



## The Prepper Family's Summer Bucket List

### Food

- Identify and forage for wild edibles in your yard
- Garden but be sure to include one new-to-your-family plant
- Cook a meal over a fire
- Give your food storage a once-over for expiration dates and damage. Restock to desired supply levels.
- Have children cook a meal by themselves in the house, with supervision
- Have children cook a meal by themselves on the grill. Supervise!
- Have children cook a meal by themselves over the fire with plenty of adult supervision
- Make and eat your own MREs (Meals-Ready-to-Eat) from food storage
- Use your personal water filters at a local park
- Visit several local farmer's markets to find local food sources
- When you start to get low on groceries, wait an extra day before shopping and eat what is on hand
- Start a compost bin
- Put in a rain barrel
- Dehydrate a fruit, a vegetable, and herb, and some meat
- Can a fruit, a vegetable, an herb, and some meat
- Visit a local u-pick farm
- Have a day with zero food waste
- Grind wheat and make your own bread from it
- Rotate your water storage
- Only cook with cast iron for a week
- Sprout seeds

### Emergency Drills

- Tornado drill
- Fire drill
- Evacuation drill (Do 1-hour, 30-minute, and 15-minute notice evacuation drills)
- No power for a full day and night
- Only use generator power for 6 hours
- "There's no toilet paper!" (Cloth wipes, anyone?)
- No running water for a full day and night (Do not skip bathing or washing dishes)
- Minimize water down the drain for a day—reuse dish/bath/pool water in garden or for plants
- Robbery/home invasion drill (Do several with the intruder coming from different doors/windows)
- Spend a day unplugged from electronic devices (no internet connection)

### Put your supplies to work

- Update your emergency binder
- Check clothing and shoe sizes in vehicles, bug-out bags, and emergency/storm shelter
- Review your home library

- Add money to your cash stash by holding a yard sale
- Buy a tarp if you don't have one, and brainstorm all the ways they could be useful
- Rotate any gas/diesel you have stored and refill right away
- Check expiration dates on any bleach/sanitation supplies and restock
- Reorganize garden tools

### **Learn or improve upon skills**

- Go camping (Reorganize your gear when you get home)
- Go hiking
- Go fishing
- Go biking
- Have children start a fire from scratch
- Wash clothes by hand
- Go geocaching
- Have kids use a paper map to get from point A to point B
- Build something functional from scratch with wood, a handsaw, nails, and a hammer
- Make your own bug spray
- Make your own sunscreen
- Make homemade laundry soap
- Hone shooting skills at the range (Make sure to keep ammo stocked up)
- Sew something simple without using a sewing machine (Learn a new stitch if you already know how to sew)
- Buy a new piece of cast iron and learn how to season it
- Identify 10 local birds
- Identify 10 local insects or small animals
- Identify at least 10 different trees that grow in your area
- Sharpen tools and knives
- Earn certifications in first aid and CPR (Discuss defibrillators and Epipens, too)
- Have everyone try out a fire extinguisher
- Try starting a fire without a lighter or a match
- Learn to tie 5 different knots
- Plan evacuation routes on a map and then actually drive those routes to become familiar with them

### **Practice skills in different scenarios**

- Spend a day living out of your car (Take notes on what you wish you had)
- Walk home from work (Bonus points if you can ably carry your emergency kit/bug-out bag)
- Show the kids how to walk home from school safely
- Do some summer school (If you don't homeschool, consider it a practice run in case you should ever need to)
- Play the "What If..." game
- Discuss social media safety rules

### **Fun and educational activities for your family summer bucket list**

- Go scavenging for supplies at garage sales
- Play board games, so you know the rules before you lose power and those games become a major form of entertainment

- Learn new card games
- Work on a family history tree and talk about family medical history
- Learn to play chess
- Do craft time using supplies from the recycle bin
- Read classic literature
- Make paracord bracelets
- See how many ways you can use a kiddie pool
- Find a local history or reenactment group and attend one of their performances
- Visit a local history museum or county historical society to see how people grew food by hand in your area
- Practice memorization with children—stories, emergency addresses and numbers, stories, directions, songs
- Relax and go on a day trip or vacation
- Write letters (Can your children read and write in cursive? Can they address an envelope and put a stamp in the correct corner?)
- Start learning a foreign language as a family
- Get to know your neighbors

*Visit [thesurvivalmom.com](http://thesurvivalmom.com) for more family fun tips.*