if things collapse or get really bad.

You don’t want to be at the Superdome!

During Hurricane Katrina, the Federal Government finally got organized enough to set up a refugee camp at the Superdome. It quickly became a dangerous, even deadly, place to be and the government insisted – and in some cases forced – that you be there. There are people who literally “escaped from the Superdome”.

When catastrophe strikes – you really do NOT want to end up in a FEMA refugee camp! Preppers do what they do so they do not have to rely on the government or anyone else to take care of them – no matter what happens.

Myths about Preppers

“Preppers are crazy nut-jobs on the fringe of society”

This is something we hear a lot. It is something that the media frequently attempts to portray us as. Preppers are no more crazy than those wacky people who have home owners insurance. Seriously, why do people have home owners insurance? It’s so that if something catastrophic happens to your house you can get money to buy a new one – and not be homeless. Prepping is basically the same thing – we educate ourselves and purchase items that will be essential to continue our way of life in a catastrophic event, creating a Standard of Living Insurance for ourselves. Preppers are those who agree with the Federal Government and subscribe to what [FEMA has indicated that every citizen should be doing to be prepared.](#) For the media to call us “nutjobs” or “fringe” is for them to ignore the position of the Federal Government towards citizen responsibility.

There is nothing “crazy” or “mentally deficient” in conceding that bad things are likely to happen no matter what we do and that we should be ready to deal with them. At the purest level, this is all Preppers are doing.

What really doesn’t make any sense to Preppers is people who refuse to do anything about their personal well-being and safety. Preppers do not understand Fathers who are unwilling to take extra steps to make sure they are able to take care of their children *when* something bad happens. In fact, we consider it down-right irresponsible to be completely unprepared to feed your children and provide them with water and shelter.

“Preppers are Conservative Christians who believe in the Constitution and in smaller government”

This is actually true of many Preppers but is also a generalization – there are liberals and atheists among us and they are welcome. The Prepper mindset is focused on Self-Reliance and Personal Responsibility, which also happens to lead right into a strong belief in the Constitution and that we need less, not more, government. Christianity also promotes Self-Reliance and Personal Responsibility. So, while the a majority of Preppers may be Christian and strong proponents of Constitutional Government – it is certainly not exclusive to that belief set.

The Prepper Movement

Pre-Y2K

Prior to Y2K, Preppers were highly focused on Cold War concerns and how to survive a Nuclear War. They used the term Survivalist to describe themselves. Some of their thought leaders included Howard Ruff, Kurt Saxon, Mel Tappan, Jeff Cooper and Ragnar Benson. There was a lot of discussion of underground bunkers, food storage and water purification.

Y2K Movement

In the late 1990's there was a resurgence of interest in Preparedness stemming from fears that computer systems would fail and society would collapse due to the “Y2K Bug”. The Y2K Bug concern revolved around the potential for computers to not be able to handle the year changing back to “00” which had not previously happened in the lifetime of computers. While it turned out the the Y2K bug was successfully neutralized, the world stood on edge at the turn of the century, concerned that society would collapse from a catastrophic computer failure.

Concerns during this time were primarily about food, power and fuel because computers controlled all the ordering, shipping and delivery of food and gas across the country as well as the power grid. The time leading up to the turn of the century saw a huge amount of “mainstream” people rushing out to purchase a year’s supply of food, fuel and generators.

From a modern Preppers perspective, Y2K was a marketing gaffe which led to millions of people piquing an interest in Preparedness but then throwing everything out when nothing happened. These people were concerned about a single event and not truly converted to a life of Self Reliance and Preparedness. This same concern holds for 2012 scare marketing.

Modern Preppers

Terrorist attacks including the 911 plane attacks, bombings in London, Madrid, Bali and many other places, led to a strong online interest in discussing personal readiness and self-reliance.

Fueled by United States disasters such as Hurricane Katrina and Ike and international disasters including earthquakes and tsunamis in Indonesia, Chile, Japan and elsewhere, the Prepper Movement gained a lot of momentum without having a particular date in mind (unlike Y2K) which led to many people recognizing a need to change their lives to be more prepared and self-reliant.

Spurred on later by fears of the 2012 Mayan prophecies of an apocalyptic nature, the Prepper movement is seeing a lot of growth in late 2011 and into 2012. The advent of many television shows and movies that are collapse oriented has helped to nearly bring preparedness to the forefront of societal thought. While it is still considered “fringe” by many, the Federal Government is actively promoting preparedness through Ready.gov and many states are developing specific readiness programs.

Modern Preppers have strong concerns about natural and man-made disasters as well as a major concern about the economic stability of the United States. Preppers also have a large concern about other countries attacking the United States through means such as an Electro-Magnetic Pulse (EMP) and Nuclear attacks in general are still a concern.

The APN and the Modern Prepper Movement

One of the goals of the APN is to help teach those who are acting through fear regarding 2012 issues to broaden their view and adopt a Self-Reliant *lifestyle* versus stashing a bunch of stuff in case the Mayans were right.

Since its launch in late 2008, the APN has seen strong growth through its first couple years. In late 2011, an effort was launched to restructure much of the APN to help appeal and attract a broader audience, specifically those who were just finding out about and getting into Prepping.

Since the start of that effort, the APN has recognized a significant spike in growth that is expected increase dramatically through ongoing execution of the restructure.

The APN’s official position is that 2012 is just one potential issue we are preparing for but that it is not more important or more of a focus than a super volcano, massive earthquake or complete economic collapse. The APN philosophy on Preparedness is simply to adapt your life to be more self-reliant so that you are able to sustain your family through any calamity and come out on the other side safely.

About the American Preppers Network

Our Core Belief

We firmly believe that every American family should strive to become Self-Reliant, enabling them to better weather the day-to-day disasters, catastrophes and hardships that we all experience.

Our Secondary Beliefs

We believe in Public Virtue and that communities should draw together through Preparedness and develop friendships, trust and loyalty within their neighborhood through discussing and developing support, evacuation and safety measures.

We believe that every family should have a personal storage of every needful thing in the event of a local disaster to enable them to help themselves, help their neighbors and help their community.

We believe in the “goodness of man” and that our responsibilities lay first to ourselves, second to our families and then to our neighbors and communities.

We believe that with proper preparation, disasters can be overcome on a personal, family, neighborhood and community level.

Our Mission

The Mission of the APN is:

“To bring knowledge and understanding of living a Self-Reliant lifestyle into the mainstream and teach it to every household in America.”

We want to see every American household properly prepared for any negative or difficult event that may come in their lives that would cause the world as they know it to change. This type of event is most commonly on a personal level: the death of an immediate family member, an all-consuming house fire, debilitating sickness or injury or a sudden devastating financial change such as losing a job.

These events also can and do occur on a local community, state, region, national and world level. They most commonly come in the form of natural or man-made disasters such as hurricanes, tornadoes, ice-storms, earthquakes and so on. Less frequently and often less likely, they occur as a consequence of poor leadership, bad governmental decisions and poor policy. These type of events can wreak havoc for anywhere from 24 hours to years on end.

We are adamant in our belief that any of these things can be overcome! With proper preparation and “insurance”, **we believe that humans have an amazing capacity to assess, adapt and overcome any obstacle that falls before them!** We created The American Preppers Network so that we could **help teach others the skills, theories and tools of Self-reliance and Preparation.** We earnestly believe in every person’s ability to survive what may come – and come out on top!

We invite everyone to come join us on **The Path of the Prepper**: to question and learn from mentors, to study and practice together, to adapt and change through sharing progress, and to finally master and become an expert mentor to those who are beginning on the path!

What We Do

The American Preppers Network is not only a network or community of people working together towards a common educational goal, it is also **a vast network of sites and services** that is ever expanding to bring our members a breadth of information in a variety of formats and from multiple voices.

While we produce a large amount of content in multiple formats, we do not believe that we are the only authorities and we do not try to create an ‘island’ of content. We not only believe in educating the world in Preparedness, we also believe strongly in promoting those who share our beliefs and actively promote them.

Please see the official APN Media Guide for a list and links to all of our media resources and those of other Preppers we know and trust!

National Prepper Network

We actively create and provide content on a National level through the **APN Blog** and through the **APN Forums**. The goal of the APN Blog is to provide information that we believe everyone in the country needs to read. Readers are able and encouraged to comment and with a place to meet and discuss Preparedness topics and to share and learn Preparedness information. We actively encourage everyone to participate in the forums and get to know other Preppers! We also manage a Facebook Group for all Preppers on a national level that we encourage you to join.

State Prepper Networks

One of our major goals is to provide Preppers with a way to come together with others in their area. We encourage those who are interested to organize and host get-togethers for other Preppers in your local area. To facilitate this, we provide many tools:

- **State Sub-Forums:** on the APN Forum – there is a sub-forum for every state and you are encouraged to introduce yourself to your state network and get to know others in your area.
- **State Blogs:** We maintain a blog for every single state, you can find it by entering “State Name”.PreppersNetwork.com into your browser for example:
www.alaska.preppersnetwork.com (note: we are in the process of changing these blogs over to this format. If this doesn’t work, try using: StatenamePreppers.com)
- **State Facebook Groups:** We have Facebook groups for every state as well! You can find your local state facebook group by searching on Facebook for “(State Name) Preppers Network”
- **State Newsletters:** We maintain a newsletter for each state as well

All of our State Networks are run by volunteers – usually from the state – who are willing to be the moderator for that network.

The Five Principles of Preparedness



The Five Principles of Preparedness

There are basic principles that keep us and our families grounded that are key to our happiness as a family unit while we “Walk the Path of the Prepper.” There is safety and peace that comes from having car insurance, home insurance, medical insurance, etc. What many families frequently ignore is “Standard of Living Insurance”. At its heart, this is what preparedness, self-reliance, Prepping – however you want to call it – is. By getting started in prepping, or continuing in Prepping as the case may be, and following these five Principles of Preparedness we can provide our families with the assurance that we will be able to maintain a certain standard of living. This standard of living is dictated by the level of preparedness we are able to achieve and maintain. For example, if a family falls into crisis and they have no preparations then once the average two weeks of supplies they have on hand has been used up, they will drop to a poverty standard of living. If that same family had a month’s worth of supplies stored up, they would have a buffer of a little more than a month before they suffered consequences of their situation. Likewise, if they had a year’s supply of essentials stored, they would effectively be giving themselves a year to be able to recover and plan in the event of a paradigm changing event.

Standard of Living Insurance, or Prepping, provides us with a hedge against calamity. There is much talk recently of “Doomsday” events – which are inappropriately and improperly titled.

After all, Doomsday literally means the last day before the end of the earth. What point is there in preparing for that? Massive, widespread crisis, such as; an EMP, Nuclear War, Coronal Mass Ejection, Economic Collapse, and so on is a frequent topic as well. While these things are important to consider in preparing, it is a mistake to hyper-focus on them. There are many other immediate, closer and more likely scenarios that make sense to focus on such as the loss or major injury of a breadwinner, loss of a primary job, extended sickness, accidents and other personal calamities. These happen every single day and each of us likely know someone to whom this has happened. These are the things that are most essential to develop a “Standard of Living Insurance” against.

The most common effect of living an abundant life, as many of us do, is complacency. As we progress and develop disposable income the complacent tendency is to adjust our standard of living upwards by purchasing a bigger house, a new vehicle, a boat or other recreational toys

instead of investing that money to insure the standard of living that we previously grew accustomed to. It is most prudent to instead, in times of largess, not expand your standard of living right away but to choose to ensure that if the current boon withdraws the family is not affected by it. Complacency however, leads us down the path of seeing increased income to the home as play, expendable, or rewarding money – all of which it can be with the proper perspective. That perspective is to view this blessing as an opportunity to ‘play’ at increasing our stores as much as possible, to purchase as many ‘expendable’ goods as possible – that can go into storage, or to ‘reward’ ourselves by adding a more expensive item to our storage that will significantly increase the amount of coverage our Standard of Living Insurance provides us. It also gives us the opportunity to scrutinize our funds and storage to determine if the family can splurge a little and enjoy some recreational time without it impacting the bottom line of our Standard of Living – but adamantly without changing our *cost* of living.

Following the Principles of Preparedness allows heads of households to reduce stress, find peace and be comfortable in an ever-changing and tumultuous world.

Practice thrift and frugality



Principle 1

The depression era saying of “Use it up, Wear it out, Make it do, or Do without” sums up the practice of Thrift. Living thriftily is not a popular concept in our “Staying up with the Jones’s” mentality, but the folly of that mentality is that if one thing goes wrong and your family slips into crisis, you will have to learn all about “Staying above water”. Living thriftily is a very simple, effective and immediate method to increase your spending power. Imagine being, instead of a consumer; a creator, a repairer, or simply abstaining. It is phenomenally financially wasteful to eat at restaurants on a regular basis, in addition to being typically unhealthy, it also takes away from time spent together as a family creating a personal dining experience at home, together.

Thrift is a practice of not wasting *anything* including time and money.

Frugality dictates that we live within our means and “Waste not, want not”. It requires us to be prudent with how we spend our money and to cautiously and guardedly decide how to distribute it. Why do Americans work themselves so hard and as soon as the paycheck comes in, they throw it to the wind as quickly as they can – leaving them with no reserves, no safety and no peace? It is because we have come to accept abundance as our standard. We foolishly assure ourselves that there will be a check next pay period – which there normally is, until there is not.

It is the high possibility that at some point something critical will happen in our lives that brings us to the conclusion that it is very likely that at some point, that check will not be there.

One massive waste that Americans have become very comfortable with is living on credit. We have become extremely complacent with our finances in this regard. Instead of doing without for a short time while we save, we finance everything and as a consequence, pay financing fees and interest that we somehow justify as necessary. It is *not* necessary that we ever pay financing fees or interest for anything, even a house, if we are willing to be prudent. Instant gratification is the bane of thrift and frugality. We Americans have deceived ourselves into believing that we ‘deserve’ to live a better lifestyle than our parents (which took them a lifetime to achieve) – when in reality – we DESERVE to be secure and at peace in our lifestyle. It is ironic that as a society, we willicker over \$3,000 on a new vehicle and then finance it for 5 years – wherein we condemn ourselves to paying several times that in financing fees and interest.

What good have we done ourselves by shaving \$3,000 off \$30,000 when we just finance it? If you’re willing to pay astronomical fees for the pleasure of immediate gratification, amortizing \$3,000 does NOTHING to our monthly bill. A frugal person would take 3 years and save monthly as much as they would have paid out on their car payment with a little bonus savings here and there over time. In that short period of time they would accumulate enough cash that they could go into the car dealership and lay down a pile of \$23,000 in cash and say they want to walk out with either their money or that \$30,000 car. They’re going to walk out with the car because the dealer wants the instant gratification of the cash versus selling an amortized note at a discount.

Living a thrifty and frugal lifestyle is truly simple. Use it up. Wear it out. Make it Do. Do Without. Waste Not. These things lead us to not being left *wanting* when a crisis strikes our family. These two highly empowering tools not only give us the ability to build up our Standard of Living Insurance, they also bring an assured peace and allow us to live a truly abundant lifestyle where *we* are in control of our money instead being a slave to lenders.

A Prepper who successfully follows this principle for a few years will find themselves in a position where they are able to spend time not working without it affecting the family in an adverse manner.

Seek to be Independent



Principle Two

Debt can be crippling and crushing to a family, making them unable to move forward due to the demands of making payments on things they potentially don’t even own anymore. Seek to become Independent from debt! Learn to abhor the idea of being forced to labor and earn money

that is not yours as a consequence of choosing to “live a little better” by going into debt. Living independently means being free to choose what is pertinent for you and your family to do with your money.

As you avoid going into debt and gain greater control of your money, establish savings that will grow and serve you as you become the master of your money. Learn to budget and responsibly manage your money as it is a very powerful tool to either enslave or empower you. You can begin to build wealth while you’re getting out of debt by putting together a wise plan like the ones Dave Ramser teaches in the Financial Peace University..

Independence doesn’t just mean money though. Seek to be Independent of the influences of the world such as; caffeine, alcohol, drugs, tobacco, un-healthy yet addictive food, medications (where possible) and so on. All of these things not only make you a personal slave to addictions, it also indentures your wallet to spending wasteful amounts of money to satiate your personal weaknesses. Strive to become Independent of all these things and you will not only find a healthier you, you will also increase your income as you free a daily outgo to servicing your demons.

Live Independent of the entrapping influences of society as much as possible. Free your mind from thinking you need a better looking car, a prettier house or better clothes. Do what works for YOU, not what you think others will think highly of. Live independent of the fear of judgment of others and become secure in your own person. There seems to be a farcical belief in our society that we should appear as wealthy as possible. The idiocy of this belief is that it fails to take into account just how damaging it is to our self-esteem, our lives and our livelihood. Break free of these childish societal ‘norms’ and live a life independent of the influence of advertisers, marketers and peer pressure!

Prepper families who learn to live independently will find themselves prospering greatly – in ways that may not be apparent to the enslaved masses of society.

Become Industrious



Principle Three

Learn, Explore, and Do. Manage your circumstance to *your* advantage, be enterprising and fully explore opportunities that come your way. Seek always to discover ways to create benefit to you and your family. When opportunity presents itself, work hard at redefining and reshaping yourself, your position and your knowledge to be worthy of the success that opportunity can

provide. Be resourceful, always looking for a new way to create what you need in order to succeed.

Common ways to be industrious include furthering your education – your whole life – and constantly working to develop new skills. By exploring opportunities, we are able to assess their potential, weigh risk and make a decision as to whether our conclusions merit committing to an opportunity or walking away from it. By improving ourselves constantly, we open up even more opportunity that can potentially bring success.

Idly standing by and waiting for success to land in your lap is a poor strategy. Being industrious means getting up and attempting something – even if it has the potential to fail. The Farmer who fails to put in a crop because he doesn't think there was enough snowfall during the winter loses out when spring rains finally bring plenty of water. When you commit to something, work hard at it, throw in everything you've got. Getting up and going is truly the only way to end up somewhere else.

Preppers who industriously seek out opportunity will soon find the one that will create a change in the direction their lives have been heading.

Strive Towards Self Reliance



Principle Four

The Principle of Self-reliance is predicated by, and builds upon the first three principles. They are unavoidably intertwined and interdependent. Self-Reliance is, in its simplest form, being able to create or provide all needed things as the result of labor using a developed skill or talent and being able to provide resources as a result of a judicious practice of storing needful things.

Therefore, becoming Self Reliant is the actual process of developing skills and talents while putting away resources.

When combined with Thrift and Frugality, Self-reliance is providing needed things for yourself that you would otherwise have had to pay money for such as; growing a garden, sewing or repairing clothes, building furniture, building a home, fixing your vehicle and so on. It is being willing to enjoy the fruits of your labor versus the blandness of buying something commercially produced. It is accepting things for their functionality, not for the logo that was stamped on them in a plant somewhere. It is being willing to use something that may be less than perfect in its manufacture but is pure in intent and purpose, knowing that the next one you create you will be able to work out flaws and produce something better.

Self-reliance, when combined with Independence, drives us to be truly reliant on ourselves in all areas. It teaches us to discover a vocation where we are able to create an expandable income using our talents and labor instead of falling into a career where our income is constricted by salaries and our progress is hindered by being boxed into a job description. A truly independent person creates income opportunities for themselves and others while staying free and clear of debt and interest. A Self Reliant person builds their own storage and is not dependent on a grocery store to be stocked and operational for them to feed themselves and their family.

Your Industriousness should not be just financially motivated. Self-reliance is the act of being free of needing others, including companies, the government, or your community to provide for or support you. It is learning how to; make soap, grow your own food, provide your own energy, defend yourself, create the things you need and so on. It requires research, learning, experimenting, failing, experimenting more and finally succeeding – in gaining a new skill, accomplishing something new or developing a new vocation. An industrious and self-reliant person is truly a creator and experiences the joy of creation on a daily basis.

A Prepper who begins to become Self Reliant experiences a mental shift and begins to see things such as a grocery store as a warehouse that is utilized to stock up their own storage.

Aspire to have a year's supply of every needful thing



Principle Five

The natural outgrowth of becoming truly Self Reliant is to feel compelled to store things up that are essential for our family's ensured safety, comfort and existence. Every needful thing teaches us to consider the possibility of storing up a supply of every item that we purchase which we truly need. What is a need? Simply put, it is something that it would be difficult or impacting to have to live without. This includes; food, clothing, water, heat, power, home medical supplies, fire starters, light and so on.

It is obviously not prudent to just purchase a year's supply of every needful thing. Instead, it is a goal that is pursued relentlessly by the Self Reliant Person and is adjusted for each item of consideration. For example, it is quite inexpensive and easy to acquire a year's supply of ketchup – at most a family will probably use 2 bottles a month. Therefore, purchasing 24 bottles would give you a years supply. However, a year supply of something like water, which is consumed every day, requires a very different approach. It is not feasible to store a year supply of water unless you have your own water tower. There are other options available through which

include such things as; drilling a well, installing a rain catchment system, being situated near a body of water. Several of these options would require filtering the water that you acquire. For the money spent on a filtering system, such as a Berkey filter, it becomes prudent to purchase filtering capability for the system that will last several years. Each item is adjusted in quantity and time by its own consideration.

One year is not a magic number. It is, however, a measure which provides us with a lengthy buffer to recover from whatever has happened. It also allows us to be charitable towards others who have fallen on hard times without it creating a severe impact on us. Imagine an unprepared neighbor or friend having their bread winner incapacitated for a period of time and not being able to provide for themselves. You are not impacted by their crisis and because you have a year's supply stored up, you have the opportunity to assist them by opening your storage to them and allowing them to take what they need without it causing you an economic impact and with very little added risk to yourself.

Begin by striving to build up a 3 month supply, then double it and double it again. Once you've accomplished the first three months, you will have an idea of the amount of time and money it will take to acquire a year's supply.

The Prepper who is striving to build a year's supply of every needful thing will experience a dramatic reduction in stress and inverse increase in peace as they begin meeting goals on the path to achieving this principle.

The impact of living The Principles of Preparedness



When teaching these Principles, the question is inevitably asked “What if nothing ever happens that I need my supplies for?” To which I respond, “That would be wonderful!” Most people don't get it right away, but let's consider it.

Consider if you adjusted your life and lived for years under these principles. What impact would there be if nothing happened that required you to survive off your stores? Might it be possible that in following these principles you will have created a new life for yourself that is infinitely better than it would be otherwise? Would you possibly have spent that time living in peace, without stress and with a much higher level of confidence, satisfaction and self-esteem? I can testify to you that this is indeed what will happen! In fact, the mere application of these principles in your life will allow you to weather small crises without them even registering a bump in the continuity of your life. When you are living a Self-reliance lifestyle with a full year's supply, not having an income for a month is inconsequential. If you fully commit to living

these principles, do you see how this would be the outcome? Would that serve you to be able to live that way?

Consider also that as you develop a year supply of every needful thing, you are to live off of that supply. You don't just package things up and leave them in a corner to gather dust. You consume your supply each month and at the end of four weeks, go to the "warehouse" (aka grocery store, etc) and replenish your supply with six weeks worth of what was consumed. This allows you to continuously grow your storage with little to no visible impact to you. And, if times are tough financially, you can extend to 8 or 12 weeks without it stressing your family. As you become these Principles, you will experience breaking free of the slavery of debt, a 'career', of "keeping up with the Jones's" and most importantly, the stress of trying to live month to month. What you will find instead is that you are able to fully experience life and truly enjoy the blessings of your family.

All the while knowing that the secret to a happy life is wrapped up in a little concept called being a "Prepper"!

- Inspired by a talk by James E. Faust

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