

Prepping for emergencies

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Until now, we've always somehow muddled through days routinely filled with 'moment to moment' risks and dangers – unexpected illness or accidental injury, property damage, serious financial or employment loss. We've coped with this chaos without obsessive concern for well-being or a total societal collapse into fear.

The Pandemic has brutally up ended our world, making our lives unpredictable and feeling very precarious. People, relationships, and things always considered solid and reliable have shown themselves to be not so. We've never really disciplined ourselves to anticipate and plan for major emergencies in our daily lives, just living as peacefully and as comfortably as possible.

It's now a good time to anticipate the unexpected, and find ways to protect the people, relationships, and assets that are most important in our lives.

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This e-resource will be a work-in-progress, a gathering of tips and tricks 'learned along the way'. It is divided into 3 main sections –

- Short-term / immediate security needs / taking action now
 - challenges
 - action steps
- Mid-term / security needs over the next months and years
 - challenges
 - action steps
- Long-term / building a better world in the next decade
 - challenges
 - action steps

Prepping for emergencies

Good places to start

- [Get Prepared](#). Government of Canada.
An incredibly broad resource containing much information –
Hazards and emergencies
Your emergency plan
Emergency kits
Resources
- Dr Anita Baxas (substack)
[New Beginnings](#) (January 2, 2024)
[Electrical Power Back-up](#) (January 8, 2024)
[Growing Your Own Food](#) (January 15, 2024)
[Prepping to Never Actually Need It](#) (January 22, 2024)

Equipment and materials

- [Good2GoCo / All Things Survival](#)
A family-owned Canadian business shipping products from Kelowna, B.C. An extraordinary array of products - emergency food packages, water filtration systems, clothing and footwear, cooking appliances, and much more.
- [Frontier Outfitters](#)
A Canadian business offering a wide range of equipment - winter wear, army surplus products, firearms and ammunition, security devices, and much more.

Other 'streetsmart – spiritwise' e-resources –

- [Do-It-Yourself Food Security](#)
Foraging for wild foods, small urban gardens, food storage and preservation, hydroponics, cultivating micro-greens

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Short term / immediate actions

Challenges

Shortages of healthy fresh foods (for people as well as pets)

- supply-chain disruptions causing reduced availability and quality
- traditional food industries intentionally targeted and dismantled under the guise of combating climate change
- traditional animal farming methods discouraged, over-regulated, and replaced with novel and unproven processes such as insect farms, gene-edited food, and lab-grown meat
- 'Fake food' marketed as 'healthy food' or even medicine
- Surging prices causing affordability problems and stress to personal budgets
- real possibility of denial of access to retail food outlets based on vaccination status

Disruption of critical energy and fuel supplies

- unpredictable outages of electricity
- scarcity of electricity / propane / firewood for cooking and shelter heating
- threats to adequate gasoline supplies for vehicular travel

Endangered urban clean water infrastructure

- increasing dependency on aging and stressed urban water systems for delivery of safe potable water
- critical water needs could be threatened (safe clean water for drinking / cooking / bathing / washing)

Erosion of universal and quality medical and health care

- employment disruptions caused by healthcare workers leaving the workforce (voluntarily and involuntarily)
- possible denial of service by doctors / dentists / other healthcare practitioners based on government policy or vaccination status
- breakdown of critical social and family relationships causing increasing physical and emotional stress

Threats to crucial Internet / telecommunications systems

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- surprise outages of critical phone / Internet / TV / radio services
- damage or loss of a computer or cellphone containing crucial contact information

Disruptions to banking services / money supply

- possible disruption of critical banking services
- disappearance of physical 'cash' as programmable central bank digital currencies (CBDCs) and blockchain currencies develop

Continued disruptions to schooling and the education system

- on-again/off-again semesters and extracurricular activities
- unpredictable cycles of in-school / home-based learning
- unending pandemic protocols (like masking and social distancing) that have caused much stress and anxiety
- access to higher levels of education based on vaccination status

Emerging movement to frame transhumanism (merging humans with artificial intelligence) as beneficial health care

Threats to national/country sovereignty through the evolving creation of globalist / one world government institutions

- The World Health Organization is now drafting a global pandemic treaty granting itself the authority to arbitrarily impose (on all member nations) global bio-security measures that could over-ride/circumvent country or local laws - digital identities, vaccine passports, mandatory vaccinations, travel restrictions

Action steps

Store an adequate supply of critical foods for emergencies

- shelf-stable and nutritious foods for a minimum of 14 days (longer if possible)
- dry goods like rice, pasta, nuts and seeds, powdered whey protein
- canned or sealed jars of nut butters, beans, soups, sauces
- vacuum packs of nuts and seeds, coffee beans
- dehydrated foods – fruits, vegetables, cured meats
- fermented, salted, or pickled goods

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- honey - a natural sweetener and a potential cough medicine for respiratory infections
- animal protein – frozen or canned meat, fish, sardines
- freezer storage for frozen goods, with backup power supply for a power outage
- salt, pepper, cooking oils, and spices; ghee and coconut oil are stable at room temperature
- adequate cooking equipment, eating utensils, serving dishes
- backup methods of cooking eg BBQs, Coleman camp stoves
- thermoses to eliminate the need to reheat food / water
- appropriate cooking fuels (gasoline for portable generators / propane tanks for BBQs and portable stoves)
- attend local farmers markets, and build relationships with trusted farmers able to provide seasonal foods

Grow some of your own food

- store a supply of vegetable seeds
- acquire the necessary tools, containers, and supplies for your chosen growing method
- learn how to plant, harvest, process, and store any home-grown or wild-foraged foods

Safely store a backup fuel supply

- multiple forms of emergency backup power (portable electricity generators, solar panels, batteries for appliances & lights)
- safely store backup fuels (gasoline in portable containers / extra propane BBQ tanks / candles of various sizes / firewood)
- small rocket stoves, propane camping stoves, solar cookers

Ensure access to safe clean water (you can survival a lot longer without food than you can without water)

- at least 4 to 5 jugs (15-20L) of safe clean water for emergency drinking and cooking
- portable water filtering equipment and disinfectants for making drinkable water
- a supply of water purification tablets or drops
- your own chlorine dioxide solution to purify water for drinking

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- a barrel (or connected barrels) to capture rainwater for basic washing purposes)
- Filtered water from a swimming pool or garden pond for washing or clothes cleaning

Protect your health and ensure access to adequate medical care

- first aid supplies for handling emergency injuries
- backups of key assistive devices like eyeglasses, dentures, hearing aids, canes or walkers, respiratory puffers/inhalers
- backups of key medicines and nutritional supplements
- tissue salts and key homeopathic remedies on hand to handle nutritional deficits as well as acute injuries or chronic illnesses
- extra toothbrushes, dental pastes or cleaning powders, floss, denture cleaners
- dependable relationships with trusted medical practitioners

Protect crucial Internet, radio, TV and phone connections as well as contact information

- regular hard-copy backups of critical phone numbers / email addresses / home and work addresses
- computer, Internet, TV, and phone connections working with an Uninterruptable Power Supply (UPS)
- crucial electronic equipment protected with electrical power surge protectors
- connected to current events and news with a battery-operated radio (AM/FM/shortwave)

Protect your ability to buy goods and services

- extra cash on-hand and barterable goods (ideally, for 2-3 months of banking or other monetary disruption)
- paper or digital copies of your daily/monthly banking and investment activities and assets
- critical assets safeguarded – buy physical gold and/or silver, buy property, purchase critical emergency equipment before prices skyrocket and availability diminishes

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Protect your physical and emotional health

- social relationships with trustable people that can help inform you, provide encourage and support
- build a community of like-minded individuals
- self-confidence through learning critical survival skills, and teaching others
- resilience against fear by connecting with others, building emergency inventories, speaking your truth

Reach out to your elected political representatives at the local, provincial/state, and national levels

- Communicate your concern that global non-governmental agencies (like the WHO and World Economic Forum) are now developing global mechanisms that could circumvent local, regional, or country laws
- basic human rights and freedoms have been seriously eroded or eliminated through recent and ongoing COVID pandemic measures – start complaining clearly and directly to elected representatives that it is their duty to vigorously defend and protect our constitutional rights and freedoms

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Mid-term / enhancing security

Challenges

All 'immediate' survival risks and opportunities continue to apply

Continued erosion of basic human rights and freedoms

- further restrictions of access to critical retail and medical services
- continuing Pandemic protocols (masking, social distancing)
- continuing restrictions on social interactions and public gatherings

Growing financial and economic pressures

- the burden of rising inflation on general living costs
- the growing scarcity and cost of good food, energy and fuel, and all other goods & services
- mortgage and loan interest rate hikes placing a heavy burden on living costs
- rising housing costs (house and condo prices, apartment rentals)
- tax hikes to offset soaring Pandemic debt, implementation costs of new 'climate change' and 'decarbonization' policies, maintaining & repairing the nation's aging infrastructure of roads and highways, bridges, water and electrical systems

Disappearance of 'cash' and the imposition of digital or central bank digital currencies (CBCDs) on consumers

- conversion of 'cash' into digital currencies
- 24/7 surveillance of purchases through electronic monitoring

Technical and human costs and impact of new technologies

- the negative health impacts from the implementation of 5G / 6G telecommunications equipment
- job losses and workforce changes flowing from increasing automation and AI robotics

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Action steps

Reclaim eroded human rights and freedoms

- support legal / court challenges to lockdown and vaccine policies
- support creators of 'Notice of Liability' forms
- support individuals, service providers, and practitioners providing equal access to goods and services
- speak out about the impacts of arbitrary social and medical mandates
- get involved in local and national politics
- get involved in local school boards
- sign petitions
- participate in peaceful protests

Build trusted private and public networks of like-minded people

- disseminate crucial news & information
- exploit new technologies and strategies for connecting with others, privately and securely
- share, teach, and learn new knowledge, skills, and talents
- share physical resources and assets (tools, equipment, financial aid in emergencies)
- begin to build parallel economics, social structures, medical services

Participate in evolving new forms of community

- 'distributed' networks connecting physically separated people
- 'live-in' communities where individuals reside closely together on single or adjoining properties
- 'friendship' or 'red pill' circles that encourage and inspire

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Long-term / creating a healthy world

Challenges

All 'immediate' as well as 'medium-term' challenges and actions continue

Full and final imposition of Klaus Schwab's 'Great Reset'

- a world of 24/7 electronic surveillance ('biological' to avoid spread of diseases, of people for their 'protection', and 'global' to avert complex planet-wide catastrophes)
- more government intervention in our daily activities (strong authoritarian leadership to 'make us happy')
- greatly reduced government accountability and transparency
- the sacrifice of individual rights and freedoms, greater taxes, and a totally controlled consumption of goods and services for the greater 'good of the planet'
- the end of national independence and sovereignty through global regulations that over-ride country laws and regulations

Full and final imposition of the UN [Agenda 2030](#) for Sustainable Development ("Agenda 2030")

- a rebranding of the earlier UN [Agenda 21](#) (Rio de Janeiro, June 3 – 14, 1992)
- a master plan for the planet, with 169 targets objectives, to be imposed on humanity for a deliberate and total transformation of our society
- policy decisions that support 'the greater good' over individuals
- unelected global bureaucracies that make sweeping decisions outside the normal democratic process
- citizens forced off private land and private property into controlled and un-owned urban housing
- cars eliminated to create 'walkable' cities
- drastic reduction in the individual and industrial use of energy resources to reduce 'carbon pollution' (water, gas, electricity)
- private businesses supported by public funds for 'sustainable development'
- policies to reduce the global population

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Transhumanism and Artificial Intelligence / AI (sophisticated technologies used to enhance normal human capabilities)

- individuals transformed into obedient 'slaves' that never question the authority of their masters

'Unrestricted' stealth warfare between nations (carried out in secret without a declaration or any ethical restrictions)

- hostile country actions moving from conventional battlefields to the seas, the air, and outer space (our entire environment)
- conventional military weapons shifting to the arenas of politics, economics, culture, communications, information, weather, and human psychology
- the intentional development and release of bio-weapons

On December 1, 2021, the [World Health Assembly \(WHO\)](#) agreed to launch a process to develop historic global accord on pandemic prevention, preparedness and response

- first meeting, March 1, 2022 to discuss work and timelines
- discussion of progress report, August 1, 2022
- 2024, planned year of adoption of full international treaty
- individual countries will lose their ability to set their own response(s) to any medical or climate emergency

Action steps

The upcoming years are bound to be a bit bumpy. Developing some kind of emotional or spiritual practice to keep calm and centred would seem to be a darn good idea. Our way of 'being' will be as important as our 'doings'.

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With current world events so fluid, volatile, and unpredictable, it is impossible to be certain about particular future scenario(s).

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Since 'an ounce of prevention is worth a pound of cure', there are certain actions that could be undertaken now for a healthy and positive future –

- we cannot completely control 'external' events, but we have a lot of control over our 'internal' condition; make good lifestyle decisions – good food, regular and moderate exercise, adequate sleep and rest, meaningful work and learning, stress reduction, spiritual growth
- maintain a steadfast 'NO!' to anything destructive; mass non-compliance will help to change the world
- speak out or otherwise share what you know to be true
- take nothing heard, read, or seen for granted; question everything and explore widely; cultivate curiosity and imagination to help increase the boundaries of knowledge and understandings
- be ready for change; trust your adaptive capacity and resilience in the face of adversity
- if you have something important to learn, start now
- save crucial information in a hard copy or print form; increased censorship or Internet outages could happen
- be prepared for emergencies of all kinds – food, fuel and power, employment, health, finances, communications
- support people and institutions that contribute to a positive future; withdraw support from destructive forces
- build dependable communities of like-minded family, friends, and service providers (could be distributed 'at a distance' or 'live together')
- create crucial services, resources parallel to the mainstream that ensure equal access for everyone

In the wise words of Theodore Roosevelt –

"Do what you can, with what you have, where you are".