



## Prepping 101 the Ultimate Quick Start Crash Course: An Introduction to Disaster and Emergency Preparedness and How to Start Prepping for Beginners

By Steve Rayder

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Prepping 101 The Ultimate Quick Start Crash CourseAn Introduction to Disaster and Emergency Preparedness and How to Start Prepping for BeginnersAre you interested in getting started in the Survival and Disaster Preparedness world but aren't sure where to begin? Well, in this short, information packed book Steve Rayder condenses down the things he has learned over his many years in the Prepping community to give you a fantastic quick start guide. Your first concerns should be water, food, shelter, security and communication. All of which, Steve will be covering in this book and much more. He talks about the potential threats we face, before covering the very basics in a very simplistic way so that you can get started from day one. He also covers the benefits and drawbacks of bugging out and bugging in, so that you can make an informed decision about what the best course of action is for you and your family. Steve also talks about home defense, everyday carry items, self-defense and grid down communications. So with all of this fantastic information...



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