

New Year Prep Blog Review: 5 Resolutions For Preppers

Here we are at the end of 2016, a year full of changes. I hope you had a wonderful Christmas with your loved ones and you are properly preparing for New Year's Eve.

This is the time of the year when I usually make a list of prepping resolutions for the year to come in order to improve my life and increase my chances of survival in case SHTF. I don't know if this works for everyone, but for me it certainly does.

So, what about you? Do you use to make a list of prepping resolutions at the beginning of the year?

A new year provides opportunities to learn new skills.

For this special Prep blog Review I've gathered 5 articles to help you set your prepping resolutions for 2017. Make this year the best, improve your family's life and increase your chances of survival.

1. Learn New Skills With Your Family

A woman wearing a black hijab is shown in profile, looking out over a vast ocean under a sunset sky. The sky transitions from a deep blue at the top to a bright orange near the horizon. The woman's silhouette is dark against the lighter sky. The text is overlaid on the left side of the image.

5 Preparedness Skills Every Woman Should Know

“When we hear the word “survival”, it seems most of us think

of things like starting fires, building shelters, hunting, fishing, searching for water and other basic survival skills.

Although those things are essential to our survival, there are other areas that we need to take into consideration that are just as important.

For years I walked around with my head down and just went with the flow. I didn't take notice to the people around me or my situation. It would have been very easy for anyone to walk up behind me and take my purse, or worst case scenario, attack one of my children or myself. Times changed though and so did I."

Read more on [The Well Prepared Mama](#).

2. Upgrade Your Stockpile



"Let's say that disaster hits tomorrow, do you have the basics like food and water covered? Stockpiling food and water

shouldn't be a prepping trend and every sane person should do it. We live in a world where natural and man-made disasters are no longer far-fetched scenarios and people have no excuse for being unprepared.

The following survival foods are available to anyone and they have an indefinite shelf life, so make sure you have them in your pantry.

I keep looking at what Venezuela is going through and although the media seems to have forgotten about it, the situation is still critical out there. People are stealing pets to eat them as a last resort and there are families protecting their gardens 24/7 as they no longer trust their neighbors."

Read more on [Prepper's Will](#).

3. Use More Natural Remedies



"Headaches are a part of being human. Some people get them regularly, and others get headaches only rarely. Severity varies from person to person, as does the cause of the headache. Even when only mildly annoying, a headache can affect your

ability to function fully and alertly.

If you're in a situation where Tylenol, aspirin, or prescription pain medication isn't an option, nor is doing nothing because you have to be focused on taking care of yourself and others, you need to know how to keep a headache at bay."

Read more on [Survival Cache](#).

4. Cook New Survival Recipes



“There is a bit of a romantic fantasy about what it must have been like for the pioneers who traveled out west more than a hundred years ago.

The idea of land that stretches on for miles without a single building or road was both exciting and frightening to them. However, they had the skills they needed to fend for themselves without the conveniences of big cities. If a major collapse happens, it will be the people with those kind of skills who make it.

If we ever find ourselves in a world that resembles the pioneer days (no electricity, no running water, etc.), people will have to learn how to cook all over again. Cooking over a fire is a lot different than cooking in the microwave or on an electric stove. Certain meals and recipes are going to require a little tweaking.”

Read more on [Urban Survival Site](#).

5. Learn New Self Defense



“Imagine being in the middle of a crowded festival, enjoying your time with your family. All of a sudden, you find yourself near some drunks who start a fight, and you can’t help but separate from your family, and get pulled into the fray. You’re a prepper, and like most preppers, you’re carrying a small firearm, in this case a small pistol. Do you use it?

Some would say yes – it’s time to defend the family, and that’s what a weapon is for, right? Others hold off – bringing deadly force into a relatively small conflict is a certain legal issue and is probably not necessary considering that these people are drunk. That said, this is clearly a self-defense situation. “

Read more on [The Prepper Journal](#).



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*This article has been written by **Drew Stratton** for
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