

# 8 Prepper Tips You Wish You'd Heard Before You Started Prepping

*Prepping is a lifestyle that requires absolute commitment to ensuring that all needs, and some wants, would be covered in the event of a disaster situation.*

There are countless articles out there that discuss ways to convert to the prepper lifestyle, but this won't be one of them. This article is going to go all the way back to the beginning, to discuss tips that you wish you'd heard before you started prepping.

Don't click away if you're an established prepper either! These may be ideas you've been overlooking. This will also be helpful for people who are new to prepping since these tips are a great way to ensure that your foundational skills are up to par before you continue on.

## Prepping Isn't All About What You Buy

A significant number of preppers go wrong with the belief that having enough stuff will save them when things go sideways. This couldn't be further from the truth. All of the supplies in the world won't be of use if you don't know what to do with them. While having the proper supplies is necessary, you also need to have plans of action for when doomsday comes.

This includes having multiple plans of action that are ready to be carried out if needed. Plan for any of the major events that are likely to occur: natural disaster, government collapse, and disease outbreak. Each of these situations would require a different plan of action, modified to suit what will

be lost if that event occurs.

It's also worth noting that when you are buying supplies for prepping, don't be discouraged if you can't afford everything at once. A lot of prepping includes building up your plans over time.

## **You Can't Be The Only Prepper in The House**

It's illogical to expect that one family member can do the prep work of the entire family all by themselves. Not only does this put a major strain on you, but it also leaves your family at a disadvantage if something were to happen to you.

The rest of the family doesn't have to be quite as committed as you are – let them get there on their own. It is important, though, that each family member has an adequate level of survival skills. Each family member should be able to stand somewhat on their own so that the burden of survival will be roughly evenly distributed among everyone. It's good to start by making sure everyone knows family plans in the case of an emergency such as extreme weather.

## **Physical Fitness is Important**

Supplies and skills are practically useless without the physical capability to use them. When an emergency hits, you could be forced to do everything yourself; even the most grueling of tasks. Assessing your physical fitness will give you an idea of what improves need to be made to ensure that you're

You'll need to be fit enough to carry a pack full of supplies in the event that you are forced to leave your safe space. A backpack may weigh up to 50lbs or more, depending on the items that you've included. Exact weight aside, a pack is likely to

be heavy enough that it would be difficult to carry if you're not in good physical shape.

Cardiovascular fitness and strength training are equally important when getting or trying to stay in shape. It is also important to ensure that your diet is healthy, in preparation for a disaster event. Not only will fast food and other unhealthy options be unavailable, but they also won't provide you the adequate nutrients for survival.

Consider incorporating a martial arts practice into your fitness routine. This will provide benefits for cardiovascular health and strength, as well as teaching a skill set that would be useful in a doomsday situation.

At the end of the day, you don't need to be an olympic champion to prepare for a crisis. However, it does help to be fit enough to provide for yourself when that's the only option.

## **Debt is the Real Enemy**

When starting out, it can be tempting to get carried away and start buying supplies more quickly than you can pay for them. We live in an age where almost everyone has a credit card, many of which have a constant balance of debt. Buying supplies may seem more important than the debt you're accumulating, but this is not the case.

You'll want to make a serious effort to get out of [debt](#) as much as possible. This means paying off credit cards and trying not to regain a standing balance. Any loans, such as student loans or mortgages, should also be paid off to the fullest extent possible. It is a good idea to cut back on unnecessary expenses when you can. This will result in a surplus of income, which can be used to pay off debts owed.

As debts are being paid off, it is also advisable to begin

saving some of that excess income. You'll want to store this money in cash, in a location where it is protected, but easily accessible if needed. In the event of a financial collapse, it's a good idea not to rely on banks or credit unions. Even in a less severe scenario, a substantial rainy day income will help cover unexpected expenses such as home repairs or medical bills.

## **Camping for beginners - essentials checklist!**

- ☐ A tent - the largest one you can afford.  
Make sure you've practiced putting it up.
- ☐ A tent mallet to hammer in the tent pegs and  
some spare tent pegs just in case.
- ☐ Sleeping bags & Pillows with extra blankets in  
case it's cold.
- ☐ Air beds & air pump - check your pump  
batteries if it uses them.
- ☐ Towels in case you have a shower.
- ☐ Torches / fairylights / lanterns.
- ☐ Toilet roll and baby wipes.
- ☐ Camping chairs and a table if possible.
- ☐ Toiletries (dry shampoo is amazing after a  
night's camping).
- ☐ A power pack for your electronics.
- ☐ Small first aid kit.

## **Working with Others Can Go a Long Way**

It's important to understand that you can have the biggest arsenal on the block, but that doesn't mean you or your family

will be safe when disaster strikes. It takes more than guns to survive when the rest of the world is falling apart.

The fear of being attacked is going to influence how we behave with others in a doomsday situation. There is an instinctual urge to fight or flee depending on the situation. When carrying a weapon, there is a chance that you will choose to fight when diplomacy may be a smarter choice. Try not to jump to using force, as civil discussion will likely be more helpful in a crisis situation. Cooperation helps to expand your group of resources, which will be invaluable if you're all left to your own devices.

With this in mind, part of your prep should include making friends in your neighborhood. This way, you have an immediate, established community to rely on when trouble hits.

## Weapons Do Matter

The previous point isn't to say that you shouldn't have quality weapons and ammunition as part of your prep. You absolutely should have a number of weapons, along with the appropriate ammunition and accessories.

Having a variety of weapons is an [essential part](#) in your stockpile so that you would be covered in a variety of situations. You'll want long range weapons, like the classic AR-15, as well as close range weapons. Be sure to invest in a scope for that long-range weapon while you're at it, shooting by sight is going to be a waste of your ammunition. This is just as important as the firearm itself and a quality optic option will typically cost half as much

Be sure to invest in weapons that aren't firearms. Not only do firearms depend on an ammunition supply, but they are also not suited for hand-to-hand combat. Researching close range combat will give you an idea of what weapons are best suited for the task. Take some time to research each option, to find which

weapon you would like to achieve proficiency with.

## **Try Not to Get Overwhelmed**

Once you start prepping, it will seem like the lifestyle is an endless endeavor, where there is always more to be done. Try not to let prepping start to run your life. The fact of the matter is, doomsday is most likely not going to be tomorrow. You probably have time to prepare, while not letting the fear of doomsday overwhelm you.

The goal of prepping is to be prepared for anything that may come your way and that can take time. Start with the essentials and move up from there. You need to be realistically prepared which includes acting rationally with your prepping not from a place of anxiety. Think each step of your prepping through rather than making impulse purchases of supplies you aren't sure if you'll need.

## **Entertainment is Key**

It goes without saying that prepping means ensuring that all needs for survival will be met. What is often forgotten, though, is that it takes more than basic needs being met for humans to thrive. When life gets more focused on survival, it is likely that mental stimulation will fall to the wayside. It doesn't take long for cabin fever to set in when spending a lot of time in the home, and it could lead to disastrous consequences if it's not managed.

Consider preparing for cabin fever by collecting games, books, and other materials that will serve as entertainment. Try picking up a hobby that would double as a useful skill in a survival situation. This could be sewing or knitting, which would be useful for making or mending clothing. It could also be something like woodworking, that could be helpful for home repair.

Disaster prepping is a lifestyle that requires commitment from the ground up. Whether you're new to the lifestyle or a seasoned prepper, there will always be ways to improve your situation. Taking the time to step back and assess your supplies and skills will show you where any improvements can be made. Don't get discouraged by any deficits you may see because a part of prepping is constant growth.