



# INSRA

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## MEMBERS UPDATE

September 2022

### HOW TO STOCKPILE YOUR FOOD THE RIGHT WAY

The Most Wonderful Work Ever Struck...

20+ Items Every Survivalist Should Know About

So, It's Your First Time, Eh? An Easy Guide to Picking A Shooter

**NEXT ISSUE** Sport Shooting vs Self Defense: *Two Events, One Common Denominator*

When this single most vulnerable resource you use every single day is taken out,  
**Life for everyone will fall apart and chaos will reign.**

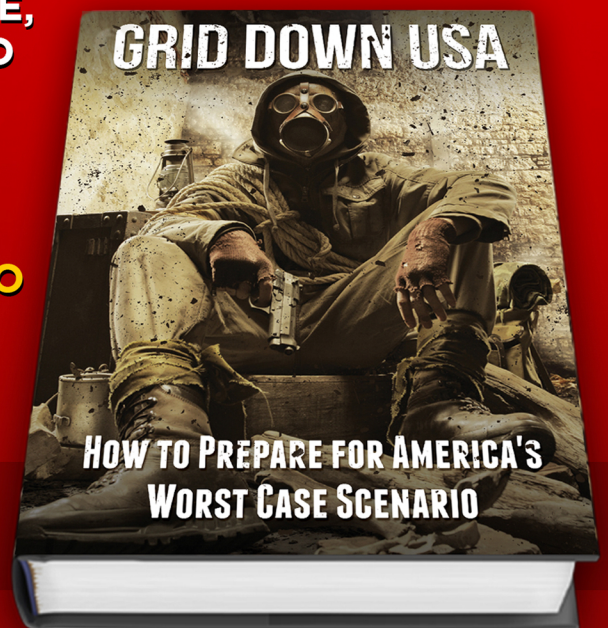
**ECONOMIC MELTDOWN, SYSTEMIC COLLAPSE,  
PANDEMICS, FOOD SHORTAGES, WATER AND  
SANITATION BREAKDOWNS, VIOLENCE AND  
RIOTS WILL ALL HAPPEN AT THE SAME TIME**

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William Gladstone described the U.S. Constitution as "the most wonderful work ever struck off at a given time by the brain and purpose of man." September 17th is Constitution Day and with all of the recent activity in the world, it wouldn't hurt a bit if we had a little remedial civics lesson. No propaganda, no B.S., no revisionist spin, just the straight dope on how this parchment came to be and why it's considered to be the finest example of self-governance known to the modern world.



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In many of the conversations I have had over my lifetime dealing with subjects of a technical nature, they generally stay parked in the advanced theory lot. When it comes to firearms, I have had chin wags that included everything short of a full-on PowerPoint presentation. So, for the right amounts of coffee to work its magic, I like to slow things down, querying the rest of the group as to what their first gun was and how they came about it. A look of nostalgia will alight across their faces, a twinkle in their eye, causing them to wax sentimental about the iron that changed their life. These stories are very instructive as they get down to brass tacks and allow you to see the thought that went into deciding how and why a particular firearm was purchased.

I can completely understand the almost overwhelming task it is of searching for the perfect first-time gun, there is a mucho amount of information to learn, and a whole lot of goodies to help you personalize your artillery, however, with this simple guide, you will be confident of your purchase. As always, when dealing with firearms, all safety rules apply and must be strictly followed to the letter, this is life and

death stuff and I'd prefer each and every one of you on the right side of the grass.

## IT'S ABOUT HOW YOU USE IT, NOT THE SIZE. SOMETIMES

The first question one should ask when percolating the idea of gun ownership is, what are you going to use it for? Most people new to firearms are looking into personal daily defense, usually within a certain budget, and something that is versatile in any situation. Rifles and shotguns are great for sporting and home defense but cannot be carried out in public in some states and may lie outside of what someone expected to pay. We will focus more on the daily-carry aspect; however, I should note that these suggestions will be applicable for rifles and shotguns as well, in case you are pondering a future purchase of either.



Once you have figured out what you are going to use your hog leg for, it will be time for a trip to the local big box shooting range. These ranges should be equipped with an on-site gun store and smithing services. There you can try out every lead spitter they have in their inventory and pick the brains of the employees. Don't be afraid to show up with questions about everything and anything about what you are looking at getting, they will be happy to answer anything you throw at them. Like me, they want more people out in the world educated and armed to look out for each other, yes, even the gun squeamish types as well. It's amazing how a little dose of reality will change one's perception about such things and I have seen it with many an unrepentant anti-gunner. The nice thing about going to the range to do research is that you can knock out gun size and caliber at the same time, and with a well-stocked armory, you are more likely to be paired with a handgun tailor made to suit your every need.

## WHAT'D THEY SOAK YA FOR THAT

Now that you have had some time at the range giving the inventory a thorough test drive, you should have also made some notes on what this is all going to cost. For all of you out there that swim in a sea of gold coins like Scrooge McDuck, you probably purchased a couple of different guns and truck load of accessories on your field trip to the range, however, for everyone else hit hard by the nutzoid inflation we are currently suffering, it would be a good idea to add a gun fund to your monthly budget.

Price can be an intimidating factor for many people undertaking a large purchase such as this. In addition to your hand cannon, you should expect to tack on ammo, spare mags, cleaning kit, hard or soft case, secure storage such as a safe or trigger locks, and fees for concealed carry permits or the like. And this is just to get started. Don't let the extras worry you as you can gather the accessories needed before purchasing a firearm and many of the peripheral items required to make it go pew-pew can be had for cheap. The exception is ammo and mags; these items should be of quality construction and made in the US, if possible.

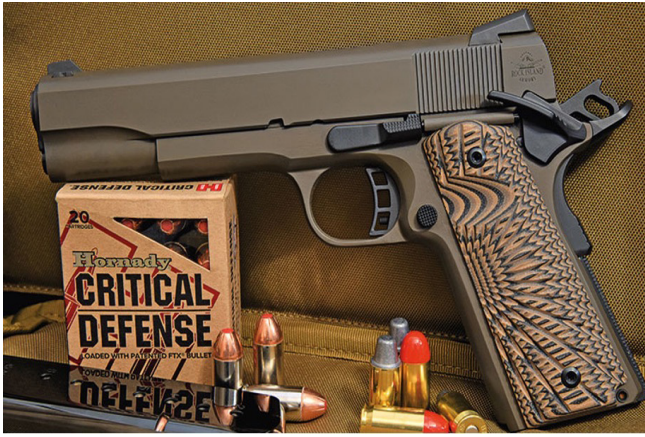
When it comes to your weapon of choice, one need not break the bank with expensive name brand firearms. There is a plethora of handguns in the world that are priced right and of great quality to

get you started. The Rock Island brand is American made, offering a couple of nominally priced shooters consisting of a choice between a .45 ACP 1911 clone and a .38 Special snub nose revolver. Of course, these are base models, with upgraded models available for those with deeper pockets. Taurus Arms also produces quality and well-priced firearms for the virgin gunner, including the impressive .45 Colt/.410 shotshell combo revolver and a line of fine semi-auto pistols. If you have money burning a hole in your pocket and are set on a well-known manufacturer with pedigree, by all means, have at it. You control your purse strings, so it is entirely up to you as to what you do with your government issued wallpaper, just remember to budget carefully, especially with this lousy inflation hanging like an albatross around everyone's neck.



## BANKRUPTCY? DIVORCE? BAD CREDIT? NO CREDIT? NO PROBLEM!

I admit it's pretty nice to pick up a bucket list item cheaply priced and gently used, but that is usually for things that I wouldn't rely on for a life-or-death situation. The most oft debated point of gun ownership I have had, other than the 9mm/.45 fracas, is that of whether to buy them new or used. I am on the fence regarding both choices. I have heard stories of brand spanking new firearms failing due to a faulty part or problems dealing with the way the weapon was manufactured. The same goes with used guns as well. By "used", I mean a firearm that has put more lead down range than the usual 200 rounds many private owners and ranges do to "season" the barrel and test the gun's working parts. So, stay away from firearms that look like they have been ridden hard and put away wet.



My advice for all the first timers out there is to buy your handgun new and from a reputable gun manufacturer. This will eliminate the chances for a firearm failure, plus you will have a warranty that comes with it, something you are not apt to get with a used weapon. Training with a new iron will be instructive in knowing what to look for with subsequent firearm purchases. It will also help you to become familiar with the internal parts, where they go, what they look like when new, and which ones are prone to wear and tear faster. This will allow you to become more confident in your gunsmithing knowledge, allowing you to take on a refurb project that's just too hard to pass up. If your only option is a used gun, look for ones used by military or law enforcement since they will have been taken care of by armory personnel trained in proper weapons care and maintenance.

Another pro is that parts will be readily available to switch out if needed due to the demands put on these shooters in their respective services. An example of this type of weapon is the German P-38 9mm, which saw service towards the end of the Second World War. I use this particular gun as my exhibit A because after the war all stocks of P-38's were refurbished and put back into the service with the Bundeswehr as the P-1, meaning that replacement parts were mass produced, leaving a glut of new-old stock (NOS) slides, frames and internal parts floating around on today's market. The same can also be said for the 9mm Beretta side arms issued to the U.S. Military. Either way you go, new or used, have your dream gun checked out by a competent gunsmith so that they can catch any problems beforehand instead of you finding out in the heat of the moment.

## BECOMING A CRIMINAL'S WORST NIGHTMARE

At this point you should have done your due diligence by thoroughly researching which gun will be the best fit, what you want to spend, and whether you want to risk buying a used one as opposed to a new shooter. Now that you have brought your first gun home, it would be wise to start training with it immediately. If you had not already taken a gun safety course during the research phase of your mission, be like the Governor and do it nowwww! After which you should look into taking a tactical/combat training course with your hog leg. These are usually taught by former military and law enforcement who have extensive training in the subject. This will give you an excellent opportunity to become "one" with your mohaska, making it an extension of yourself by flexing your muscle memory through constant repetitive drill practice.



There are a variety to choose from ranging from simple defensive methods to hardcore, advanced tactics. Prices will vary due to these being private, free enterprise operations not shackled to a corporate master, sometimes offering one on one instruction, or plans catered for the individual. Instructor experience should also be considered when choosing a course to attend as this will affect the cost of your class and the quality of training you receive. A visit to the proprietors' website should sufficiently edify you, but, if you seek an in-depth answer, call them up or shoot an email their way, I'm sure a small business owner would love to chew the fat with you to win the business of a future valued and repeat customer. Taking these classes will give you the added confidence needed in regard to when to pull and handle your weapon in extremely high stress situations. In addition to the defensive aspect of these training courses, they will also cover the law, what to do when you are involved in a real-world shooting situation, and impart a wealth of knowledge

upon you to keep you and yours alive when the most violent of humanity comes calling.



## HOW DO YOU GET TO CARNEGIE HALL?

As a newly minted good guy with a gun, you need to make arrangements to go to the range, as much as possible, for live fire exercises in the weeks following your initial training. You should also practice dry fire drills in a designated safe place that simulates real world locations. This regimen should be repeated for at least 2-3 months straight depending on your schedule or until you feel comfortable enough in your skills to scale your practices down to an every other month training rotation. This may seem excessive, especially for those who have a busy work and social calendar, however, when you consider the time and money already dispensed in purchasing the firearm, pertinent accessories, and instruction on its use, I'm sure you could probably carve out some time to get an excellent return on your investment, not only for your own defense, but also for the protection of those that do not or cannot pack heat.

You may not realize it, but this training doesn't just benefit you and those milling in your general area, it also puts gun owners in a better light should any one of us need to put down a potential mass murderer. With the ruling on concealed carry having been decided by the head honcho's over at the judicial branch, there will be even more scrutiny on those who end the life of predatory thugs. In July of this year, a 22-year-old man stopped a 20-year-old scumbag from shooting up a shopping mall. Sadly, the waste of space trash killed three people before ten rounds pumped in his direction changed the course of the day. Eight of those rounds hit their target, a damn fine bit of gun control on the good guy's part. Law enforcement has lauded the 22-year-old as a hero, painting him in a glowing light that

has naturally activated the rabid anti-2A morons. They are trying so hard to ignore the good guy with a gun reality, screaming that this is not an instance of that, all because he was characterized as a "Good Samaritan". Many learned bible scholars camped out on social media have been almost apoplectic in their rage, arguing the label was grossly misapplied in this case because the biblical Good Samaritan didn't kill anyone. They must have missed the part where he was providing aid and comfort to a man that had just been beaten and robbed, the same thing that young man did when he defended the innocents around him who were not.

I am unaware of what training this gentleman had before the shooting, we may never know given the gross dishonesty of the news media, however, the point I am making is that you need to be thoroughly trained and practiced in the use of your firearm, so that if you are involved in a similar situation, you can point to that to shut down anti-gunner howler monkeys from misaligning you and other responsible gun owners. When these facts are presented, those who have been wishy-washy on the subject of an armed society or neutral to it, may begin to connect the dots and come to the conclusion that these individuals put the time and effort into firearms training, not only for their own needs, but for the needs of others. This might bring new gun owners into the fold or convert some people into a voice of reason and truth to counteract the leftist wing nuts that would rather see a mass casualty shooting every week, as long as it advances the narrative in their gun confiscation agenda.

This guide is by no means the final word on the subject of shopping for your first shooter. These are merely suggestions to help you in your journey and should be modified to fit the individual's needs. The one thing to take away from this discussion is that the decision to carry a firearm for whatever reason comes with an added responsibility on the gun owner. It is this responsibility and how you use it that will shape the opinion of those who do not carry but will be grateful when the good guy does show up to put down a defective human bent on destruction. So, until next time, dear reader, stay safe and let's be careful out there.



## *"The Most Wonderful Work Ever Struck..."*

By Eric Austgen

William Gladstone was right when he described the U.S. Constitution as “the most wonderful work ever struck off at a given time by the brain and purpose of man.” When my editor suggested a piece on the constitution of this great land and what led to the final product we see today, I completely flipped out, in a good way, mind you. It seemed rather fitting as the 17th of this month is Constitution Day and with the recent activity of the supreme robed ones, it wouldn't hurt a bit if we had a little remedial civics lesson.

To be quite honest with you, I found this to be a cathartic exercise, in that, I have reached the end of my tether with the willfully ignorant and plain stupid echo chamber denizens who consistently mischaracterize the constitution and what rights are contained therein, and this has given me the ability to fire back at these mutants and set the record straight once and for all. Simply put, if someone tells you that we live in a democracy, they either didn't pay attention in class or they have surrendered their exercise of critical thinking to the talking points fresh and piping hot from the hellish kitchens of the regime's propaganda ministry, parroting the same horse manure ad nauseum.

There will be no propaganda found here, no B.S., no revisionist spin, just the straight dope on how this parchment came to be and why it's considered to be the finest example of self-governance known to the modern world.

### *The Answer Lies Within The States*

Early in 1776, while the Declaration of Independence was still being drafted, the states began forming their own governments. The constitutions of these states expressed the fear of a bloated executive power which had run rampant through the colonies during the 1760's and early 1770's. Over time, the people began to be concerned with the instability of a government that was a bit too receptive to popular will. Further revisions of these state constitutions addressed that concern by shining a light on the concept of an equal balance of government. Therefore, the citizens of the several states began a republican form of government in which the power was derived directly from the people, every man was considered an equal, and that all citizens would need to earn their success through the innate talents given to them by God, which would then determine their place in society.

History hating banshees presently stealing our oxygen would point to this and whine about women and minorities, how they weren't on equal footing as their white male oppressors. They are partly correct and completely off the rails regarding the rest of that thought. It is indeed true that women and minorities were not as equal as their male counterparts, however, it was that embrace of republicanism which would finally guarantee that all citizens would have an equal say and seat at the table. This radical shift in



ideology towards how people were governed led to a very revolutionary exploration into the wilderness of statecraft, a model that has been studied and admired by other nations since the idea first cropped up.

## *If We Don't Hang Together, We Will Surely Hang Separately*

If the states drafting individual constitutions in early 1776 is any indication, then you have correctly guessed that a Dear John letter to George the Third was imminent and the Continental Congress was getting their collective ducks in a row regarding having an established government in place while sweating out the response from the taxation king across the pond. To illustrate this point, Congress had appointed a committee to draft a plan of union at the same time another committee was drafting a well-stated case of why the love had fallen out of the marriage between the Colonies and Ole Blighty.

This plan of union was debated and revised over a period just shy of two years and was adopted as the Articles of Confederation in September of 1777. The Articles were similar to the government already in place with Congress acting as the only institution of national authority, however powers were expanded so that they could have the ability to make war or peace, conduct foreign relations, and appropriation, borrowing, and issuance of cash money. They could not regulate trade, draft troops, or levy taxes directly as they would need to ask permission from state legislatures, a very precarious position to be in as most states kept questioning what part of no the Confederation did not understand when asking for things.



The Articles also did not provide for an executive branch, so the term President of the United States

was derived from the title of Congress' presiding officer. The states would each have a single vote, with nine out of thirteen states being needed to approve pressing matters, and all thirteen needed to ratify or amend the Articles as needed. The path to getting the Articles ratified was littered with the corpses of untenable demands from each of the states. Smaller states wanted all states to be equally represented, while larger states argued for representation based on population. Other states that had western frontiers wanted to retain them; their jealous brethren vehement that they should go to the Confederation. After a bunch of grumbling and concessions made, The Articles of Confederation were finally ratified in 1781. It went on to weather a very tumultuous eight-year tenure, becoming, along with the state constitutions, a blueprint for the most perfect gift ever given to people seeking the safe harbor of liberty and freedom.

## *Forming A New System Of Government*

By the mid to late 1780's, the Confederation had become unpopular, with citizens becoming increasingly dissatisfied with its failure to deal with instability, ineffectiveness in mitigating economic affairs, and the powerlessness it had displayed during Shays rebellion in the latter part of 1787. It was in that year that a new government under the Constitution of the United States would be formed. The framers of this new government already had readily available texts, in the form of the state constitutions and the preceding Confederation, on hand to guide them in determining which bits and pieces fit best with the ideals of a republican system of government. Now, bear this in mind, the adoption of the Constitution defined the rules in which the future of government would be continuously debated, what it did not do was complete the creation of the republic. The American Revolution also factored into the decision-making process as well due to the fact the Colonists had just fought a long and costly war with the mightiest land army on earth, an army that represented a remote tyrannical authority. That is why the people insisted on political power being safely seated in the states where they could watch it like a hawk, instead of power being let to the states by a larger national form of government. As is wont to happen, the money and power crowd in the country at the time wanted a true national government that could deal with the

nation's ills, in this case the economic woes that were hitting them in the coin purse.

Military veterans joined in on the chorus when Congress refused to fund their pensions, going so far as to envision a military dictatorship, and cooking up a bold scheme to challenge Congress directly, until Gen. Washington stepped in to cool things off. The most ardent foe of the Articles was a young political genius from New York named Alexander Hamilton. His beef with it was the weak centralization of government it had produced, calling for the states to have a little get-together to overhaul the whole Confederation. Over in Virginia, James Madison was successful in persuading the state legislature to send a delegate to the conference. Only five states sent representatives to Annapolis in 1786, but everyone who showed up approved a proposal drawn up by Hamilton asking Congress to host a convention of delegates the next year in Philadelphia for the express purpose of finding ways to “render the constitution of the Federal government adequate to the exigencies of the union”. Outside of this conference, there was very little enthusiasm for or serious thought that Congress would play ball and have such a meeting. It was believed that if they could gain the support of George Washington, he would therefore lend a certain air of credibility to the proceedings. The dude on the dollar bill originally balked, giving little support to the cause of the centralizers, however, after Shay's rebellion he revised his position and threw his full support behind the convention.

## *The Bloodless Battle To Define A Nation*

The Constitutional Convention opened in May of 1787, involving 55 men representing every state, except the one that is neither a road nor an island, and concluded at the end of summer. Many of them were young, well learned men who had seen service during the war, the median age of all being 45 years of age, with the noted exception of one Mr. Ben Franklin. Because of his support and presence, Washington was elected to preside over the sessions by the assembled delegates, having done this, they closed their business to the press and the general public. Furthermore, they deigned that each state delegation would receive one vote, with major decisions being decided by a majority rather than an unanimity vote as had been the procedure in Congress.

Madison represented the most populous state, Virginia, bringing along with him a detailed plan for a new national government that would be used to set the agenda of the convention. The opening session was helmed by Edmund Randolph of Virginia advancing the idea that the government should be split into three separate branches consisting of executive, judicial, and legislative authority. Although the idea had not been fleshed out, the delegates all agreed that this was a drastic step towards reform, it was fundamental reform of government they wanted. The resolution was approved after a rather mundane debate on the subject. Then Randolph used the cudgel that Madison brought with him. The Virginia Plan laid out an argument for a national legislature with two houses. The states would be represented in the lower house based on population, with members of the upper house being elected by those in the lower house without a strict system of representation. To put this in perspective, Virginia had the most populous state and Delaware had the least. With this system, largely populated states would have a glut of representatives whereas smaller states would have very little or none, which would directly affect the election of upper house members, leaving some states with no representation in that house at all. Naturally, the delegates from the smaller states caused a ruckus over this proposal, and rightfully so. At this point these delegates reminded the others that the sole purpose of the convention was to revise the existing Articles and that Congress had no authority to exceed that objective. An alternative to the Virginia Plan was introduced by William Patterson of New Jersey. This proposal sought a “federal” rather than a “national” government, which kept the one-house legislature preserving the states' equal representation but expanded the powers of Congress by allowing them to tax and regulate commerce.

The idea of money does funny things to people, so it is no wonder why the New Jersey Plan was tabled for further discussion. The Virginia Plan was still lurking about, however its champions began to realize that they would have to make concessions to smaller states for the convention to be a success. They also agreed that members of the upper house should be elected by the state legislature and not by the lower house at a national level, thereby ensuring representation by one member in the upper house. Debate over the Articles, equal representation, and whether slaves should be considered citizens or property raged on, with the

subject of citizenship and voting rights for slaves never given serious contemplation.

## *The Negotiations Continued Long Into The Night*



By the end of June, after long weeks of arguing over this, that, and the other, the convention looked to be bursting at the seams. Had Benjamin Franklin not been present, that very scenario could have happened. Franklin reminded those gathered that they would “become reproach and by-word down to future ages. And what is worse, mankind may hereafter, from this unfortunate instance, despair of establishing governments by human wisdom, and leave it to chance, war, and conquest”. This calmed the joint down considerably, causing the convention to create a “grand committee” consisting of one delegate from each state with the C-note master himself acting as a chairman to resolve disagreements. This committee bore fruit with a proposal that would become the genesis for the “Great Compromise”, which would resolve the problem of representation. It basically spelled out that the states would be represented in the lower house of the legislature based on population, slaves would be counted as  $\frac{3}{5}$  of a free person to prevent slave states from complete domination in the legislature and for property taxation, and the upper house would have two members from each state to satisfy equal representation across the board.

The proposal was like WD-40 on a rust welded bolt, with the committee quickly voting to accept the compromise on the 16th of July. Having the kinks of representation being worked out, several committees began work on other details pertaining to the core of the Constitution, however, the dark specter of slavery was always lurking in the shadows. Southern delegates argued that power of trade regulation would interfere with slavery. So, to soothe gentlemen of the south, the convention agreed not to impose export taxes,

nor a duty of more than \$10 for each imported slave, and to look the other way for a period of twenty years. Although the very idea of human servitude was abhorrent to the principles set out for the new republic, delegates who were morally opposed to this deplorable practice reluctantly acquiesced to these terms because of their fear that without these concessions, the Constitution and hope for a new nation would founder.

## *We The People Of The United States*

Without question, the most important person to guide the proceedings was none other than James Madison. He had introduced the plan that would eventually become the Constitution and even did a considerable amount of the drafting of the documents. Known as a creative political thinker, Madison had tackled and succeeded in answering two very pressing questions at the time, sovereignty and limiting powers. He pointed out, regarding sovereignty, that all power, at all levels of government, would come directly from the people, therefore no government, either state or federal, would be truly sovereign. Solving this problem allowed for the Constitution to do an amazing thing, distribute powers between the feds and the states, with Madison characterizing it as neither a state or federal constitution, but a composition of both. The Constitution and the government created from it would be the law of the land; no state would be able to defy its authority. In addition, the federal government could tax, regulate commerce, control cash, and pass laws necessary to do their job.

The second conundrum facing Madison was easily overcome by the political whiz. He had argued that a large republic would be less likely to fall into the grip of tyranny and despotism due to the many different factions residing within, that no one single group could dominate. The very idea of separate branches ties in with this line of thought and is the reason why a large republic can exist. The checks and balance system would make each branch compete and frustrate each other to create more meaningful legislation rather than one branch wielding its powers over the others. Congress would be made up of two chambers, the senate, and the house, composed of members elected differently and serving for different terms, both checking with each other to agree on legislation. The president would ultimately decide

whether to sign the legislation into law or shoot it down.

Courts are to make sure that any future legislation is within the parameters of the Constitution. Check out *Marbury vs. Madison* for Madison's thoughts on laws repugnant to the Constitution. Checks and balances were an excellent solution to the problem of a tyrannical government, but were also helpful in preventing tyranny from the people. A rebellion, such as the type led by Daniel Shay, was an example of what could happen if the nation did not defend itself from the unchecked exercise of popular will. Therefore, the House of Representatives would be elected by the people, while the president, senators, and judges would be insulated to various degrees from the public. On September 17, 1787, thirty-nine delegates signed off on the Constitution and kicked it to the states.

### *Passionate Arguments For Ratification*

By the end of the convention, many delegates realized that they had exceeded their original mission of revising the Articles and had devised an entirely new form of government. Panic quickly set in as they realized that their hard work over that long, hot summer would be for naught if the Articles of Confederation rules for ratification were applied, which meant unanimous approval from the state legislatures. To get around this roadblock, they simply changed the rules, stating that the Constitution specified the new government would come into being only if nine of the thirteen states chose to ratify. It was recommended to Congress that the Constitution be given to special state conventions instead of the legislature. Congress didn't put much of a fight, and sent it to the states to mull over.

To further champion the Constitution and the government it provided, Hamilton, Madison, and the future first chief justice, John Jay, wrote a series of essays under the pseudonym "Publius" which were published in newspapers across the still small fruited plain extolling the virtues and explaining the meaning of the document they had toiled over. These essays were compiled into a book called the "Federalist Papers" and are noted as being the greatest American contribution to political thought. On the other end of the stick, there were those known as "anti-federalists", citizens who were still skeptical of the whole idea and

fearful that the new government would increase taxes, dispense with the states, impose a dictatorship, favor the silver spoon bunch over the average Joe, and end individual liberties.

The biggest argument made by this group was the decided lack of a bill of rights. Believing that no government could be trusted to protect the citizens' liberties, they argued that by enumerating the natural rights of the citizens they would be preserved from a destructive government. Despite the rising voices of those for and opposed to the new Constitution, the ratification process was moving along like gangbusters. Delaware was the first state to act, with New Jersey, Georgia, Pennsylvania, and Massachusetts quickly following suit. New Hampshire became the ninth state to ratify the document, thus it was now possible for the Constitution to go to work. Virginia and New York were still holding out, but by the end of June 1788, they had consented to ratification under the assumption that a bill of rights would be added to the final product.

### *Putting The icing On The Cake*

In the early months of 1789, the first elections under the new government took place with nearly all of those elected having supported ratification or been present at the convention in Philly. George Washington was elected president as it was understood that his role as the presiding officer of the convention would carry over to elected office once the Constitution went into effect. John Adams was selected as his vice-president, both being sworn into office on April 30, 1789. Congress at this time operated almost as a continuation of the Constitutional Convention, spending its time filling gaps in the founding document, including the addition of a bill of rights. James Madison had become convinced that this was the correct route to go, as it would establish a legitimacy to the new government that would hardly go unnoticed by its detractors. The initial Bill of Rights was submitted with twelve amendments and approved by Congress on September 25, 1789. By the end of 1791, two of those amendments had been scrapped, resulting in the ratification of the ten we now cherish and protect, and the final seal of approval for the law of the land.

# 20+ Items Every Survivalist Should Know About



You might think you've got everything you need to survive when the SHTF, but the reality is that there are many items – even common ones – that can be forgotten. That's because no matter how hardcore of a survivalist you are, the entire topic has only been theoretical so far. However, we're going to take the rest of this article to assume that something terrible will happen shortly in the world. What items do you still need? And how can you put them in priority order? Let's find out!

## What Should I Buy First?

It's easy to go all in with cool survivalist supplies. If you're putting together your first kit, though, make food and water your first purchases. After all, the coolest survival gear in the world won't help you unless you can keep yourself hydrated and fed.

Must I pick just one of these items? You'd better make it water because the human body can only survive for 3 to 7 days without it. Meanwhile, you can live without food for anywhere between 8 and 21 days.

Essentially, you'll want to have enough water (and food!) to last for at least a few days. This should give you time to go to where food and water are more abundant. It also tells you what your third item should be – some type of knife so that you can kill food, cut up smaller pieces of wood, etc.

## What Should You Buy if You Already Have General Stores in Place



In this scenario, let's pretend you already have food, water, and a knife handy. You also have each of the following taken care of already:

- **Tools** - Swiss army knife (contains pliers, scissors, etc.)
- **Illumination** - Flashlight, batteries, candles, mirror, etc.
- **Clean Water** - Water cleaning tablets, water purification, filtration straws, etc.
- **Duct Tape** - Practically unlimited usage from repairing something to covering a wound (if you have no other means of doing so, that is).
- **Fire Starting Kit** - Paper, waterproof/ indestructible matches, etc.

- **Keep Warm** - A survival blanket goes a long way.
- **First Aid** - This is an essential item and can help you stay alive.
- **Rescue Signals** - Whistle, flares, etc.
- **Cords** - Backup chargers, external batteries you've charged, etc.
- **Misc.** - Fishing line, strings to start a fire or tie things, etc.

What should you buy next? There's a lot of discussion about this topic online, and you'll notice that everyone seems to have their own order of importance. We suggest getting the following, at a bare minimum.



- **Ax** - Having an ax or hatchet handy will help you with wood cutting and eating animals.
- **Bleach** - Cleaning up your area is imperative, and bleach also purifies water.
- **Boots** - A good, sturdy pair of hiking boots could help you every day.
- **Cable Ties** - The uses for cable or zip ties are only limited by your own imagination.
- **Camp Stove** - If you want to be able to cook the food you've stored up, it's a wise idea to invest in a camp stove.
- **Can Openers** - Can openers with an "S" at the end were selected on purpose. Make sure you have at least two different can openers.
- **Masks** - Protection from illness or to keep yourself safe from pollution, packing some masks is always a good idea.
- **Emergency Radio** - Without a hand crank or battery-operated radio, how will you ever know if the situation improves?
- **Firearms** - When you gather firearms, keep in mind they should have multiple uses. You're going to want to hunt and protect yourself.
- **Fuel** - Without fuel, you're not going to get very far. Be sure you have at least a gas container or two full to help you get out of dodge.
- **Gas Mask** - This item may seem a little on the ridiculous side, but you'll be very glad you've got one if fighting has broken out.
- **Grains** - You're going to need this resource for cooking.
- **Hammer and Nails** - There will be no viable way to protect your home or to build something without a good hammer and nails.
- **Hygiene** - There are a wide variety of different hygiene items you'll need, including soap and feminine items.
- **Knives** - Knives can do anything from cutting your food to save your life. Be sure to have at least a couple of different types.
- **Lighter** - A lighter can serve many useful purposes, but it's most important one is to help you start a fire.
- **Paracord** - One of the top items a survivalist can keep on hand. You can do everything from make a splint to building a shelter with paracord.
- **Plastic Bags** - Plastic bags may be a dirty word in some states, but they're going to be important after the SHTF. You can use them to store your waste in, insulate a shelter, etc.
- **Medicine** - If you need any type of prescription medication, be sure to save some of it for your bug out bag. You should also place any over-the-counter meds you'll need in your bag as well.
- **Salt** - How else will you season your food, take care of some health concerns, and preserve food without salt?
- **Screwdriver and Screws** - This one is just as important as a hammer and nails. Having a screwdriver and screws handy makes it much easier to build or repair things.

- **Sewing Kit** - A sewing kit may not seem manly, but it's super important. You'll be able to repair your clothing, along with using your sewing kit as a makeshift way to apply stitches.
- **Soap** - Staying clean is one of the most important parts of your hygiene kit, so we've listed soap as its own line item. It will help you remain clean and can be used to clean surfaces, pots and pans, etc.
- **Superglue** - This item could potentially save your life. You can use glue to hold several things together, including a wound.
- **Tent** - A tent provides you with shelter, which is one of the most important things you can find.
- **Toilet Paper** - Without it, you'd better hope you know what leaves are safe and what ones aren't. Or, you'll end up in a world of trouble.
- **Wood** - Finally, there's wood. This can be used for many purposes, including building a fire or a structure.

## Next Level Prepping

Now it's time to look at items that many survivalists won't have in their bug out bag. But if you're determined to be a survivalist who actually survives, you may want to consider adding each of the following items to your bag.

### Antibiotics and Antiseptics

Medication needs may take some thought, but it's worth it. Be sure to put some antibiotics (including fish antibiotics) with your other supplies. An antiseptic is also vital as it can help you keep wounds clean.

### Water Filter

This is bigger and more impressive than a filter straw. If you've room for it, getting a water filter can help you eliminate most waterborne issues.

### Bouillon Cubes

If you want your food to taste good instead of simply filling you, stock up on some bouillon cubes. Survival may be the name of the game at first, but make your food tasty or you're going to get tired of it rather quickly.

### Borax

Borax has several practical uses, including getting rid of odors, removing stains, boosting the effectiveness of detergent, and it can also be used to deter bugs. This is a handy item to have!

### Bug Out Bike

Having a bug out bag is an easy conclusion, but do you have a bug out bike? Although you may have gasoline when everything first happens, you're probably going to run out rather quickly. Having a quality bicycle that you can ride can save you the hassle of walking everywhere.

### Solar Shower

This is the best way to get yourself clean if there's no running water or if you're staying somewhere without plumbing.

### Composting Toilet

Since this toilet doesn't require plumbing, it can be the ideal solution after the SHTF. It also allows you to compost, ridding more of your waste.

### Chemical Suit



There are several reasons to invest in a chemical suit, not the least of which is that the odds of a highly contagious illness going around is quite high. It would really suck to survive when the SHTF, only to die from an illness that you could have prevented. Trust us – you want this suit.

### Chewing Gum

We admit that on the surface, this seems a little weird. However, once you dig beneath the surface, you'll understand why gum is so important. In fact, there are at least 13 things that chewing gum can help you with.

- Increases mental alertness
- Reduces your cortisol level
- Improves your morale
- Boosts working memory
- Can act as an appetite suppressant
- Aids digestion
- Relieves nausea
- It can be used to repair many things
- Quenches your thirst
- Promotes oral health
- You can barter with it
- Gum can catch fish
- The gum wrapper can help you start a fire

## Citrus

Without citrus, you could be looking at scurvy in as quick as three months. Keep yourself healthy by eating citrus fruits whenever you can.

## Copper

Wondering what in the world copper can do to help you once the SHTF, you're not alone. However, it has several good uses, including:

- It's an antimicrobial
- It's an essential trace mineral
- It has value, especially after the SHTF
- It's healthy to use it in your kitchen
- It's used in electrical wiring
- It can kill plant fungus
- It has several industrial uses

## Essential Oils

Not only can you make things smell much better with essential oils, but they can also help with a wide variety of minor health issues. Since there won't be a way to go to your local doctor or pharmacy after the SHTF, you're going to need to learn how to use essential oils. Here are just a few of the benefits:

- **Oregano** - Fights infection, fungus, and mold.
- **Lemongrass** - Reduces fevers and eliminates body odor.
- **Clove** - Treats wounds and insect bites.
- **Frankincense** - Relieves inflammation and mitigates depression.



- **Rosemary** - Treats respiratory problems and improves concentration.
- **Tea Tree Oil** - Fights colds and can be used as a fungicide, antibacterial, antiviral, and antiseptic.
- **Peppermint** - Relieves headaches and provides a topical treatment for allergies.
- **Lavender** - Treats burns and scrapes and promotes sleep.

## Fire Extinguisher

If a fire breaks out, you're really going to want a fire extinguisher handy. And this isn't likely to be something you'll find on a scavenging trip, so you need to pack at least one, but preferably a few fire extinguishers.

## Heirloom Survival Seeds

These seeds might cost more than their modern equivalent, but they'll be worth it when you grow truly delicious vegetables. And once you've grown them one time, you can harvest additional seeds from your crops.

## Protein Bars

You've got food supplies, but do you have easy-to-eat supplies that will keep you going for a while? Protein bars excel at this, as will granola bars, cereal bars, and energy bars. These are the perfect choice to grab during the initial stages of society's collapse because they will eventually go stale.

## Powdered Milk

There are nine fantastic reasons that you should put some powdered milk into your bug out bag.

- Good source of vitamins A, B, C, and E.
- Excellent source of calcium and vitamin D.
- Milk has a lot of protein.



- Provides Potassium, which may keep high blood pressure away.
- You can add it to your cocoa, tea, and coffee.
- Makes for a creamy sauce you can use with pasta.
- You can make butter from it!
- You can also make cheese from it, which will work great for bartering.
- Cookies and cereal just flat-out taste better with milk.

## Shoe Repair Kit



The shoes you're wearing when the SHTF may have to last you for a very long time. Having several replacement pieces available such as laces, inserts, soles, and rubber heel savers can go a long way toward keeping your shoes in decent shape.

## Steramine

This is the perfect economical sanitizer. It's even strong enough to defeat HIV, staph infections, E-coli, and listeria monocytogenes. Dissolve it in some water and you'll be able to sanitize everything you need. NOTE: Do NOT use this to sanitize water. Bleach should be used for that instead.

## Thermometer

A no-touch thermometer is the best type, but you can use any type that you have. This is a great way to find out if you're running a fever.

## Vaseline

Petroleum jelly really rocks, as you're about to find out! Having at least one jar can help you in several different ways, including:

- You can make a candle from it (be sure to scoop out some Vaseline and put it in a fire-proof container).

- It works as an accelerant. Vaseline, cotton balls, chips (yes, chips), dryer lint, or gauze can help you start a fire .
- Use as an oil or grease to prevent stuff from sticking. Use to keep candle wax from sticking, and as emergency lubrication for firearms!
- Unstick stuck zippers.
- Use it as a makeshift Chapstick.
- Keep machinery from rusting.
- It works as pest control for flies, ants, and Carpenter bees.
- You can clean your hands and remove gum with petroleum jelly.
- If you find yourself with no other options, you can shave with it.
- Helps prevent diaper rash, treats eczema, softens elbows and rough heels, helps your skin heal better after surgery, etc.

## Yeast

Again, this item will help you a lot when you make food or beer. It's a good thing to have on hand, even if you only use it for bartering.

## Vehicle Essentials

For as long as you can keep your car running, it can provide you with an invaluable resource. Make sure your essentials kit includes tow straps, tire chains, fluids, a tire repair kit, and jumper cables.

## Respirator

Although we already mentioned having masks on hand, you might want to pick up a respirator, too. This is a much more intense type of face covering that should protect you from viruses and inhaling toxic smoke.

## Final Thoughts

As you can see, almost anything you can think of can be repurposed when the SHTF. That's why no two survivalists will ever have the exact same bug out bag ready. To prepare yours, be sure to take into consideration any specific needs you or your family may have. Then it's time to make the perfect bug out bag for you!



## HOW TO STOCKPILE YOUR FOOD THE RIGHT WAY

If you are like most preppers, you probably have a pretty good food storage plan. You may have a few months' worth of non-perishable food items stored in your pantry or basement, and you may even have a small emergency supply of water and other essentials. But what if the power goes out for an extended period of time, or a natural disaster strikes and you are forced to evacuate your home? Or inflation takes food off your shelves? Will your food storage plan be enough to get you through these tough times? Having an emergency food supply is critical when society and nature misbehave, and this guide will show you how to turbocharge your food storage plan so that you can eat in times of trouble.

### WHAT IS LONG-TERM FOOD SUPPLY?

Your long-term food supply is the food that you store up and keep on hand in case of an emergency. This could be anything from a few days' worth of non-perishable food items to a year's worth or more. Depending on your situation, you may want to have a mix of both short-term and long-term food supplies. For example, if you live in an area that is prone to hurricanes, you may want to have a few months' worth of non-perishable food items stored in your home, as well as a supply of bottled water and other essentials. If you are worried about a global pandemic or economic collapse, you may want to have a year's worth of food stored up.

know when an emergency situation will arise, and it is always better to be prepared than not.

### WHAT IS THE DIFFERENCE BETWEEN LONG-TERM FOOD SUPPLY AND PRE-BUILT LONG-TERM FOOD STORAGE PACKAGES?

When it comes to long-term food storage, there are two main options: regular long-term food supply and pre-built long-term food storage packages. As mentioned, regular long-term food supply simply refers to the food that you store up and keep on hand in case of an emergency. This could be anything from a few days' worth of non-perishable food items to a year's worth or more.

Pre-built long-term food storage packages, on the other hand, are complete food storage solutions that come in one package. These packages usually include everything you need to get started with your long-term food storage, including non-perishable food items, water, and other essentials. Some examples of long-term food storage packages include the Augason Farms Emergency Food Storage Kit and the Mountain House Classic Bucket. There are pros and cons to both regular long-term food supply and pre-built long-term food storage packages. Below, we will take a look at some of the main benefits and drawbacks of each option so that you can decide which is right for you.

No matter what your reason for wanting a long-term food supply, it is important to have one. You never

## BENEFITS OF REGULAR LONG-TERM FOOD SUPPLY:

- You can tailor your long-term food storage plan to your specific needs and preferences.
- You can save money by putting together your own long-term food storage plan.
- You may have some of the items needed for your long-term food storage plan already on hand.

## DRAWBACKS OF REGULAR LONG-TERM FOOD SUPPLY:

- It can take a lot of time and effort to put together a comprehensive long-term food storage plan.
- If you are not careful, your long-term food storage plan could end up being unbalanced and lacking in essential nutrients.
- You may not have all of the items needed for your long-term food storage plan, and sourcing them can be difficult and expensive.

## BENEFITS OF PRE-BUILT LONG-TERM FOOD STORAGE PACKAGES:

- Pre-built long-term food storage packages are a convenient, fast and easy way to get started with your long-term food storage.
- Pre-built long-term food storage packages are usually well-balanced and provide all of the essential nutrients you need.
- Pre-built long-term food storage packages can last a long time, usually 6 months to a year. However, some freeze-dried and dehydrated foods can last up to 20-30 years.

## DRAWBACKS OF PRE-BUILT LONG-TERM FOOD STORAGE PACKAGES:

- You may not be able to find a pre-built long-term food storage package that meets all of your specific needs and preferences.
- Pre-built long-term food storage packages can be expensive.
- Some can be high in sodium and preservatives.

No matter which option you choose, regular long-term food supply or pre-built long-term food storage packages, the most important thing is that you have a plan in place. So, what are some items you can add to your food storage plan to turbocharge it? Here are a few ideas for regular long-term food supply and pre-built long term food storage packages.



## 14 REGULAR LONG-TERM FOOD SUPPLY ITEMS TO TURBOCHARGE YOUR FOOD STORAGE PLAN

Storing the right food increases the likelihood you'll eat it. That's why we recommend you take the time to learn about the best foods for preppers and how to store them properly. For starters, consider storing the following 14 long-term food supply items in your prepper pantry:

1. **Rice:** A staple in many cultures, rice is a great food to have on hand. It's relatively inexpensive and can be used in a variety of dishes. If stored properly, it keeps almost indefinitely.
2. **Beans:** Beans are another cheap and versatile food. They're high in protein and fiber, making them a filling meal.
3. **Oats:** Oats are a great source of carbs and can be used for breakfast, lunch or dinner.
4. **Pasta:** Pasta is a cheap and easy way to feed a family. It can be made into a variety of dishes and is always popular with kids.
5. **Canned fruits and vegetables:** Canned fruits and vegetables are a great way to get your daily servings of fruits and veggies.

6. **Peanut butter:** Peanut butter is a great source of protein and can be used in a variety of dishes.
7. **Canned meat:** Canned meat is a great way to have protein on hand. It's also budget-friendly and easy to store.
8. **Powdered beverages:** Powdered drinks like Tang and powdered milk are a great way to have drinks on hand. They're also budget-friendly and easy to store.
9. **Salt:** Salt is a necessary ingredient in many recipes. It's also great for food preservation.
10. **Sugar:** Sugar is another necessary ingredient in many recipes. It can also be used to sweeten foods and drinks.
11. **Flour:** Flour is a staple ingredient in baking. It's also relatively cheap and easily stored.
12. **Honey, jelly, jam and marmalade:** These goopy spreads are great on bread or for sweetening foods and drinks.
13. **Spices:** Spices can add flavor to any dish. They're relatively cheap and easy to store.
14. **Hard candies:** Hard candies are a great way to have sweets on hand. They're also budget-friendly and easy to store.

Don't forget to store some non-food items while you are at it. Emergency items such as flashlights, batteries, first-aid kits and a generator are a must for any prepper.

## 6 EMERGENCY FOOD STORAGE PACKAGES TO QUICKLY TURBOCHARGE YOUR FOOD STORAGE PLAN

One of the best ways to ensure that you have enough food to last during an emergency is to purchase a pre-built long-term food storage package from a well-established and respected brand. These packages usually contain enough food for one person for a specified time. We recommend having at least 3 months of food on hand for every person as part of turbocharging your emergency food storage plan. Just like with regular long-term food storage items, when purchasing a pre-built long-term food storage package, make sure to choose one that contains a variety of foods that you like. This will help you stay motivated to eat the food during an extended emergency. However, remember that pre-built long-

term food storage packages are not a substitute for learning how to cook and store food properly. They should be used in addition to your regular long-term food storage plan.



We've listed some top manufacturers of pre-built long term food storage packages below, and you can find them selling their survival kits at various places, including Amazon. You can purchase anything from nutrient-dense entrees to snacks and coffee, and they are a great way to get calories you need when there's no way to get to grocery stores.

So, to get started, the following food storage supply kits are great for beginners and come from companies you can trust. Take a look and see if any of them fit your needs:

**1. My Patriot Supply:** My Patriot Supply offers a variety of Ready Hour short and long-term food storage packages that range from around \$200 to \$2000. They have food packages that will feed one person all the way up to a family of 12. Their MRE case pack with heater is nice since it has a flameless way to cook your meals on the spot.

**2. Emergency Essentials:** Craving an omelet in the apocalypse? Emergency Essentials has you covered with foodstuffs you can load in your eggs, along with the eggs. They also offer a wide variety of bulk foods, cooking essentials, water packs and food ration bars. Their short and long-term food storage packages and more that start at around \$200 and go up to around \$3500.

**3. Mountain House:** Mountain House offers food storage packages that start at around \$200, including their popular Mountain House Classic bucket for a little over \$200 on places like Amazon and Cabela. Marketed toward campers and backpackers, the

bucket contains 24 servings of freeze-dried favorites like beef stew and granola with blueberries that you can put toward your food storage plan.

**4. The Ready Store:** The Ready Store offers food storage packages that supply 2,000 calories a day. Their ezprep line can supply a variety of nutritious food and water for anywhere from 1-12 months. Coming in freeze-dried and dehydrated form, ezprep food packages have a shelf life of 20-30 months. Prices range \$1K to \$7K on their website, but you can catch sales from time to time.

**5. Augason Farms:** Augason Farms launched their milk alternative 50 years ago and they've grown into a national brand that supplies emergency food kits to major retailers and wholesalers. Besides ordering emergency storage kits from their website, you can find them at Kroger, WalMart and Sam's Club. Prices range from around \$100 to \$200, and the packages' shelf lives are 25 years.

**6. Valley Food Storage:** Valley Food Storage is another company that has high-quality, calorie-rich, freeze-dried food that lasts up to 25 years. If it doesn't come down to using their food for an emergency, items like their 60 serving entree bucket are priced to get you through an exorbitant inflation. Prices range from about \$250 to \$6500.

## TACTICS & TIPS TO GET THE MOST OUT OF YOUR FOOD STORAGE PLAN

Tactics & tips will help you get the most out of your food storage:

- **Have a plan.** In the event of an emergency, know how you are going to use your food storage. This will help you stay calm and make sure that everyone in your family knows what to do.
- **Have a plan B.** No matter how well you plan, there is always the possibility that something could go wrong. That's why it's important to have a plan B. If you are worried about power outages, have a backup generator. If you are worried about water shortages, by having a plan B, you can rest assured that you and your family will be taken care of no matter what happens.

- **Start slow.** Working up to full-blown food storage will help you learn storage basics and keep you from becoming overwhelmed. Start with a one week supply of food and water. This will help you determine what foods your family likes to eat and how much water they tend to drink in a day. After you have a one week supply, start slowly adding to it each month. This will help you build your food storage without breaking the bank.

- **Don't skimp on the basics.** Write down what your family eats and plan accordingly. Start with canned forms of these items when you can. Water is essential for life, and basically one person will need at least a gallon of water per person per day. If it's hot, you'll need more. Also, don't forget bulk staples like rice, oatmeal, powdered milk, and beans for your emergency food supply. They form the backbone of food storage, and you'll need them.

- **Be smart about where you store your food.** Store your food in a cool, dry place. If you live in an area with high humidity, consider using a dehumidifier to help keep your food from spoiling. Use mylar bags and oxygen absorbers to extend the shelf life of your food. You don't need oxygen absorbers, for vacuum sealed products, though.

- **Manage your inventory by rotating your food storage.** Just like you rotate the food in your pantry, you should also rotate your food storage. Use the oldest foods first and replace them with new ones; this is also known as FIFO, or first in first out. This will help ensure that your food is always fresh.

- **Be smart with your money.** When it comes to food storage, you don't have to spend a lot of money to get started. There are many ways to save money on food storage. One way is to buy in bulk. Another way is to look for sales and coupons.

- **Planning for food storage doesn't have to be tedious.** Make it an adventure by involving the kids when you are doing meal planning and coupon shopping. They'll have fun and learn the value of food storage planning for when they are older and need to plan for things themselves.

- **Tour your living space for storage options.** If you're short on space, get creative with your storage. Utilize the space under your bed, in your closets, and on top of your cabinets.

- **Think outside the box.** When it comes to food storage, you don't have to limit yourself to just food. You can also store things like toilet paper, shampoo, and other essentials.

- **Use a food calculator.** Ezprepping has a nice online calculator that will determine how much food you need for extended emergencies. Or you can easily figure it out by hand by following these steps:

1. Pick one of your family's go-to meals.
2. Write down the ingredients of the recipe and multiply them by 12 (for 12 months if you plan on eating it once every month).
3. Purchase enough of the ingredients to stock a year's worth of that favorite meal.
4. Repeat the process for the next go-to meal.

- **Have a plan for cooking without power.** This could be as simple as a camp stove or something more elaborate like a solar oven. If you live in an area with severe weather, consider getting a generator.

- **Have a plan for self-defense.** This is especially important if you live in an urban area. Food storage can make you a target for thieves, so be sure to have a plan to protect yourself and your family.

- **Can your goods.** Canned fruits, vegetables and meats can be a great addition to your food storage plan. They have a long shelf life and are relatively inexpensive. Get started learning now if you don't know how to do it properly. Watch some YouTube videos now or look over the shoulder of a family member or friend that knows how to can to learn how to do it the right way.

- **Dry your fruits, vegetables and meat.** Drying your own fruits, veggies and meat is a great way to add nutrition and variety to your food storage plan. It also keeps them from spoiling if you don't get around to eating everything. You can find dehydrators at most home stores and jerky can be made in an oven.

- **Write down the takeaways from your mistakes.** Learning from your mistakes is essential for success. If you forget to rotate your food storage and some of your food goes bad, make a note of it and be sure to do better next time. The same goes for anything

else that doesn't go according to plan. Keep track of what works and what doesn't so you can be as prepared as possible.

There you have it, a few tips to turbocharge your food storage plan! Following these steps should get you started on the next steps of your food storage journey.

## THE BREAKDOWN

So, which option is right for you? It really depends on your individual needs and preferences. If you want to put together your own long-term food storage plan, you can certainly do that. However, if you would prefer to have a complete food storage solution that is ready to go, a pre-built long-term food storage package may be a better option for you. Either way, you will be prepared for whatever comes your way.



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