



WARRIOR
LIFE
PODCAST

Episode #329 Show Notes
5 Steps To Prepping On A Budget

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Jeff Anderson spent ten years in light infantry in the military and is a combat war veteran. Most of Jeff's military service was spent with the 10th Mountain Division – an elite light infantry force of highly trained warriors specially trained for warfare under all conditions – arctic, jungle, desert, mountains, urban terrain – you name it.

After 10 years of military training in additional elite infantry units around the world, Jeff began working as a security consultant and executive protection specialist for private clients and the entertainment industry, eventually earning his industry recognized Certified Protection Professional (CPP) designation. Later, went on to instruct hand-to-hand combat and weapons combat and eventually organized the most unique combatives association focused on all areas of survival, called The International Society Of Close Quarter Combatants (www.ISCQC.org).

Jeff's works have been published in several magazines and expert blogs and his manuals and survival combat training DVD's have long been best sellers. As the Editor in Chief of Modern Combat & Survival, a publication of the ISCQC that provided focused training strategies for all areas of survival for men and women of all walks of life, Jeff determined the next step: the lifestyle brand **Warrior Life**. To learn more about *Warrior Life* and the way of life it promotes, [visit us online](#).

5 Steps To Prepping On A Budget

with Jeff Anderson from <https://www.WarriorLife.com/>

1. Knowledge Is Power (And It's Free)

Stock up on this “free resource.”

Resourcefulness is your best survival “gear.”

Most people will either be frozen in a crisis because they don't know what to do, or they'll panic and make bad choices.

- Both of those are dangerous to them AND to you.
- Knowledge will always trump gear, but ONLY if you possess the knowledge.
- Being lost in the wilderness without a lighter isn't a problem if you know how to start a fire using your surroundings. The same is true for any other crisis.
- If you were struck with a long-term grid-down power failure (which is one of the 5 collapse triggers I often refer to), do you know the ORDER in which to consume the food you already have?
- Would you know how to adapt to the things you need, like medical devices, water acquisition, or communicating with loved ones... if there was no power available for the equipment we take for granted?
- The key is to study, study, STUDY. Keep learning and you'll become far less reliant on gear itself.

2. Know What You REALLY Need

It's amazing how many preppers fall into the fantasy realm regarding what they think they'll need. You only need to worry about 4 primary areas for your survival plan:

- Shelter
- Food

- Water
- Security

3. Start With Where You Are

You most likely have nearly everything you need now, even if you haven't started prepping yet. Take a serious inventory of what you have.

- You have food and water with which to shelter in place.
- You probably already own weapons.
- Look at what you have already, but understand that if you have just one of anything and it breaks, fails, or is otherwise lost or taken, you have nothing.

4. Fill In The Gaps Based On Your Own Threat Assessment

Assess what you need based on what you have already and what the likely threats are.

- Go back over your inventory list and make your “wish list” of things you might have to add to your supplies.
- When shopping, the next step is critical...

5. Pinch Pennies (But Lay a Solid Foundation)

You can get good gear, but still save money.

- Yard sales, military surplus, flea markets, generic vs. name brands, buying on subscription, are all good ways to save.
- Make sure your most critical items (transportation, your bugout bag, your guns) are of very good quality.



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Hey, what's up, Warriors? It is Jeff from water life dot com and welcome to warrior life podcast episode number 329. Okay, no, you don't have to go broke to consider yourself prepared for any disaster crisis, collapse or attack. In fact, today I have a five step plan that will help you level up your prepping plan without breaking your piggy bank. It's all coming right up. But don't worry about taking notes, because we've done all the heavy lifting for you with this week's free Show notes, including a handy dandy one page cheat sheet you can download absolutely free over at www.warriorlife.com/podcast/329. Now let's go shopping.

All right, welcome back, everybody. This is Jeff Anderson, executive director of Warrior life dot com, And look, thanks to the pandemic that is still spreading like wildfire out there, it's open more eyes than ever about just how fragile our world is that we live in and it's really separated. The prepared from the UN prepared and even the aware from the unaware. That's one of the things that Preppers really pride themselves on is having their eyes wide open about what can happen and being prepared for those things when they happen. And look with more and more people realizing there need to be better prepared for any threat they may face prepared to supplies of all types are coming up short and they are increasing in price like crazy. I mean, have you seen the prices of guns and ammo lately? If you can even find anything that you're looking for well, look, it's gonna it's here to stay, folks. It's going to continue long into the future. More and more eyes are being opened.

There's gonna be more demand in the market, and that is going to push prices up and it's gonna push. Resource is down and I don't know about you, but my email inbox is loaded with newsletters and promotions for all types of gadgets and gizmos that are all eye candy for me, and I'm sure for you, too. There's never been a shortage of things to buy that you can shove into your gun safe or into your bug out bag. And those are going to keep coming because that that market is going to demand that suppliers come out with more stuff. It's just going to increase and price also, and there are going to still be shortages as people gobble those up. The market has increased out there because even people who are considered who don't consider themselves preppers, so to speak, they are having their eyes open. And we're seeing this trend of the market. I'm telling you right now it is already happening. But unless you are independently wealthy, can



forward that \$4500 a R or that \$13,000 bug out trailer that I've personally been slobbering over for years now, most of us have to prep smarter with our money to be as ready as possible as soon as possible, because you never know when a crisis going to strike, and not all threats give you a heads up that it's got you and your loved ones in its crosshairs. Now, unfortunately, hefty percentage of the members that I talked to in our weekly one on one coaching sessions have the same underlying problem for not being as prepared as they should be. That's procrastination now. Ah, lot of time. That's because they don't know where to start or what to do next, because there's so much noise out there. But what they should be doing, what they should be buying largely from so called survival experts who are really getting bad advice or just trying to hawk some goods that are out there. But many people simply procrastinate because they're limited on funds to be able to spend on things that they may not ever even need or use, and they see it as a potential waste of money. And I get it. It's hard to invest in a backyard bunker when your washing machine just gave out last week like mine just did. All right, So let me give you a simple five step plan for leveling up that will help you keep the momentum going and save you a ton of dough at the same time.

All right, alright, so step number one is knowledge is power and it's free. So stock upon it look, resourcefulness is always going to be your best survival gear. Most people will either be frozen in a crisis because they don't know what to do or panic and make bad choices. Now. Both are dangerous to them and to you, knowledge of what to do at that moment when a disaster crisis strikes is always going to trump your gear. But on Lee, if you possess that knowledge, I mean, if you think about it like a really good example, that is like, you know, being lost in the wilderness without a lighter to be able to make a fire isn't a problem if you know how to start a fire using your surroundings, right, Well, the same goes for any crisis that you may find yourself in if you were struck with a long term grid down power failure, which is one of those five collapse triggers that I often refer to, Do you know the order in which to consume the food that you already have in your home? Would you know how to adapt to the things that you need, like medical devices, water acquisition or communicating with loved ones? If there was no power available for the things we all take for granted on a daily basis that comes down to knowledge.

It comes down to How how resourceful can you be? How much? How much MacGyver can you throw with the situation if you don't have the gear available and that just comes down to knowledge and the key here is to study, study, study. Now there are

lots of books out there. There are videos that are out there. We work hard to focus on our daily newsletter on really valuable content to help you feel like you're getting the right information and that you're better prepared each and every day. And I hope you get the same from our weekly podcast and from the other experts that I hand pick to bring onto the show to share their own knowledge with you. The key here is you got to keep learning. You've got to become a student of the craft of survival. You're going to become far less reliant on the gear itself if you do that. But hey, I love gear, too. So let's talk about step number two, which is know what you really really, really need. Now

I have been doing a lot of bug out bag reviews. Lately, I'm about to start releasing some on our YouTube channel over at youtube dot com slash warrior. I can tell you that it's amazing how many Preppers fall into that fantasy realm with the items that they think that they're going to need. And look, I'm absolutely mawr extreme than most people with my gear, but it's for good reason from my personal experiences and everything I own I'm trained with and I'm able to carry it and I'm able to use it for myself. So that becomes really a matter of ability for you to be able to use the stuff that you have versus what you can't and shouldn't be putting inside of your survival gear arsenal. Okay, but for most people, the reality is that you only need to worry about four primary areas for your survival plan, and that's shelter, food, water and security. Now they're sub categories of these areas, such as the means to be able to evacuate your home if an emergency absolutely pushed you and your family out, and this would include all elements of these four areas because it can change depending upon what phase of a survival situation that you're actually, and I talk about these in my military survival secrets.

Fast class. If you've ever attended that, you know that there are different phases of a crisis and your gear and what you may need to do. Your action plan is going to change based upon what phase you're in. That's not a time phase. That's really just a phase of what you're like, what phase you're at, what the crisis is throwing you into, all right, the situations that you're in. But these are the main areas that you need to focus on in on, so this should help you trim down the list of what you need again. It's shelter, food, water and security. If you've got those things taken care of, you're pretty much all set, and Step three is going to make that even easier for you. So Step three is to start with where you are now with so many ads that air slapping you in the face every single day. It's natural. Feel like you're not prepared unless you buy absolutely everything that comes your way. So let me use your mind by telling you that you most likely have

nearly everything you need right now. Even if you haven't started prepping yet. If you take a serious inventory of the items that you already have now, this is not a free pass to just thinking I've got. I must have everything that I need out there so I don't need to worry about putting everything together. No, this is one of the reasons why we say that the bug out bag is such a core everybody's survival program because it puts everything right there at your fingers for your table. Just grab and go in any situation that you're in, no matter whether you're sheltering in place or you have to evacuate.

Having the stuff around is what everybody goes through that is unaware and not prepping its when crisis hits and they're scrambling around like a chicken with your head cut off, trying to put everything together at the last minute or trying to figure out in the dark where the candles are, the flashlight is and things like that. Those were the unaware people out there. They just know that they probably have some stuff around, and they have pretty much taken care of and they'll just figure it out when it gets there. Wrong answer, folks. Wrong answer. All right. But the good news is, is that I'm just trying to ease your mind that you probably already have a lot of stuff already. It's just a matter of putting it together.

For example, chances are you won't have to leave your home in a crisis, so there's no need to invest in an expensive tent or anything like that for camping out in the middle of nowhere if you're forced out of your home. If you did have to evacuate and you were able to do so in your vehicle, your car, your truck, your van that conserve as your new shelter for the time being, you have food in your refrigerator and pantry, and there's water coming out of your foster right now. I'm assuming that anyway, So you have those things already available again. It comes down, goes back to that knowledge, right? Do you know what order to eat your food, that you already have to be able to make it go further? Security wise, you may already own a gun, but if not, there are most likely other weapons of opportunity and around your home, like kitchen knives, maybe might have some pepper spray. Ah, machete or even a pole or a stick that you can use for self protection. Is it the best? No, it's not the best. But take heart in that you probably already have some stuff that right now you can You can start to get your inventory together so that you can you know where you're at. Where is the barometer of how prepared you are in each of those four areas of shelter, food, water and security. All right, so what you want to do is you want to go ahead and take your own inventory of those four primary areas and start making a list of all the items that you already own in each one of these areas. Now, just having this list is gonna make you a

lot more confident in your plan, and it's going to start you on the right path. But just be warned, preppers have a saying. That, too, is one, and one is not meaning that relying on one item or resource for your plan can quickly leave you with nothing. If your supplies are ruined, they get lost, or even if they're taken from you by other people. Now, this is where your knowledge and resourcefulness comes back into play. Or you may need to fill in some gaps. Which brings us to step number four and step number four is fill in the gaps based upon your own threat assessment and your own abilities as well. Now, sometimes knowledge isn't all you need to survive a crisis. And so you have to know where your gaps are, based on what you might expect to experience during a disaster and what you're able to use and do with your own, maybe physical abilities and things like that. All right, So, for example, if you don't have any stored water available, do you have a way to manufacture clean water for you and your family?

If there's no more water coming out of your tap or if it's contaminated, all right, if you were forced out of your home, do you have the means to get as far away as possible as quickly as possible? All right, Is all your food dependent on you being in your home, or is it mobile enough that If you did have to leave, you could take it with you, such as some form of like survival meals. And do they have a long shelf life? And are they easy to carry? Alright, so go back over your list that you made and step number three. And this is where you start making your wish list of things that you might have to add to your supplies and feel like you have a solid back up to your primary items. And when it comes to acquiring those items, pay close attention. Here is step number five, which is the final step here, and that is you want to pinch pennies as much as possible, but you need to lay a solid foundation now. There are lots of ways to save money on filling in those gaps, and you still get a bunch of gear into your arsenal. There are yard sales, for example, of people that are getting rid of outdoor equipment, things that you might use.

And when you go to ah, yard sale or a flea market, you want to go in there and just look around and be creative. Think about how you can use certain things for survival related purposes. Alright and really use your imagination. This is one of the most fun things that I like to do during the during the summertime and now in Florida. So it's like always, summertime. But there's always yard sales and flea markets, and I love just stopping him when I see one because I could go and I I can see where other people can't see. I can see opportunities where other people can't see opportunities. And so it

really comes down to How creative can you be and seeing where you their opportunities there for you, too, Either make your home better prepared or things that you can add your survival gear. They're either gonna level up something you already have or are gonna help fill in one of those gaps. Alright, so yard sales, garage sales, flea markets are really good opportunities. Their military surplus stores oftentimes could be really expensive, but they used equipment that they have there can actually save you quite a bit. I've got I think, like four or five different military flak vests, So I have some some some flak vests that I got for next to nothing and especially if you are in around any sort of military base, where they're getting a flood of different things in, like combat boots clothing, where they're just getting people that are either leaving the service or especially if you're around any sort of, ah, base where they do where they have basic training there there's a ton, a ton of gear there because they have so many people coming in and out there issuing so much gear. And it's like black Friday every time.

If they open up the doors when its new gear has come in, so military surplus stores could be a real benefit for you. Um, also buying generic versus name brand could come in handy, buying in bulk. So whether that is bulk food that you can put away buying, uh, survival meals in bulk realized foods has, the more you buy, um, the better. The better deals that you get food for Patriots is another company that I use, and I've got a ton of their food you can buy. The more you buy, the more you're going to save. So when you when you can do those kinds of things, you could go ahead and do that buying on subscription. There's another good opportunity. Realized Foods is actually a really good opportunity for that, too, because they have, like a subscription model where you can just kind of save up so you can kinda. Instead of trying to trying to save up and do it all at once, you can go ahead and do it on like a monthly basis based upon your own individual budget. My friend Ammo Dan over at m o square dot com, has a subscription service for ammunition with really good prices and it and it kind of if you remember there, which right now, even with the ammo shortage, he's very selective about, I mean right now, I think they're really focusing on those subscribers that they have, and I think they're allowing with certain calibers and allowing people in right now.

But that's why you definitely wanna, like watch his sight, because when you can get a subscription, he's keeping like price is really, really good for members. It's kind of like an inner circle there, and it kind of puts him in charge of being your ammo scout, and



again you can check that over out at [www dot m o squared dot com](http://www.dmo squared dot com). Really great service. I love those guys over there. Love ammo, Dan. Also looking for sales at sporting goods stores. Okay, just keeping your eye out for when do things go on sale? All right, But you have to make sure that you're building your house on a solid foundation with good quality items that are the most important items. Now, this is where I don't like to cut things short or cheap things out. All right? You've really gotta have some core things that are worth the investment because you're going to need them.

So, for example, if you're a contractor, right, you know that you could buy cheap tools, but you're gonna keep breaking them on the job. Um, if you don't have, you know from a survival standpoint, if you don't have a reliable means of transportation because you've been putting off fixing that whizzing or worrying that you're hearing under the hood of your hoop dee, now might be the time to do that instead of when you're forced out of your home and find yourself and your family with your thumbs out trying to hitch a ride out of the path of a Category five hurricane headed your way like that's not a good place to be right. So you want to make sure that you've got good transportation available if you are forced to evacuate if you don't want a firearm, um, you could get a 22 caliber pistol or a rifle relatively cheap, and you can carry a lot of 22 ammo to at least have a really equalizer to keep yourself protected. And if you are absolutely no, it's like you absolutely won't or can't own a firearm. Everyone pretty much knows I'm a huge fan of a machete as not only a self defense weapon, which it's legal nearly everywhere out there as like a survival tool. And it is a great survival tours a lot of different uses for it, so you could get a lot out of one item that has multiple uses and is a great survival weapon as well s.

Oh, this is gonna help you save a lot of money also, and one of those areas that that I don't skimp on as many of you know because you hear me say it over and over again is my bug out bag. Now you can use pretty much anything that can carry stuff to hold your supplies. All right, I've seen people using garbage bags, right? I mean, we see this all the time when people are actually, like, flooded out of their homes and they're forced to evacuate their either using luggage or they're using garbage bags or anything like that. All right, But that's your sacrificing a lot of the mobility. And there's a lot that you are sacrificing their. So that's why Preppers look at the bug out bag is being the core off your survival gear. It's kind of one of the hallmarks of what makes you prepared on what doesn't make you prepared. In fact, the government even tells you to

have a survival kit. But it's how you carry that is going to be really critical because you never know what phase of the disaster you're going to be in. And the garbage bag ain't always gonna cut it. You're gonna need your hands for, for to be able to do certain things sometimes on a moments notice. So the bug out bag is always going to be the core of anybody's survival gear. And but I see people doing it wrong all the time, both from how they what type of bag they're using, um, as well as what they're putting inside of their bag, all right, but it's even. But again, this comes back to the quality of the bag that you're using and does it fit the situation, all right.

That's why I custom designed our XBOB bug out bags, and I continue to improve the design as I find more ways to make it better. In any case, certain things I don't skimp on because quality really does count when it comes to foundational survival gear and resource is so you've got to really keep that in mind. All right? Alright, folks. Well, that about wraps things up. So be sure to check out the cheat sheet over at Warrior Life podcast dot com slash 329 and use it as a checklist to take stock in your own survival gear and your plan and let me know what tips have helped you the most in getting your preps and plan together and still stay on a budget. I'd love to hear what you have to say, just going over to our website, where you see this podcast episode over at Warrior life dot com and our podcast section and until our next broadcast. This is Jeff Anderson saying prepare train and survive.