

# 52 PREPPER PROJECTS



A PROJECT A WEEK  
TO HELP YOU  
PREPARE FOR THE  
UNPREDICTABLE

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DAVID NASH

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LIVE A SELF-RELIANT LIFE

- Stock your pantry
- Preserve foods
- Keep a beehive
- Make your own tools
- Build a generator
- Maintain a garden

INTRODUCTION BY JAMES TALMAGE STEVENS,  
"DR. PREPPER," AUTHOR OF *MAKING THE BEST OF BASICS*

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10 9 8 7 6 5 4 3 2 1

Library of Congress Cataloging-in-Publication Data is available on file.

ISBN: 978-1-61608-849-1

Printed in China

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# Introduction

I had interviewed David Nash early in January 2013 on one of my Thursday Noon talk shows, and he mentioned he was writing a book organized around weekly prepper-oriented task(s). As I asked more questions, it seemed like a great idea and a reasonable method to become prepared without killing your family budget. I urged him to get on the air on the Preparedness Radio Network and share his ideas with our listening audience. He thought about it for a while, then contacted me and agreed to become one of the show's hosts. The rest is truly Internet radio history!

David and I share many of the same points of view on personal and family preparedness. We both believe that getting out and working toward our goals is the only way to prepare for times of hardship. We both realize that just thinking about a project doesn't get it done—but getting started and working toward your goals does.

We also both believe that to prepare for future disasters we need to consider the present knowledge base and utilize the massive amount of information available today—and realize that many of the common past-era or "historical" skills of past generations have a place in modern preparedness planning.

David's book introduces some of those historical skills while also incorporating new ideas gleaned from modern technology. Together they provide a working knowledge that can be developed into several valuable hybrid skills.

The information that became the nucleus of my best-selling book *Making the Best of Basics: Family Preparedness Handbook* came from the generational wisdom of my mother, who passed it on from her mother down through several family generations. David, his native curiosity coupled with his willingness to explore new concepts, also learned the value of being prepared from his mother. Perhaps that's why we both believe that common-sense solutions, applied ingenuity, and a highly developed work ethic are the cornerstones for establishing the foundation for the most important aspects of survival.

I really don't like the term "expert"—I never use it to describe myself. There are too many self-proclaimed "experts" offering advice on preparedness without actually doing what they tell others to do. The only reason I'm writing the foreword to his book is because I perceived that David was not a self-promoting prepper but a truly sincere person willing to develop the best way to get the job done. He is constantly studying, practicing, and developing new

(at least to him) skills, talents, and abilities from old concepts with new ideas. What he does is share those experiences with all of us.

When you read this book, those experiences come through and you know he isn't telling you what he read on a random website but, rather, what he has accomplished with his hands.

I have been involved in personal preparedness for a long time—from my first Boy Scout camping trip at the tender age of twelve until now (I am in my mid seventies). I have learned, taught, written about, and practiced disaster preparedness longer than I like to think or remember! My own book, *Making the Best of Basics*, is in its 14th edition and has sold more than 800,000 copies so I feel I can confidently express what it takes to be an effective prepper. At this point I know what works and what is fluff.

With that said, I think that *52 Prepper Projects*, with all the projects in it and the concepts behind them, is worthy of study and merits a place on any prepper's bookshelf.

James Talmage Stevens / a.k.a "Doctor Prepper"

# How to Use This Book

This book is an attempt to organize some of my favorite projects. The idea is that if you are new to “prepping” and/or DIY, it is easy to get overwhelmed and give up without ever doing much more than reading a book or buying a bucket or two of food.

Everybody has limited resources; even the federal government has limitations on how much it can spend on disaster preparedness. So this book will not be about buying a closet full of stuff. It is about how to get the most benefit from the least amount of resources.

The projects in this book are designed to fit in a middle-income family’s budget (because that is *my* budget). We did not give up cable or make any extreme lifestyle changes to afford to do these projects, but we did make some sacrifices.

I started with a small amount of hand tools and very little skill. But many of these projects leverage the skills, tools, and devices created previously to allow you to do things in six months that you would never attempt today.

Included along with the weekly projects is an incremental shopping list. I could not afford to go buy everything I needed to feed, clothe, and protect my family in one big shopping spree. But when I just threw a couple random “prepper” items in the shopping cart every trip I both blew up my budget and failed to have a means to track what I was buying and what I still needed to buy. This shopping list allows you to buy a few things each week. It does not noticeably add to your family budget, but after six months you will have a very respectable disaster supply closet.

The shopping list should be worked on simultaneously with the projects in this book. That way as you build skills you are also building a substantial basic disaster kit.

If you follow my blog then you know I follow a tiered concept. I make sure that I balance my preparedness acquisitions so that I have a well-rounded approach to preparedness. This incremental plan does that as well.

The last section is the meat of the book; it contains all the projects. It is designed for you to complete them in order, but most people will probably skip around. All I ask is that you realize that while this is a blueprint that I followed, you are building your own house, so make it work for you. If a project does not fit your lifestyle don’t do it, but spend some time thinking about why the project was included and if you need to find a workable replacement for your lifestyle. Not everyone wants to raise small livestock, but everyone needs a protein source.

# Incremental Disaster Shopping List

Buying a premade 72-hour kit can be expensive and making one can be intimidating. This weekly shopping list will allow you to put aside a decent emergency preparation kit in about five months by doing a little every seven days. The long-term goal is to be as easy on you and your wallet as possible while helping you create a workable kit.

Once you have a cushion, you'll find that you've managed to prepare yourself and your family for the little things in life that can throw you off track. As you continue, you'll be adding to that piece of mind, and you'll also find less and less situations you're unprepared for. Remember, this kit should be made in addition to, and over and above, what you already have, so even if you have a can opener, when you see it on the list, buy another and put it away with your supplies.





# Week 1 Shopping List

## To Buy:

- 1 gallon water (for each person)
- 1 jar peanut butter
- 1 large can juice (for each person)
- 1 can meat (for each person)
- Hand-operated can opener
- Permanent marking pen
- Pet food, diapers, and baby food, if needed

## To Do:

- Find out what kinds of disasters can happen in your area. The easiest way to do this is to talk to your local emergency management agency, but you can also research local history at the library or the local newspaper. This will help focus your preparedness activities by letting you know what threats are realistic and which are not.
- Date each perishable item using a marking pen.

# Project 1:

## Bug out Bag (BOB)

Personally, it would take a very severe reason for me to evacuate or “bug out” from my home in the first place. Leaving the house would entail me having to leave many of my in-place systems and make me more vulnerable to outlaws and well-meaning (and not so well-meaning) bureaucrats.

However, just because I don't *want* to evacuate from my homestead doesn't mean I won't have to evacuate. I don't want any kind of disaster to befall my family, but measuring risk says I should be prepared “just in case.” This leads me to the subject of disaster evacuation kits.

Any prepper or interested party with access to the Internet has probably noticed the love of acronyms as they relate to kits and gear. You have BOB, INCH, GOOD, GHB, EDC, IFAK, 72-hour kits, and 1st, 2nd, and 3rd line gear. The confusion just piles on.



The reality is, it's pretty simple: It's all related to the things you need to survive under different scenarios. The concept of a 72-hour kit comes from the US military and is based on the fact that American soldiers are resupplied so often that they only need to be self-sufficient for three days at a time. This level is what the US government recommends for all citizens, because in the event

of a federally declared disaster it will take FEMA approximately three days to get a supply system organized to provide relief. A 72-hour kit should have basic cooking, lighting, shelter, water, and food to survive for three days.

EDC, or “everyday carry,” means the things you have on your body every day. BOB, bob, or B.o.B means “Bug Out Bag.” A BOB is a small bag that is basically a portable 72-hour kit. The idea is that if a fire or something broke out and you had to leave *right now*, you can throw on your shoes, grab your BOB, and have whatever essential medicines, food, and clothes you would need. A good idea is to have copies of vital records in your BOB (project 1), so that you won't lose them if you don't have time to dig around in your filing cabinet.

A GHB, or “Get Home Bag,” is practically the same as a BOB, but philosophically the opposite. A GHB is a portable kit containing the essentials you would need if you had to find an alternate route home if disaster struck while you were away from home. I keep a GHB in my vehicle, as well as my wife's. Due to the nature of cars, my GHB is actually a box that has a lot of stuff for light repairs, minimalist camping, and a walk home. Space and weight are not issues in the car, so I have things in my box that I can pick through to make a bag that best fits my situation.

Many people keep firearms in their GHBs and I understand that; however if you have an assault rifle or other long arm and change into a multi-cam “uniform,” you're going to attract unwanted attention. Consider a more concealable approach to defensive weaponry. In a disaster I want to blend in until I have to stand out.

A GOOD bag, or Get out of Dodge bag, is a larger BOB, but still small enough to carry. It's pretty much interchangeable with a BOB, just larger in scope. Some preppers have GOOD trailers or GOOD vehicles that are pre-packed. I use big plastic totes with a color code system.



An INCH bag stands for "I'm Never Coming Home." It's more of a Mad Max */The Road/* The Postman type problem where you have to take what you can carry, but all you own is what you take. My INCH bag would contain everything in my GOOD kit, plus extras like my hand-reloading press, more tools, and some small reference materials.

IFAK is an "individual first aid kit," also known as an "improved first aid kit" depending on the branch of service. This individual kit is part of a new military soldier initiative. It's a one-pound kit that addresses major blood loss and airway distress.

Line gear is also a military concept and centers around the gear you would need to complete a mission. It's not exactly applicable to citizen preppers, but it is related.

1st line gear is your EDC and focuses on what you would carry on your person. This would include your clothing, knife, weapon and, maybe a small survival and first aid kit.

2nd line gear is your "fighting load," which for me fits in a messenger bag. In this bag I can carry items like a flashlight, a hand-held radio, batteries, and calorie-dense energy bars. It also can go with me almost everywhere and gives me more capability without sacrificing a lot of maneuverability.

3rd line gear is your pack—sustainment items you need for a longer term. You're not going to fight wearing your rucksack; you would drop it and depend on your 1st and 2nd line gear during the fight and then go back and get your pack to refill your empty magazines.

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**It doesn't matter if you use the "proper" terms; just organize your gear to suit your needs. As long as you understand what you're doing and why you're doing it, you are light years ahead of guys that follow the conventional prepper wisdom and build kits based upon what some Internet guru wrote in a list.**

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It is important that you take some time to develop a plan that fits into your personal situation. All things being equal, less gear that you can use well and have on you is better than lots of gear you cannot use and do not carry.

That being said, today's project is to look around the house and assemble a small 72-hour kit to get you by until you finish your incremental disaster kit. Put in this kit everything you would need to survive 72 hours using the contents of this kit alone. Then schedule a weekend to try it out. Turn off the power and the water and see exactly how hard it is. This will show you the weaknesses of your kit, while putting you in a situation that could happen after a large winter storm or other natural disaster.

## AN EASY-TO-UNDERSTAND INTRODUCTION TO THE FUNDAMENTALS OF PREPPING

Are you and your family self-reliant? Will you be able to provide for them and keep them safe? The best way to prepare for the future is not through fancy tools and gadgets--it's experience and knowledge that will best equip you to handle the unexpected.

Everyone begins somewhere, especially with disaster preparedness. In *52 Prepper Projects*, you'll find a project for every week of the year, designed to start you off with the foundations of disaster preparedness and taking you through a variety of projects that will increase your knowledge in self-reliance and help you acquire the actual know-how to prepare for anything.

Self-reliance isn't about building a bunker and waiting for the end of the world. It's about understanding the necessities in life and gaining the knowledge and skill sets that will make you better prepared for whatever life throws your way. *52 Prepper Projects* is the ultimate instructional guide to preparedness, and a must-have book for those with their eye on the future.

**DAVID NASH** is a verifiable preparedness MacGyver. He is both an academically trained professional emergency manager and a personal prepper. Nash is also an urban homesteader who raises a variety of animals, bees, and plants in a small suburban yard. He runs the popular prepper's blog [www.tngun.com](http://www.tngun.com).

**JAMES TALMAGE STEVENS**, also known as "Dr. Prepper," is the author of the bestselling *Making the Best of Basics*. Originally self-published in 1974, it has since gone through thirteen different editions and has sold more than eight hundred thousand copies.



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