

Before diving in:

Put a reminder in a reminder app, Google calendar, planner, physical calendar, whatever. Put a daily reminder to do these tasks and actually do them. None of these tasks should take more than 30 minutes.

If you ever need to refer to the blog post, here is the link:

<http://roguepreparedness.com/unprepared-15-items-and-15-tasks-in-30-days-free-download/>

Get prepared in just 30 days with 15 items and 15 tasks:

Day 1: Buy 2 gallons of water and 2 cans of nonperishable food. Doesn't matter the kind of canned foods. Feel free to buy more if budget allows.

Day 2: Sit down and budget your time and money. Physically write out your outgoing and incoming money and figure out your available disposable income. Also figure out the realistic extra time you have to devote to preparedness tasks each day/week/month.

Day 3: Buy a water filter/purification for the home. (refer to blog post for links to recommended filters) As a bonus, learn a variety of ways to store, purify and procure water for the home. (refer to blog post or videos)

Day 4: Narrow down your top 4 bug out locations. Look on Google, talk to friends or family, think outside the box of a cabin or land. Maybe you could go to a park? Or a hotel?

Day 5: Buy some candles. You could also buy some beeswax to make your own candles.

Day 6: Inventory your bug out bag. Don't have a bug out bag? Learn how to make one. Refer to blog post for link on how to make a bug out bag.

Day 7: Buy some paracord. I'd suggest buying a big 1000' spool, but we also use a lot of paracord. Up to you.

Day 8: Research gardening and sprouting. Container gardening is always a great option if garden beds aren't in the cards. Sprouting can also offer quick nutrients and they're very easy.

Day 9: Buy a bag of rice and a bag of pasta. Doesn't matter the size.

Day 10: Figure out where are the best places in your home are to store food and water. Refer to blog post for videos.

Day 11: Buy a flashlight with extra batteries. Try to find a flashlight that takes easy to find and less expensive batteries like AA or AAA easy. You could also look into rechargeable batteries.

Day 12: Cook a meal with just nonperishable foods.

Day 13: Buy a NOAA weather radio. Already have one? Turn it on and learn/practice using it.

Day 14: Make a car kit or inventory your car kit. Refer to blog post for video.

Day 15: Buy 2 gallons of water and 2 cans of nonperishable food. Doesn't matter the kind of canned foods. Feel free to buy more if budget allows.

Day 16: Go for a walk. Try to get into the habit of regular exercise, walking is a great way to break into exercise.

Day 17: Buy hand soap, hand sanitizer and no rinse body wash.

Day 18: Research past natural disasters, epidemics, depressions, etc. and learn from them.

Day 19: Buy or make a first aid kit. Refer to blog post for link to how to make a first aid kit.

Day 20: Figure out alternative means for cooking when lights go out.

Day 21: Buy a board game, playing cards and/or craft items for home morale.

Day 22: Read a preparedness book or watch a preparedness video or read a preparedness blog post.

Day 23: Buy a bag of pasta and a bag of rice. Doesn't matter the size.

Day 24: Figure out alternative communication options for household/family/friends.

Day 25: Buy some emergency household supplies. Refer to blog post for link.

Day 26: Check fire extinguisher, smoke alarms and carbon monoxide detectors.

Day 27: Buy an external phone charger. Refer to blog post for link to recommended phone charger.

Day 28: Get your important documents together in one folder, preferably in a waterproof/fireproof bag. Refer to blog post for links to recommended bags.

Day 29: Buy 2 gallons of water and 2 cans of nonperishable food.

Day 30: Create an emergency disaster plan. Refer to blog post to download my free eBook to learn exactly how to put together an emergency disaster plan.

If you ever have any questions, don't hesitate to reach out:

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<http://roguepreparedness.com>

Conquer tomorrow, by preparing today!