

Thoughts on Personal Resiliency

Part 2: Summary of actions to take

March 2022

I realize that the last email about personal resiliency was a bit lengthy, so I decided to summarize it and include what I consider to be the bargain basement way to have some basic form of personal resiliency for two weeks. Just remember you're shopping at Walmart, not Nieman Marcus, for some short-term personal resiliency here. Prices are approximate, but fairly accurate.

This would include:

Food:

1. 6 containers of 2.5-gallon water jugs from Food Lion, which would cover you for 15 days at one gallon/day/person = \$15
2. Packets of instant oatmeal or something similar for 2 weeks of breakfast (I know this has sugar in it and isn't the most nutritious stuff, but it will get you through) = \$25
3. ramen noodle type of packets for 2 weeks (also not the healthiest, but it will get you through) = \$25
4. Brown rice for 2 weeks (or maybe the flavored packages, which are tastier and cook for less time) = \$30
5. Cans of soup and beans and tuna for 2 weeks = \$30
6. Tea, coffee, protein bars, chocolate, etc. for 2 weeks = \$50

Equipment:

1. Portable hot water heater (1 liter) that plugs into car cigarette lighter port (make sure your car has one and it works!) = \$30-40 (This will pay for itself if you take trips and want to make your own tea, coffee or instant oatmeal or soup, rather than buying it at a truck stop or restaurant)
2. Portable 2 burner Coleman camping stove plus 6 extra fuel canisters = \$100 + \$30 = \$130
3. 2 battery powered lights, plus extra batteries, plus candles = \$50
4. Space blanket, poncho, maybe a very cheap, small pup tent, or tarp = \$50
5. A 5-gallon gas container, to fill up with gas in anticipation of something, probably a weather event, that could help power your car longer = \$10
6. Basic first aid kit = \$50

This is just a rough idea of what it might take to take care of yourself for 2 weeks. It would take care of food, water, communication, heat, lights etc.

Your car would be indispensable in helping keeping you going, either staying at your house, or traveling somewhere. Plus, everything is portable, so you could take it all with you if you want or need to relocate. It's amazing when you think of how many things your

car can do for you-heat, ac, lights (inside and out), radio, recharge your cell phone or other devices, heat hot water for tea, coffee or instant meals, sleeping, transportation etc. and most of these things can be done all at the same time!

If you add all of this up, it's about \$500, which isn't bad for some peace of mind in emergencies.

Additionally, you could add more food and water for probably about \$100-200/week, without increasing your other purchases.

It's some food for thought. I find it gets easier when you break things down into small pieces and start from there. It's not too hard to prepare, if you're thinking about short or mid length emergencies up to a month, rather than preparing for the end of the world. It's just a small extension over what you already should have in terms of being prepared in general.

If you compare notes and plan together with friends and/or family, you may feel more secure and it could be a fun (and sobering) exercise.

It will also begin the process of discussing an issue that can be awkward. Better before an emergency, not during it.

Peace.