BEST PREP.

GUIDE 17 · PRINT IT AND KEEP IT WITH YOUR KIT

LONG-TERM PREPAREDNESS

For crises lasting months: money, food, water and skills.



3-6	2	3
months of expenses saved	ways to purify water	questions before buying

01

EMERGENCY FUND

- 3-6 months of basic expenses
- Some cash at home
- Less debt before more gear
- Review your insurance

02

FOOD FOR MONTHS

- Larger rotating pantry
- Rice, dry beans, oats
- Mylar + oxygen absorber
- Cool, in a sealed bucket

03

WATER

- Two-week supply, rotated
- Countertop gravity filter
- Nearby sources identified
- Two ways to purify

04

SKILLS

- First aid and CPR
- Cook what you store
- Basic repairs and sewing
- Navigate with a map

05

PRODUCE

- Balcony or backyard garden
- Rainwater, where rules allow
- Fitness: walking with a load

06

COMMUNITY

- Know your neighbors
- Share skills
- Local groups and emergency volunteers

! Before buying: can I maintain it? Have I tested it? Who could I help with it?