PeakProsperity

About This Document

This resilience flowchart is intended to be a guide for those aiming to build general resiliency. It's based on the Peak Prosperity framework of building various forms of capital (home, health, community, and wealth), prioritizing items based on Maslow's Heirarchy of Needs while bearing in mind your current financial condition.

This should not be considered a one-size-fits-all approach, and it should be treated as a general guide, not an exact prescription.

For additional insight, we encourage you to connect with others in our community discussion forum as you work your way through the various steps in this journey.

Resilience Starts Here

Do you have at least 30 days worth of food for everyone in your household in your pantry and/or freezer?

- No → Create a beginner food security plan. Build a Deep Pantry.
  If you don't have one, consider purchasing a chest freezer and stock it with a supply of meat.
  Side note: If you have pets, you may want to consider purchasing a 30 day supply of pet food
- Yes ↓

Watch the Video:

Purchase 3 months of long-term storage food for everyone in your household, including pets.

[Prepare Direct Link]

Begin planning growing food at home (i.e. gardening, chickens, etc.). Start small, but get started.

Do you have at least 3 months of living expenses in savings?

- No → Save until you have at least 3 months in savings (after taxes).
  Note: This includes all of your saved funds and investable assets.
- Yes ↓

Ensure you have at least 1 month of savings in cash out of the banking system.

Next steps are to be executed with money saved beyond the 3 month buffer.

Do you have a gravity feed water filter?

- No → Buy a gravity feed water filter (such as a Berkey) with extra filters.
  Click here to purchase.
- Yes ↓

Do you have water provided by a public utility?

- Yes → Purchase water storage sufficient to hold at least 6 gallons of potable water for each member of your household.
  Click here to purchase.
  Note: While not as critical, water storage for well sourced water can still be advisable.

Watch the Video:

- No ↓

Do you have a well as primary source of water?

- Yes → Purchase a backup power source for your well pump in case of a power outage.
  Click here to purchase.
  → Purchase a backup well pump and/or hand pump for your well.
  Click here to purchase.
- No ↓

Do you have a means of cooking with propane (not grid reliant)?

- No → Purchase a propane cook surface and propane tank(s) as a backup to a municipal grid / gas line failure.
  Click here to purchase a burner.
  Click here to purchase fuel.
- Yes ↓

Do you have a large propane storage tank?

- No → Consider purchasing a large propane tank for cooking, generator and other decentralized uses.
- Yes → Do not let it fall below 50% of fill. Consider purchasing a larger storage tank if possible.

Do you own a means of physical protection such as a weapon?

- No → Purchase a 12-guage shotgun and ammunition
  → Do you have any experience with a firearm and firearm safety?
  - No → Take a gun safety class.
    Read Thriving in Times of Chaos: A Balanced Approach to Resilience and Sustainability
  - Yes ↓
- Yes ↓
- Begin planning more significant home defense strategy, such as cameras, motion sensors, secure doors, etc.

Do you have an backup electricity generation system?

- No → Purchase a fuel power generator and/or a solar generator with foldable solar panels.
  Click here for a battery backup.
  Click here for a generator.

Watch the Video:

- Yes ↓

Do you have a fuel storage solution?

- No → Purchase five 5-gallon cans and fill them with fuel (red for gasoline, yellow for diesel).
  Click here for gas cans.
  Click her for diesel cans.
  Click here for Stabil for gas.
  Click here for Stabil for diesel.
  → Rotate fuel storage with new fuel every 3 months, and/or treat your fuel supply with Stabil if you expect it to sit longer than 12 months.
- Yes ↓

Do you have emergency first aid kit and 30 day supply of critical medications?

- No → Purchase a first aid kit and stockpile at least 30 days of critical prescriptions medications, especially including any life-dependent drugs such as insulin if needed.
  Click here to purchase a kit.
- Yes ↓

Purchase/assemble an emergency go bag for everyone in your household

Click here to purchase.

Create an communication plan and rally point plan for everyone in your household.

Print it on a small card and laminate it for easy carry in a wallet or purse.

Do you have more than 3 months of your living expenses?

- No → Keep saving.
- Yes ↓

Phase II Purchase List

- Emergency radio / short-wave radio
- Flashlights and rechargeable batteries
- Ax, hatchet, and various small hand tools
- Emergency candles
- Purchase physical maps of your local area, including roadways, waterways, trails, and railways
- Buy homesteading books like FoxFire, Dare to Prepare

Click links above to purchase.

Do you have at least 6 months worth of living expenses in savings?

- No → Keep saving.
- Yes ↓

Add long-term food storage to your food security plan. Have at least 1 year of food for every person in your household, including pets.

Click here to shop food.

Do you have at least 1 year of living expenses in savings?

- No → Keep saving.
- Yes ↓

Do you own precious metals?

- No → Purchase gold and silver in the amount that equals at least 10% of your total savings / investable assets.
  Read the gold & silver guide.
  Click to buy gold and silver.
- Yes ↓

Withdraw 2 more months of expenses in cash from your financial institution. At this point you should be holding 3 months of operating expenses in cash.

Phase III Purchase List

- Add a .308 rifle and 9mm pistol to your firearms
- Purchase 1 year of long term storage food for every person in your house (heavy on sources of protein)
- Make various critical small tool and power tool purchases
- Purchase short distance radios / walkie-talkies for everyone in your house.

Click links above to purchase.

Do you have over 3 years of living expenses in savings?

- No → Keep saving.
- Yes ↓

Update your gold/silver purchases to reflect your new level of savings

Click here to buy gold and silver.

Update your long term food storage by adding another 6 months of food storage for each person living in your household.

Click here to shop food.

Phase IV Purchase List

Purchase long range off grid communications devices

- Optiems
- Starlink Mini
- Satellite phone(s)
- Ham radio rig

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