Hidden Cache Prepper Skills to Master Before SHTF

This list is not intended to be all-inclusive. It's a list of everyday skills that we've largely forgotten. However, these skills are essential for living in times when the normal rules, customs and resources are absent.

Medical

- ☐ First Aid / CPR
- ☐ Wilderness First Aid
- ☐ Basic Wound Cleaning / Care
- ☐ Trauma Care
- ☐ Traditional & Alternative Practices*
- ☐ Holistic & Naturopathic Practices*

Psychological First Aid (Practice Daily)

- ☐ Listen Actively
- ☐ Ask about immediate needs and concerns
- ☐ Help with immediate needs and try to resolve issues: food / medical care / safety / shelter / family
- ☐ As best you can, attempt to understand the other person's feelings
- ☐ As best you can, calm the person in crisis

Mindfulness and Self-awareness (Practice Daily)

- ☐ Sitting quietly and calming your mind
- ☐ Focused, deep breathing
- ☐ Tune into your feelings, actions and thoughts
- ☐ Don't judge or interpret what you feel in the moment
- ☐ Understand and accept your strengths, weaknesses and vulnerabilities
- ☐ Live with the knowledge that you have limited control over the events around you

Outdoors (Bushcraft and beyond)

- ☐ Knot Tying
- ☐ Fire Starting
- ☐ Finding Water
- ☐ Water Purification
- ☐ Shelter Building
- ☐ Foraging / Fishing / Hunting / Trapping
- ☐ Field Dressing
- ☐ Navigating & Orienteering
- ☐ Tracking

Always seek training from qualified, licensed professionals. Be mindful of your physical/medical conditions when undertaking strenuous activity. Pace yourself and consult your healthcare provider, as necessary, when beginning new physical activity regimens. *Current research doesn't recognize or recommend the use of these products to treat any medical conditions.

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Home & Hearth

- ☐ Water Collecting & Purification
- ☐ Animal Husbandry
- ☐ Food Preservation (smoking & curing / freeze drying / fermenting / pickling / dehydrating)
- ☐ Farming & Gardening
- ☐ Sewing & Dressmaking
- ☐ Quilting & Patchwork
- ☐ Cooking & Canning
- ☐ Candle-making
- ☐ Hand-washing Clothes (scrubbing and wringing)
- ☐ Knife Sharpening
- ☐ Wood Chopping

Interpersonal Skills (Practice Daily)

- ☐ Be willing to shut up!
- ☐ Listen without interrupting
- ☐ Listen to understand, not to plan your reply
- ☐ Cultivate discernment (ask: Is this reasonable? Why/Why not? What is this about?)
- ☐ Resist the temptation to be the center of attention
- ☐ Aggressively develop impulse control
- ☐ Be selfless: clean up after yourself!
- ☐ Discover the wonderful world of boundaries- yours and those of others!
- ☐ Practice mindfulness and self-awareness

Community Building (the community is structured as follows)

- ☐ Create an adaptive network with no rigid structure- no leader
- ☐ Pair up with others who possess diverse skills and resources
- ☐ Member groups remain independent and in control of their resources
- ☐ Small group: 2-5 people/families based upon trust, mutual respect and fairness
- ☐ Skills specialization is used as a basis for bartering/sharing
- ☐ Members work together on projects and shared challenges, but remain independent
- ☐ Coordination and cooperation when beneficial to each group
- ☐ Members can exist over an area, not just in a local neighborhood
- ☐ Membership adapts organically, new members can join, and others can be kicked out
- ☐ Information is regularly shared
- ☐ Flexibility and adaptability work best in uncertain conditions
- ☐ The risk is distributed, and this creates resilience and stability

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- ☐ Low visibility, no obvious structure

Physical Fitness / Self Defense / Tactical Training

<u>You're defending yourself and community, not becoming a one-man army or a group of terrorists!</u>

- ☐ Ability to walk / jog a mile without stopping
- ☐ Ability to workout using your own body weight
- ☐ Ability (over time) to hike 3 – 5 miles while wearing a 20lb – 40lb backpack
- ☐ Ability to defend yourself armed/unarmed
- ☐ Ability to defend yourself against armed/unarmed assailants
- ☐ Firearms Training
- ☐ Firearms Maintenance & Repair / Ammunition Reloading

Tradesman Skills

- ☐ Using Hand Tools (maintenance & care)
- ☐ Tool Sharpening
- ☐ Carpentry
- ☐ Furniture Making & Woodworking
- ☐ Plumbing
- ☐ Electrician
- ☐ Automotive
- ☐ Ironworking
- ☐ Blacksmithing
- ☐ Boatbuilding (small crafts, not ocean-going vessels)

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