

CRAMMING FOR The Apocalypse

10 WEEKS TO PREPAREDNESS
WORKBOOK



By Elizabeth Doerr &
Brekke Wagoner



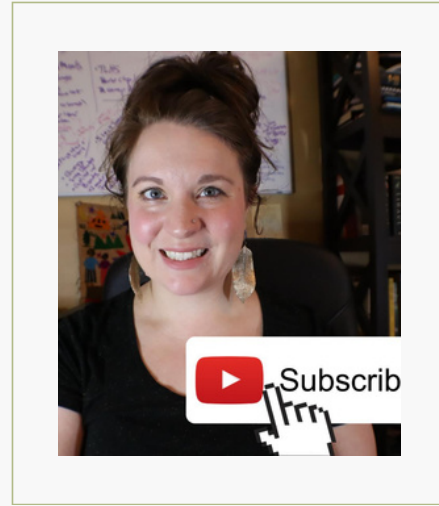
ELIZABETH DOERR

Cramming for the Apocalypse

Elizabeth Doerr is a writer, communications consultant, climate activist, and prepper-in-the-making. She writes the “Cramming for the Apocalypse” newsletter about her journey to prepare for a changing planet.

www.crammingfortheapocalypse.com
crammingfortheapocalypse@gmail.com

@elizdoerr
@crammingfortheapocalypse



BREKKE WAGONER

Sustainable Prepping

Brekke Wagoner is a self-described “liberal prepper” and the founder of the Sustainable Prepping Youtube channel where she seeks to help others become prepared for the next disaster through empowerment.

<https://www.youtube.com/c/SustainablePrepping>

@sustainableprepper



GET PREPPED

ABOUT THIS WORKBOOK

Y'all, getting prepared for disaster can be scary and overwhelming. First, you have to imagine that disaster will strike which so many of us are loathe to do. Second, it's hard to know where even to start. That is why this workbook and series exists.

This workbook is designed to be a companion to the "Cramming for the Apocalypse" Substack toolkit series. Each section of this workbook is aligned with a corresponding post. The post will have the details and information you need, the workbook is where you can track your progress.

We are excited that you're taking the steps to become more prepared. And of course, don't hesitate to contact us along the way at crammingfortheapocalypse@gmail.com

YOU CAN DO IT!

WEEK ONE

THE PREPAREDNESS
Mindset



WEEK ONE

THE PREPAREDNESS MINDSET

To walk through the lessons from week one, answer these questions in the space provided.

WHAT'S YOUR DISASTER?

Brainstorm the most likely disaster(s) that could befall your region. What are the disasters that happen most frequently or are the most forecasted by experts in your area? You can stick to one, but having a couple in mind can help you think through what eventualities for which to prepare.

UTILITIES AFFECTED IN A DISASTER

Think through how utilities in your area might be affected by the disaster you noted above? Examples include water, gas, electricity, cell phones, and the internet.

WEEK ONE (CONT'D)

ESSENTIALS VS. WANTS

Begin by listing what are the essential needs for your family in case of the loss of the above utilities? Are there life-saving/life-preserving essentials that require electricity (e.g., a CPAP machine or refrigeration for insulation)? Those would be considered **needs**. Wants or nice-to-haves would include things such as food refrigeration or electricity for lighting. If they are not immediate needs and there are available alternatives, those would be in the wants section.

NEED	WANT

WEEK ONE (CONT'D)

THE PREPAREDNESS MINDSET

To walk through the lessons from week one, answer these questions in the space provided.

WHAT SUPPLY LINES ARE ESSENTIAL FOR YOUR SAFETY AND HEALTH?

Think of the medications you take – both prescription and over the counter. Where do you get these? Where are they made/imported from? Are there alternatives? Can you create a backup supply of these? Consider things like your tech gear, your transportation, your shelter material, and even your food. Where does it come from and how does it get to you? Is it time to start creating alternative pathways of “consumption” –that is, alternative and usually more locally-sourced ways to purchase goods or services – that will be more resilient if global or national supply chains fail?

EVACUATION

Start thinking about what kind of disaster would require evacuation and what would require shelter-in-place. We'll provide details on how to create an evacuation plan later in the series, but this gets you thinking about what types of scenarios would come up.