

Code Name Insight Monthly Task List—November

**Disclaimer: The information provided on this page is for informational purposes only. Use common sense when following any of the suggestions listed. The editors and publishers of this site assume absolutely no responsibility for any actions resulting from the misapplication of information provided by this website.*

- ___ 1) Prepare for influenza. Make a “sick kit” with medications, thermometer, easy to prepare foods, electrolyte replacement drinks, etc.
- ___ 2) Print off any online preparedness/information resources you use regularly and put them in a binder; you may not be able to get online after a disaster.
- ___ 3) Set up a decontamination kit in your garage or outbuilding. Include clean, vacuum-sealed clothes and foot wear, soap, a water source, a privacy cover, and bags to seal you used clothes in. Hold a decontamination drill.
- ___ 4) Password protect any sensitive documents on your computer. Even though you should always log off when you leave your computer, this will add an extra layer of security.
- ___ 5) Prepare a template that you can quickly fill out and staple to your door if you need to evacuate. Include your name, where you evacuated to, who went with you, anyone (including pets and livestock) left behind, and contact information.
- ___ 6) Develop a pet/livestock emergency plan. Take photos, include their names, license numbers, brands, microchip ID, etc. Determine how they will be cared for if you must evacuate.
- ___ 7) Include an assortment of “back to the land” books in your preparedness library. These books should cover home building/repair, gardening, how to process an animal for food, etc.
- ___ 8) Consider having an “always on” weather alert radio in your home and/or vehicle.
- ___ 9) Expand your part-time home business into a full-time venture.
- ___ 10) Have a 24-hour bug-out drill with your team/family; give them a ten minute notice of the event.
- ___ 11) Make sure that all garbage/trash that leaves your home and office is as uninformative to spy-types as possible.
- ___ 12) Change the remote access code to your answering machine and voice mail services; never leave the pre-set factory code in place on these devices.
- ___ 13) Know at least a dozen places in your local area where you can access free wi-fi. Check out www.wififreespot.com or similar sites if you need help locating them.
- ___ 14) Practice additional food production techniques such as yogurt-making, cheese-making, sprouting, etc.
- ___ 15) Heat your home efficiently. Adjust your thermostat depending on use, add insulation, service or, if necessary, replace your heating system for a more efficient model, etc.
- ___ 16) Have a basic grasp of the sciences: chemistry, astronomy, biology, physics, etc.
- ___ 17) Participate in a variety of outdoor winter activities: snowshoeing, cross country skiing, ice skating, etc.
- ___ 18) Install a rain barrel or other catchment system to store water for gardening use.
- ___ 19) Wash an entire load of laundry by hand. It’s harder than it looks but should the power go out for an extended period of time, this may become a necessary skill.
- ___ 20) Check the clearance racks when you are shopping. Buy needed items at the end of the season (summer clothing, gardening items in the Fall, etc) when they are deeply discounted.
- ___ 21) On each weekly shopping trip, buy an extra case. This could be an extra case of canned beans, an extra case of drinking water, an extra 50-pound bag of rice... At the end of the year you will have a pretty good stockpile of food.
- ___ 22) Plan a blow-out Thanksgiving event. After all, all of our preparedness efforts give us a lot to be thankful for.
- ___ 23) If you travel overseas often, have an older cell phone “unlocked” so that you only need to buy a local SIM card to use your phone when you are out of the country.

- ___ 24) Look through a thoroughly stocked sporting goods store. Technology continually changes and some of the items from a few years back have become obsolete as newer, lighter, more efficient items are created. See what's new and consider replacements for some of your survival gear.
- ___ 25) Research ways to finance your (or a loved ones) higher education. See what grants, scholarships, or even free programs are available.
- ___ 26) Consider checking out your local Freecycle site (www.freecycle.com) for needed items. You can also get rid of things you don't need here as well.
- ___ 27) Consider using a greenhouse or coldframe to extend your growing season through the winter.
- ___ 28) Assemble a team to back you up in various circumstances. Include a CPA, lawyer, financial planner, insurance agent, bodyguard (if needed), etc.
- ___ 29) Make friends with the people in your community who can help you. The regulars at the rifle club, your banker, the local cops, etc.
- ___ 30) Don't let the holidays cause you to add extra pounds. Look for a variety of ways to add variety to your exercise program. Go to the skating rink, the climbing wall, the community pool, the riding stables, etc.