



# FINANCIAL PREPAREDNESS

*"One of life's most painful moments comes when we must admit that we didn't do our homework, that we are not prepared." ~ Merlin Olsen*

Issue #57  
March 11, 2022

## Time Is Running Out to Prepare

Recent news items:

(from the Forward Observer newsletter): "Last summer, we saw Russian-backed cyber attacks against the Colonial Pipeline, JBS [the world's largest meat supplier], and Massachusetts Steamship Authority. The attacks effectively demonstrated Russia's ability to target energy, food, and transportation operations in quick succession....Russia announced that no later than March 11, all internet traffic must use domestic domain name systems (DNS). This would effectively remove Russia from the global internet as only '.ru' connections would be made....(Analyst Comment: Russia's decision to isolate itself from the global internet may...indicate preparations for cyber escalation.)"

[U.S. Consumer Prices Are Rising at Their Fastest Pace in Over 40 Years](#) (I warned about this in [Issue #3](#).)

['Arab Spring' Risks Flourish as Global Food Prices Jump to a Record High](#) (I've been telling you to buy food for months.)

[Drivers Form Huge Lines at Costco Gas Stations](#)

[Russia to Ban Fertilizer Exports to “Not Friendly” Countries](#) (Without fertilizer, crops don't really grow.)

If you haven't become interested in prepping by now, then you never will (like with health issues, most people never “get the memo”). If, like many Americans, you recently started to realize the risks to your family's basic needs, the good news is that at least now you are aware of at least some of these risks. The bad news is that the time you have left may be very limited, and the items you want or need will cost you significantly more, if they are even available.

Let's review: [War is in Extremistan](#) and thus spawns [Black Swan events](#)—those that have a very low probability of occurring but cause history to leap. Given the potential for unconventional warfare (cyber, drone, trade, financial, nuclear, false flag attacks), [unprecedented global financial leverage \(especially in the U.S.\)](#), a global economic and financial system that has never been more [complex](#), interconnected and dependent on technology and energy (including [high-frequency algorithmic trading](#) of financial securities), a just-in-time delivery system, a global population that has never been as large, [unhealthy and dependent on government handouts](#), and a [polarized and deeply divided](#) domestic population, we are in uncharted waters in many ways. As I've written about before, there are many things that could suddenly go sideways and potentially cause [the entire system to collapse](#).

Let's assume that you have just seen the light and are ready to finally [start prepping](#). Here are some questions to ask yourself:

Are you [healthy](#)? Are you overweight and taking a lot of [prescription drugs](#)? Do you have type 2 diabetes (generally, contrary to what your doctor probably told you, it's reversible with some lifestyle changes)? Do you [drink plenty of good water](#)? Do you eat a moderate amount of [healthy, nutritious food](#) (do NOT use the government's food pyramid) during a limited time of the day? Do you get at least eight hours of good sleep? Do you exercise? Do you have strength, cardiovascular endurance, speed, flexibility, agility and balance? Do you [move frequently and limit the time you spend sitting](#)?

Do you have an ample supply of clean water? Do you have access to more (from a stream, rain barrels, etc.), and do you have the knowhow and means to make it safe to drink?

How long would your food supply last your family (don't forget your pets)? Would it require refrigeration, or heat from electricity or gas to prepare? How would you clean your cooking and eating utensils without electricity or water from utility companies? Do you have the means (seeds, tools, fencing, etc.) and knowhow to provide some of your own food from crops or livestock? (Forget about hunting and fishing—it requires too much time and energy and the very limited existing stocks would be quickly depleted.)

How would you dispose of your waste (bodily, food, garbage) in a way that didn't attract pests or spread disease?

How would you heat and cool your house?

How would you bathe and wash your clothes?

How would you provide light at night? Do you have a way to generate some electricity (solar panels, generator, etc.)?

Do you have a deep and extensive supply of first aid supplies, and do you know how to provide basic medical care for a variety of ailments?

Do you have a survival library that includes reference [books](#) on first aid, plants (for food and medicine), preparing food in a primitive environment, gardening, security, home repairs, etc.?

Do you have a significant part of your [wealth](#) outside the electronic financial system that is readily available to you in a tangible form that would be accepted for trading (e.g., one ounce silver coins or bars)?

Do you have [a backup supply of gas](#) (with a fuel preservative) in NATO jerry cans (stored outside, covered and secured)?

Do you have an extensive and deep [network of local, like-minded people](#) who would have something (supplies, knowledge/experience, skills, muscle/labor) that they could bring to the table to help you or trade with you? Do you know who your neighbors are—their capabilities, character, values, beliefs, disposition, potential threats?

If you live in an urban or suburban area, do you have a bugout location in a rural area that is secure and stocked with supplies? Do you have a way and a plan to get there (when everyone else also wants to bug out at the same time)?

Do you have the means, will and training to [protect your family](#) from those who would do them harm or try to take your supplies?

Do you have any skills such as cooking, gardening, first aid, security/fighting, making fire, navigation, home repair, bushcraft, leadership, mending clothes, etc.?

Are you [mentally and emotionally at peace](#) with your current situation? Are you psychologically prepared for an event that could suddenly send us all back to the 19<sup>th</sup> Century, or worse?

Read that quote by Merlin Olsen in the masthead of this newsletter. What would you tell your family if there was a crisis and gangs of armed criminals were going around raping, murdering and plundering? “Uh, yeah, I should have realized that this was a possibility and prepared for it, but I was too busy watching spectator sports, Tweeting, watching video clips on TikTok, and posting food porn on social media. Sorry.” Instead, you could be your family’s hero. When the COVID-19 pandemic broke and my wife saw how much (long-term) food we had on hand, she said she knew she was loved.

If your preparations are woefully inadequate (like those of virtually all Americans), now is

the time to get serious and get your game face on, or you'll find yourself (at best) standing in a long line at Costco with everyone else just to buy some toilet paper, or (perhaps at worst) heading towards a refugee camp with just a toothbrush and a change of clothes.



*These Ukrainians are not headed towards their bugout location, but to a refugee camp.*

In the months ahead, I plan to share with you the items, tools and supplies you should consider having on hand, how much you should have, where you should have them, and how you should update it and keep track of it all.

These can be organized as Basic Needs (air, shelter, heat/cool, sleep, water, food, hygiene/sanitation, and light) and Supporting Needs (protection, first aid, electrical power, transportation, communication, and financial security). I organize them in the following systems: barter items, books, clothes, communication, containers, cooking gear, cordage, cutting tools, documents, fire and heat, food, food acquisition, home supplies, hygiene, insect gear, light and vision, medical, navigation, other, pet supplies, power, security, shelter, tactical gear, tools, transportation, and water. I plan to devote a future issue to each area.

But having “stuff” is only one aspect of prepping. Just as important are your health and fitness, skill set, network and mental and psychological readiness.

## What You Should Be Doing Now

1. Start making lists (or even better, a spreadsheet) of gear you need, skills to acquire, your network, and things you need to do to become physically and mentally healthier.
2. Get outside and exercise or join a gym and start taking classes. Moving and

sweating will make you feel great. Now that Winter and COVID are over, you don't have an excuse.

## Question For You

What made you realize that you needed to prepare? Where are you in your prepping journey?

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I would love to hear from you! I thrive on feedback from readers. If you have any comments, suggestions, insight/wisdom, or you'd like to share a link to a great article, please [email me](#).

Generally, I don't have time to answer questions about your specific situation, but if you have a general question that I think other readers also have, [let me know](#) and I will provide an answer in a future issue.

Feel free to forward this to a friend. If you would like to subscribe (it's free!) or unsubscribe, [email me](#) with either “subscribe” or “unsubscribe” in the subject line.

## Disclaimer

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*Before starting a new diet or exercise regimen, you should consult with a doctor, nutritionist, dietician, or personal trainer.*

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