# 15 Free Prepping Activities to get you started prepping!

1. Put a spare pair of shoes in your car (emergency car bag). You may have to walk home someday.

2. Refill water bottles and store them. You can filter them later.

3. Save containers to fill. Milk bottles, soda bottles for rice or beans or dehydrated food you will make from your garden.

4. Save Walmart bags. Line your toilet when the water goes off.

5. Save phone books. Each page makes great toilet paper.

6. Collect wood scraps from the mountains. Look for fallen trees. Bundle them.

7. Collect toilet paper rolls and fill them with lint, staple the ends, store in a garbage sack. They make great fire starters.

8. Collect seeds from store produce. Ask neighbors for their seeds. Plant them.

9. Chop up potatoes that have gone bad. Plant them and keep a constant potato garden going.

10. Collect shoes and clothing. Tell your neighbors you are collecting (you will get a lot). Store them by size and gender. Collect blankets, sheets & old towels the same way.

11. Ask homeowners with fruit on the ground if you can collect the fruit. Juice and dehydrate it!

12. Save bags from dog food and rice (not burlap, but coated) and fill with sand for sand bags.

Dig a hole, line up the bags along the wall of the hole and make a roof (old boards, plywood, etc.) for a hidden food storage area.

13. Save coins. Make it your emergency stash for when the electricity goes off and the stores or gas stations can't take plastic.

14. Freeze left over food in small baggies. Use for "fast food" and dedicate the $$ going out for more preps.

15. Crack eggs and put in a zip lock. Freeze. The eggs will store up to 1 year. Have a big breakfast for New's Years Day serving eggs. Replace the eggs every year.