

GET PREPPED

A Beginner's Prepping
Guide for WTSHTF



www.ImpactNow.com

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I'm incredibly grateful for many friends, mentors, and podcast guests who aided to my knowledge about world events and its economic impacts including Mike Dillard, Mark Moss, Col. Joe Adams, Col. Steve Murray, Scott Chapman, Molly Elmore, Versan & Vandel Aljarrah of The Black Swan Capitalists, The Blockchain Backer, Michael Cowan, Tony Robbins, Bal Dobe, Ron Paul, MW, and many others.

STAY IN TOUCH

To stay up to date with how you can best prepare and navigate massive societal change, be sure to sign up at www.ImpactNow.com and follow me on instagram at [@WiredForImpact](https://www.instagram.com/WiredForImpact).

LAST UPDATED

March 18, 2024

Dear friend,

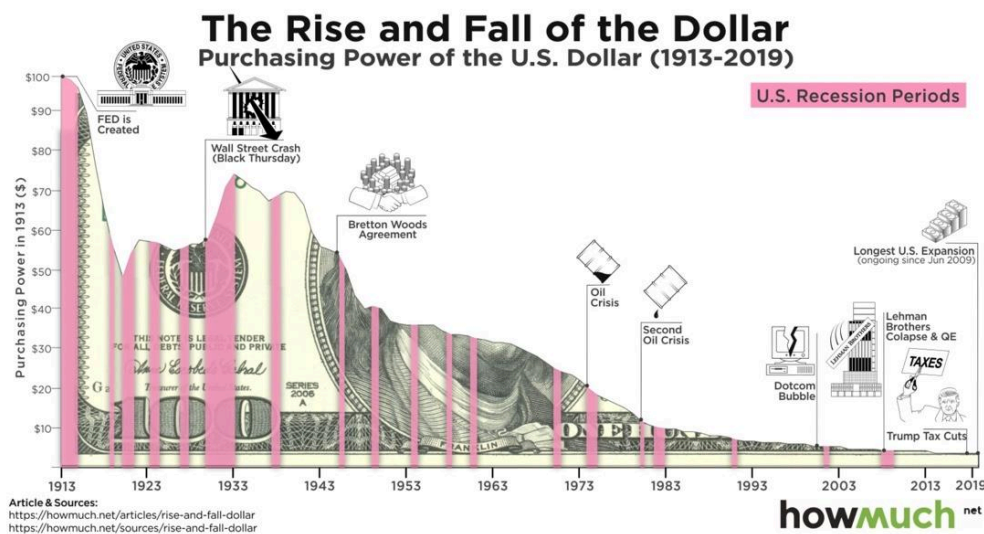
The world is on the brink of massive change.

In the very near future, I believe we will be seeing a massive economic collapse, leading to a devastating destruction to the food supply chains, energy black outs, introductions of centralized-currencies, large scale geo-political maneuvering and very likely, world war.

But, these aren't just my beliefs, these are events that are [predicted by various economists and historians](#) who understand the larger scale cycles that humanity tends to go through.

We are already well under way of these seismic shifts. For example...

The markets have started to drop significantly while the dollar itself is showing signs of the [final stages of a fiat currency](#).



BRICS nations, an acronym for Brazil, Russia, India, China and South Africa have begun making moves away from the US backed petro-dollar.

BRICS Bank To Move Away From US Dollar Loans

Aug 06, 2019 Posted by [Silk Road Briefing](#)



Europe is in significant trouble. Germany, Europe's largest economy, has been chopping down acres and acres of trees to provide its citizens with wood to burn for the winter since they so foolishly committed to energy dependency on Russia.

Germany drawing up plans to heat homes with **WOOD** this winter as gas crisis erupts

WOOD could be used to heat German homes this winter as the country grapples with a gas crisis.

By **JON KING**

20:06, Wed, Jul 13, 2022 | UPDATED: 20:06, Wed, Jul 13, 2022

There are additional concerns such as...

...the large scale [attacks on food processing plants](#), the destruction of agriculture and livestock, and inane policies under the guise of climate protection that make it too

expensive to produce food which will leave people starving; a big reason that led to the recent [Dutch farmer revolt](#)..

...[China shutting down](#) its borders and locking down hundreds of millions of its citizens as leaked videos depict its citizens are preparing for war.

...the growing conflict in Ukraine which has now morphed into a proxy war between Russia and NATO and the US. [Putin has indicated nuclear warfare](#) is imminent.

...[the American government is making moves towards the introduction of a centralized bank digital currency \(CBDC\)](#).



(If enacted and adopted, we'll become economic slaves as CBDCs dramatically increase a central government's ability to control its citizens).

A lot of this is out of your or my control. However, what IS in your control is how you respond to it.

In this guide, I share several of the things I'm doing to prepare. I recommend you take action immediately as the window for preparing is closing fast. And once it does, you'll have little options left to prepare as resources dry up, civil unrest increases, and external threats grow.

I do want to emphasize that despite ALL this, I am an optimist.

Just like a forest fire can seem chaotic and devastating, it DOES have a spiritual purpose as it destroys overgrowth and prepares the soil for new growth. In the same way, there *is* spiritual purpose behind everything happening right now that I'd love to speak more to you about, but is outside the scope of this guide.

For lack of better phraseology, I believe there is a higher frequency that is bringing about much needed change, evolution, love and peace. Like Noah from the Bible, we first need to prepare in order to survive the storm. But, I'm a believer that this goes beyond just survival. I believe it's possible we can thrive in absolute abundance, so long as we rise up, work together, and become the best versions of ourselves in the process.

Yours in freedom,

A handwritten signature in black ink, appearing to be the name 'Peter' written in a stylized, cursive font.

Peter

Strengthen Your Mind

The first thing I want to talk to you about in preparation for the continued massive changes unfolding right now is your mindset.

This is NOT about doom and gloom, although admittedly sometimes it can certainly feel that way.

It's important - no, *imperative* - that you begin with a vision of prosperity, abundance and peace for your family, your community, and the world.

While the near-term future looks troublesome, the era just beyond that will be like Heaven on Earth, and humans will experience spiritual awakening like never before.

With each preparation you make – with each contingency plan you install – your confidence and reassurance of goodness grows. And that is much needed energy when things go dark. You will be a light and a shepherd to those who will need guidance.

On that note, the one concept I want to share with you today is what I call anchored-flexibility.

Anchored-flexibility is the mindset required to survive during chaos.

Anchored in spiritual faith, flexibility in daily action.

Think of a large tree. Its base is anchored, or rooted, into the ground. It's solid. It's stable. It's immovable. Yet, when strong winds begin to blow, the branches bend and flex.

This is the concept that led to me naming my company Grounded Freedom. These 2 energies manifest our world; both the structure and aesthetic, the science and art, the masculine and feminine. Both are needed for harmony to exist.

Together, this 'anchored-flexibility' is a powerful combination and ensures the tree's survival and growth, and it will ensure yours as well.

So, this is the metaphor I'd like you to adopt.

Now, before you get into anything else, sit down and really think through the answers to the following 2 questions:

1. What are the spiritual foundations you and your family will anchor in?

2. In what ways are you willing to adapt, bend and change course?

Ok, now that you've given that some consideration, let's move on to the first category of preparation, water.

WATER

Water Storage

In terms of priorities, water is almost always going to be your top priority. If you were to lose water, you only have a few days before it can become life threatening. In the event of an emergency, we tend to only think we need water to drink, but we also need water to flush our toilets, to bathe with, and to clean. In an absolute crisis, you could get away without bathing or cleaning for a few days, but you obviously need to drink. And if you have freeze-dried food, you'll need water to reconstitute it in order to eat it.



So, the first thing you need to do is to store some water. To do that, I recommend [water bricks](#).

Water bricks are made from a special food grade material that make long term water storage safe. I bought a 20-pack a year ago. Prices have almost doubled since then and will likely continue to do so as inflation runs its course. If you can't afford 20, get as many as you can.

Water Treatment

In order to properly store water in the water bricks, you're going to need to treat the water. Use these tablets to kill unwanted bacteria in your water and can keep your water clean and safe to drink for up to 5 years when stored properly.



Here's what I used to [treat my water](#).

Water Purification

Now, what happens if your water runs out? You're going to need a way to purify water that you can retrieve from another source, perhaps a stream or a creek or rainwater.



I purchased a Berkey water filter years ago and we keep it next to our kitchen sink and refill it with tap water. This is great for [purifying water for a family's needs](#).

However, due to a recommendation from a friend and mentor of mine, [Mike Dillard](#), I also ended up purchasing a LifeStraw Community water filter which has a much larger capacity. I like the idea of being able to [purify water for more than just my family](#).



For one, it gives me greater comfort to overshoot my needs, plus it gives you something of value to offer others in an emergency situation which you could use to barter with or just to help more people with, which is something I encourage all of us to consider.

I also like the smaller LifeStraw products for bug-out bags (more on this below) and more mobile water purification.

Water Collection

Another great idea is to collect rain water. In just one rainfall, you can collect a ton of water. Use it to water your garden, to clean, or possibly even bathe in. To do this, you can get 55 gallon barrels and siphon water from your gutter. Setting these up requires a little bit of handyman work, but they're not too difficult. YouTube has lots of helpful info. I



used [this video](#) and [this one](#) to build a small rain system. You can buy full rain barrel systems from home depot, but they can get expensive. The barrel needs to be food grade so no unwanted chemicals leach into the water. I found a local feed store that had extra-food-grade, 55-gallon storage barrels for \$10.

FOOD

Dehydrated Food Storage

In a perfect world, we'd be able to produce our own food. However, since most of us are dependent on a modern lifestyle, we've grown accustomed to fully stocked grocery stores. This is a luxury we can no longer afford to rely on. In that case, storing food long term is a great way to prepare for economic and societal turbulence. And the best in emergency food is [Mountain House](#). Do not expect to buy cheap dehydrated food and like it. Of the dehydrated food suppliers, Mountain House is one of the highest rated and will be something you and your family can actually enjoy during an emergency.



Frozen Food

Another way to store food long term is to freeze it. If you don't have a freezer yet, I encourage you to get one. You can contact your local butcher and purchase a portion of a cow and freeze it long term for much less than buying retail. A 7-cu. ft. freezer chest is large enough to hold enough meat for a season for a family of four. You may want to [get a larger one](#).



Food Storage on a budget

Mike Dillard suggested a great resource for budget-minded preppers. If you head over to [Webstaurant.com](#), you can purchase bulk food, like [rice](#) and [beans](#) and feed your family for a very long time for just a few hundred bucks. I have several bags of rice and beans that frankly, I'm kind of excited to eat. You'll also want to get some kind of fat, like ghee or refined coconut oil.



Vertical Planter

A vertical planter is a great way to produce your own food in a small footprint. You can also grow these indoors so long as they get adequate sunlight. To do this successfully, you'll need to develop some skills. This past season, I was able to grow green beans, broccoli, and peppers. But...I wasn't terribly successful at it. However, I did learn a ton, and I'll be that much better prepared for the next season. I've contacted local gardeners who are much more skilled at it than I am and I recommend you do the same to leverage their expertise. The vertical planter I got is from [Garden Tower Project](#) and is one of the highest rated vertical garden planters.



ENERGY

One of America's biggest vulnerabilities is our dependence on energy and the lack of security on our energy grid. If the energy grid were to go down for a few days, it's not just your electricity, heat, and/or A/C that would go away. It's also the fuel pumps at the gas stations, the refrigeration for the food at the grocery stores and the street lights that light up our dark nights that many of us take for granted (I went through a few hurricanes when I lived in Florida, and I couldn't believe how dark night *actually* is. It has a psychological effect on you if you're not quite prepared for it).

Solar Energy

Most people think in terms of gas generators, but with a down energy grid, you won't be able to get gas at the gas station. You're still dependent. Solar is the solution. And of the various solar generators available, [the Jackery is one of the best for the money](#).



With direct sunlight, a Jackery can power up in just a few hours and has enough energy to power a refrigerator or, in my case, a freezer, should the power go out indefinitely. You can also run an electrical heater off it, a bread maker, or any electrical appliance. This is a HUGE advantage in an emergency scenario.

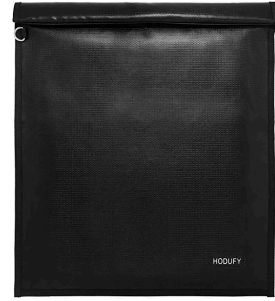
Solar Stove

Another great suggestion from my friend Mike Dillard (thank you, Mike!) was the introduction to the [Go-Sun solar stove](#). This thing looks badass and can not only heat up your food even in freezing temperatures, but can also boil and purify your water in a pinch.



Faraday Bags

[Faraday bags](#) are the ultimate in protection against solar flares or an EMP attack. They're not cheap, but they could mean access to indefinite energy should a solar flare or EMP fry most electronics. They come in various sizes so you can keep your laptop in them, cell phones or if you can afford a larger one, your solar generators, like the Jackery.



SELF DEFENSE

As you grow in independence, one of the most important aspects is your ability to physically defend yourself, your family, and your property should a threat arise. Most of us don't realize that our reliance on law enforcement is a luxury. Having traveled the world, often to 3rd world countries, it's opened my eyes to the fact that most people live without 911 and the belief that someone will rush to help you in a dire situation. Therefore, if it comes down to it, we all need to be able to protect ourselves.

Martial Arts

I'm not an expert in self defense, but I've spent time researching the various martial arts and the two that consistently come up with broad real-world utility are Jujitsu and Krav Maga.

Since Jujitsu has risen in popularity, more people have tried it; however, there is a big difference between training in martial arts as a sport vs. as self-defense. This is an important distinction because in the street, there is no sport, there are no referees. There is just brutality and survivability. So, if you choose jujitsu, make sure you're learning it with the intention of real-world application and from an instructor who is teaching it to you with this purpose.

Krav Maga is the other martial art known for its real-world use. Your goal is, first and foremost, not to engage at all with an attacker. Deescalation is always the first step. However, if that is no longer possible, Krav Maga offers specific skills so that even someone who is out-sized and out-muscled can defend oneself and escape to safety.

Do your own research and decide which option is best for you. Start training now. You'll be surprised at how much you'll learn within just a few lessons - as well as how much the principles are universally applicable to other aspects of your life.

Home Defense

There is a reason why America's founding fathers included a 2nd Amendment, and it wasn't for hunting purposes. Its purpose was to directly oppose a bloated, bureaucratic, overly-authoritarian government – something we've continued to see, regardless of political party, in the US as well as throughout the rest of the world.

But, having a gun is not enough. Training is imperative. Without training, your gun is more likely to harm you or a loved one than an intruder. Always remember, when you pull a trigger, you are responsible for the bullet, wherever it may go. People who are new to self defense may only think about taking out an intruder, but what if you miss your shot? What if it goes through the dry wall into another room? Or out the window into the street? For these reasons and many more, training is a must.

Pistols

That aside, the initial best weapon to have for self defense is often a pistol. A pistol is easily retrievable and can be concealed. If you had an intruder situation in your home, a pistol is small enough that even a young adult or elderly person can handle it, and you can quickly maneuver around corners if need be. Of all the pistols, there's a reason why the Glock 9 mm is the go-to weapon of choice for most law enforcement. It is durable, relatively inexpensive and most importantly, reliable. It can get dirty and wet, and still function. If you are new to self defense using a firearm, consider a Glock or its equivalent. Several years ago, I purchased an XD9 made by Springfield which is a Glock-equivalent gun. Make sure that whatever pistol you choose feels good in your hands.

Shotguns

Once you have a pistol, the next option would be a single-gauge shotgun. The cocking of a shot gun is *in and of itself* a very strong deterrence for any would be intruder. It also sprays a cluster of projectiles that reduces the need for accuracy. But again, you are responsible for the projectiles, wherever they go, or whatever they ricochet off of, so you must get training. If you are in the St.

Louis or Florida area, Asymmetric Solutions is a great training facility you can look into. It is run by Special Operations veterans, and they provide training for military, law enforcement, and civilians. I've done several trainings with them and the difference between what they teach versus going to a range and firing a few rounds at a target are night and day. They'll teach you the right fundamentals with appropriate pressure relative to your experience so you can learn how to handle the firearm at an increased heart rate and stress: a likely scenario should you face a life-and-death situation.

Rifles

There's been a lot of controversy around the rifle of choice for many in the US, aka the AR-15. It is a highly accurate, highly destructive weapon system that is modular and reliable. You can customize it a million different ways to fit your exact needs. If you have the budget for an AR-15, I recommend getting a red-dot scope, a shoulder strap, and plenty of ammo.

Ammo

For a long but fascinating read of what societal breakdown is actually like, I highly recommend checking out this article, entitled [One Year in Hell](#). It details one survivor's story of the Bosnian civil war and societal breakdown in the 1990's. One of the biggest takeaways from this read was how important ammunition was. Like it or not, when humans are deprived of basic survival needs, we tend to become very primal. No amount of preparation will serve you if you are met with overwhelming force designed to steal your property. Ammunition is the commodity of choice in these situations. Sad perhaps, but true nonetheless. Even if you don't plan on actually using the ammo, it is also a very good bartering commodity and will almost always be of value to someone, meaning if you don't end up using it, you can always sell it for what you need or want. [Buy bulk ammo online at reduced prices here](#).

One thing to note regarding ammo... There is ammo designed for practice and training. And then there are rounds that are designed for more lethal use. The training rounds tend to be cheaper. It probably goes without saying, but just to be clear, the training rounds are extremely dangerous and can still injure or kill so use with extreme caution.

BUG OUT BAG

A bug-out bag is designed to get you from danger to a safe haven in the event of an emergency. For some, that might mean getting from your apartment or suburban home to a property out in the country, away from a city center. For others, it might mean to get back home where all your provisions are. You'll need to decide which is the best option for you, but either way, having a bag of emergency-level resources can mean the difference between life and death - and not just for you, but for others that may rely on you. As a general rule, you will want to get away from population centers where increased crime and possible anarchy can set in.

The needs of a young, single person living in a high altitude climate like Colorado during the winter will be very different than the needs of an elderly couple living in Florida who need to take the stairs to their 2nd story condo. So, you'll need to think through your specific needs including geography, climate, season, age, overall health, community, and more to determine just what is appropriate for you, but here are some helpful guidelines I've received after speaking with Special Operations veterans and other patriots who've had more experience in this area:

- Backpack (non-camo. You don't want to stand out. You want to blend)
- Hiking clothes (pants, sun shirt, underwear, wool socks)
- Waterproof shoes
- Gloves
- Knife
- Fire starter
- [LifeStraw bottle](#)
- Compass
- Street map of your local state (or two, if you're close to a border state)
- Rain shell
- Patagonia jacket (something light weight, but warm under winter conditions)
- Iodine tablets
- Hand warmers

- Bug spray
- Meds, neosporin
- First aid kit
- Glock, ammo, belt, holster

FINANCIAL INDEPENDENCE

There are massive shifts occurring in the global economy. The US dollar is ending its final stages of a fiat currency, BRICS nations are making moves away from the petro dollar, other nations like Russia have shifted to a gold backed currency, etc. In the United States, Congress has started introducing bills to pave the way towards a digital currency, banks have been getting training on these new currencies, and tons of infrastructure has been developed to support a new financial system. Why? Because the global economy is a debt-based system that is mathematically insolvent. Change. Is. Coming.

Preparing for a Crypto Future

If you're new to crypto, I highly recommend you [listen to my podcast with Molly Elmore](#) to better understand why crypto will be a part of our future and how it can help you remain financially independent. Molly has a statistical background and has the uncanny ability to explain complex concepts in easy to understand ways. She understands the crypto space in a way many others miss and brings a balanced approach – something you need to be aware of because many are very passionate and ideologically-driven in this space which sometimes skews their opinions.



Centralization vs DEcentralization

Getting you fully up to speed with crypto is beyond the scope of this guide, but a very helpful, fundamental concept to understand is the difference between centralization and decentralization. [Watch this excellent video by Mark Moss to better understand this fundamental concept.](#)

Understanding the difference between centralization and decentralization is important for freedom seekers because when you engage with centralized organizations and projects, you run the risk of them taking control of your assets.

THE COINS · CRYPTOCURRENCY

Coinbase earnings were bad. Worse still, the crypto exchange is now warning that bankruptcy could wipe out user funds

BY NICHOLAS GORDON
May 11, 2022 at 1:59 AM CDT

Full disclaimer: I am not a financial advisor and assume no risk for your decisions. Please consult a licensed professional.

Here's what I would do if I were wanting to reclaim my financial sovereignty in the crypto space.

Setting up An Account

First, I would open an account with an exchange like Coinbase.com. Coinbase is one of the largest exchanges and is pretty user friendly. When opening an account, you will need to verify your identity, also known as KYC, short for *Know Your Client*. To do this, you'll need to upload a photo of your driver's license and/or other requirements.

Securing the Account

Next, I would secure the account by turning on the [2-Factor Authentication](#) in the settings. This is a security protocol that vastly increases the security of

your account. You'll need to download an app on your phone to do this. The one I use is Google Authenticator.

You can also set up other security protocols like biometrics and text verification.

Storing Your Crypto in a 'Cold' Wallet

The next thing I would do before buying any crypto would be to order what's called a ['cold wallet.'](#)

When you buy crypto, you need to store it in a 'wallet.'

Many exchanges offer an ability to do this. When you buy crypto through Coinbase, for example, it is stored in your wallet on Coinbase. This is called a warm or hot wallet.

A cold wallet is more for long term storage. A cold wallet looks kinda like a USB drive. It's the most secure way to hold crypto. It has unique security protocols that make it virtually impossible to hack.

There are 2 main cold wallets people like. One is the [Trezor](#) (this is the one I use) and the other is the [Leger](#).

Important! Order either of these cold wallets directly from their website and NOT on a 3rd party site like Amazon or Ebay as hackers have been known to compromise them.

It takes several days to receive the item, so do this right away. [Watch this video to help you get your crypto on your cold wallet.](#)



Precious Metals

Another way to store your wealth is via precious metals like gold and silver. Gold and silver have never been worth zero and have held their value for thousands of years.

What do I mean by ‘held its value?’ What I mean is it cost you roughly 1 ounce of gold to buy a good men’s suit in the year 1900. What does it cost to buy a good men’s suit today? About 1 ounce of gold. The dollar has inflated, but gold has not. Of course, these valuations fluctuate and there’s widespread theories on the precious metals market being manipulated, but I’d still rather be safe than sorry and have some in case of WSHTF.

And like crypto, I would have the gold and silver in your actual possession if possible. For larger investments that wouldn’t be practical to take physical possession of, consider a custodian like [Noble Gold](#). Noble Gold will hold your metals in a vault and even send you photo verification to ensure your investments are being properly taken care of.

Bank Bail-Ins

We’ve all heard the term ‘bank bail-outs,’ but are you aware of a ‘bank bail-IN?’ [A bank bail-in](#) allows banks to seize your funds in the event of an emergency so they can avoid bankruptcy. Does your bank allow for this? Check the fine print, because many do.

Inflation and Deflation

That said, holding cash doesn’t make sense if it is inflating and losing value. On the other hand, there are some that theorize that there might actually be a cash deflationary event that would make the dollar more valuable.

And there’s also the real possibility of both events happening simultaneously.

How can this happen? Because there are different types of money in circulation. There are actual dollars, that you can hold in your hand. There is the kind that’s represented in your bank account by a digital ledger. And there is the kind in terms of credit.

A worst case scenario for those in the middle and lower classes would be a deflationary event in assets and an inflationary event in commodities, which is precisely what we're seeing right now. Think about it - look at the stock market and real estate. Both are dropping. But, then look at gas and groceries. Their prices are going up, right?

Consider Holding Some Cash

Simultaneous inflation and deflation is a brutal one-two punch for those that are unprepared.

That's why having *some* cash on hand (literally in hand) might make sense for you.

Only you can decide what is right for you and your family. No one else knows your exact situation, life stage, net worth, risk tolerances, and worldviews. All of these are variables that need to be considered before making up one's mind and is a reason why those who truly understand financial planning can't simply answer the question, "What should I do with my money?" There's too many variables to accurately answer it without further understanding one's financial situation.

Conclusion

This is the end of the world as we know it. Which is just another way of saying it's the beginning of the world as we *don't* know it. And who's to say this new world isn't going to be exponentially better than this one?

I for one welcome foundational restoration and preservation as well as continued stimulation of progress.

I believe this era is going to be really tough on the masses. But, that doesn't mean it won't be good - lucrative even - for those who prepare, yield to a higher power, and seek to help others along the way.

That is you, my friend.

Now, let's get to work.

QUICK CHECKLIST

WATER

- [Water Bricks \(5 gallon\)](#)
- [Water Treatment Tablets](#)
- [Berkey Water Filter](#) (family use)
- [LifeStraw Community](#) (community use)

FOOD

- [Mountain House](#)
- [Vertical Planter](#)
- [Bulk rice](#)
- [Bulk beans](#)
- [Bulk fat](#) (ghee, refined coconut oil)

ENERGY

- [Jackery solar generator](#)
- [Faraday Bags](#)
- GoSolar ovens

FINANCIAL INDEPENDENCE

- Create an account at an exchange like Coinbase, KuCoin, Kraken. (Not all exchanges carry all crypto, so having accounts with several exchanges opens you to more opportunity).
- Buy a cold wallet ([Click here to buy a Trezor](#))
- Purchase some crypto (Bitcoin is the most popular)
- Transfer coins to your 'cold wallet'
- Consider diversifying your wealth into precious metals

- Consider diversifying your wealth by holding some cash

Optional

- AI bot crypto trading platform (aka The Plan)
- Make passive income via staking

SELF DEFENSE

- 9mm Hand gun
- Shot gun
- AR-15
- Martial art (Jujitsu or Krav Maga)

BUG OUT BAG

- Backpack (non camo)
- Hiking clothes (pants, sun shirt, underwear, wool socks)
- Waterproof shoes
- Gloves
- Knife
- Fire starter
- LifeStraw bottle
- Compass
- Map
- Rain shell
- Patagonia jacket
- Iodine tablets
- Hand warmers
- Bug spray
- Meds, neosporin
- First aid kit
- Glock, ammo, belt, holster