

Why We Prepare – A List of Events

© 2024 Goshen Prepping and Dr. Eric Wormsley



At Goshen Prepping, we take preparedness seriously. However, although it's important to prep, it's equally important to prep with a level head. Clear-headedness is essential for making rational and effective decisions during emergencies or crisis situations. Emotions like fear, panic, or anxiety can cloud judgment and lead to impulsive actions or poor choices. By maintaining a calm and logical mindset, a prepper can assess risks more accurately, identify priorities, and devise comprehensive plans that address potential challenges with greater foresight.

Furthermore, preparing with a level head allows for better resource allocation and management. Prepping involves gathering supplies, organizing emergency protocols, and potentially coordinating with others. When emotions are in check, preppers can focus on practical considerations such as ensuring sufficient food, water, medical supplies, and other essentials are available. This approach also fosters adaptability, enabling preppers to adjust plans based on evolving circumstances without succumbing to stress or anxiety. Ultimately, by embracing a level-headed approach, preppers enhance their readiness and resilience, positioning themselves to navigate emergencies with confidence and composure.

Prepping is about being proactive and taking steps to mitigate risks and prepare for unforeseen emergencies. By being prepared, individuals and communities can increase their chances of survival, minimize losses, and recover more quickly from disasters and crises.

To prepare for those unforeseen events, it is the responsibility of the prepper to identify those events, and be ready as much as possible. Turning a blind eye to the event will not make it go away. On the contrary, ignoring the event will lead to the most catastrophic results.

The following is a list of possible, and some very probable, events that we must prepare for. While no one can prepare for every contingency, it is no excuse to not try. Go through this list, identify problems associated with each event, and objectively identify any lacks in preparedness you have in case that event transpires in your life.

1) Natural Disasters

People should prepare for natural disasters because they pose significant risks to life, safety, and well-being. By being prepared, individuals and communities can mitigate these risks and minimize the impacts of disasters. Preparation involves having emergency plans, supplies, and skills to protect oneself and loved ones, cope with disruptions to basic services, safeguard property and infrastructure, mitigate economic consequences, address psychological and emotional impacts, and minimize long-term environmental consequences. Overall, preparation enhances resilience and enables individuals to effectively respond to and recover from natural disasters.

- Earthquakes
- Hurricanes
- Tornadoes
- Floods
- Wildfires
- Tsunamis
- Volcanic eruptions

2) Severe Weather Events

A prepper can prepare for severe weather by creating an emergency plan, assembling a survival kit with essentials like food, water, first aid supplies, and communication devices, securing shelter in a safe location, staying informed about weather forecasts, preparing their property by securing outdoor items and trimming trees, practicing evacuation routes, and staying calm and flexible to effectively respond to the unpredictability of severe weather and mitigate potential risks.

- Extreme heatwaves
- Blizzards
- Ice storms
- Thunderstorms
- Hailstorms

3) Power Outages

A prepper can prepare for a blackout by stocking up on essential supplies such as non-perishable food, water, flashlights, batteries, and a battery-powered or hand-crank radio. They should also invest in alternative sources of power such as generators, solar panels, or portable power banks to keep critical devices charged. Additionally, preppers should familiarize themselves with emergency procedures, including how to safely operate generators and conserve resources during a blackout. Creating a blackout-specific emergency plan and communicating it with family members or household occupants is crucial for staying safe and coordinated during power outages.

- Grid failures
- Blackouts
- Brownouts
- EMP attacks

4) Economic Instability

A prepper can prepare for an economic crash by diversifying their investments to reduce risk, reducing debt, building an emergency fund, and acquiring tangible assets like precious metals or real estate. They should also focus on acquiring practical skills that can be valuable in a downturn, such as gardening, home repair, and self-defense. Additionally, preppers should consider stocking up on essential supplies, including food, water, and household items, and developing a plan for securing their finances, such as establishing multiple streams of income or exploring bartering networks. Staying informed about economic indicators and potential warning signs of a downturn is also crucial for making informed decisions and taking proactive measures to protect themselves and their families.

- Job loss
- Hyperinflation
- Currency devaluation
- Economic recession or depression

5) Political Unrest

A prepper can prepare for political unrest by staying informed about current events and potential triggers for unrest, establishing a communication plan with family members or trusted contacts, and identifying safe locations for shelter or evacuation if necessary. They should also secure their home by reinforcing doors and windows, stocking up on essential supplies such as food, water, and medications, and considering self-defense measures if legal and appropriate. Additionally, preppers should develop skills for navigating and de-escalating potentially dangerous situations, as well as understanding their rights and legal protections in the event of civil unrest.

- Civil unrest
- Riots
- Martial law
- Government collapse
- Revolution

6) Pandemics and Health Emergencies

A prepper can prepare for a pandemic or health emergency by stocking up on essential supplies such as non-perishable food, water, medications, and hygiene products. They should also create a comprehensive emergency plan that includes strategies for social distancing, self-isolation, and quarantine if necessary. Additionally, preppers should stay informed about public health guidelines and recommendations, maintain good personal hygiene practices, and prioritize their physical and mental well-being. Developing a network of support with family, friends, or neighbors can also be valuable for sharing resources and providing mutual assistance during a health crisis.

- Disease outbreaks
- Global pandemics
- Biological attacks
- Public health crises

7) Terrorism

A prepper can prepare for terrorism by staying vigilant and aware of their surroundings, reporting suspicious activities to authorities, and familiarizing themselves with emergency procedures and evacuation routes. They should also create a communication plan with family members or trusted contacts, establish a safe meeting point in case of separation, and keep important documents and supplies readily accessible. Additionally, preppers should consider learning basic first aid and self-defense skills, as well as investing in personal safety devices such as emergency whistles or pepper spray. Staying informed about potential threats and staying connected with local law enforcement or community security groups can also enhance preparedness for terrorist incidents.

- Terrorist attacks
- Bombings
- Cyberattacks
- Chemical or biological attacks

8) Environmental Pollution

A prepper can prepare for environmental pollution by taking steps to minimize exposure to pollutants and toxins. This includes investing in air and water filtration systems for their home, choosing eco-friendly cleaning and personal care products, and reducing reliance on single-use plastics. They should also stay informed about local environmental issues and potential sources of pollution, such as industrial facilities or hazardous waste sites, and take proactive measures to mitigate risks. Additionally, preppers can cultivate a self-sustaining lifestyle by growing their own food using organic methods and prioritizing renewable energy sources to reduce their carbon footprint and overall environmental impact.

- Air pollution
- Water contamination
- Soil contamination
- Industrial accidents
- Disposal of waste products

9) Nuclear Events

A prepper can prepare for nuclear events by creating a comprehensive emergency plan that includes steps for sheltering in place, evacuating to a safer location if necessary, and seeking medical attention if exposed to radiation. They should stock up on essential supplies such as non-perishable food, water, medications, and radiation detection devices. Additionally, preppers should fortify their home or designated shelter area to minimize exposure to radioactive fallout, including sealing windows and doors and creating a designated safe room. Staying informed about nuclear threats and emergency protocols, as well as participating in drills and training exercises, can also enhance preparedness for nuclear events.

- Nuclear meltdowns
- Radiation leaks
- Tactical nuclear attack
- Global thermonuclear war

10) Food Shortages

A prepper can prepare for food shortages by building a well-stocked pantry with non-perishable food items such as canned goods, dried grains, beans, and shelf-stable foods. They should also consider storing seeds for growing their own fruits and vegetables, as well as learning basic gardening skills. Additionally, preppers can invest in long-term food storage options such as freeze-dried or dehydrated meals, and consider raising backyard chickens or other small livestock for a sustainable source of protein. Furthermore, learning food preservation techniques such as canning, pickling, and fermenting can help extend the shelf life of perishable foods and reduce waste, ensuring a steady supply of food during times of scarcity.

- Crop failures
- Food price spikes
- Food supply chain disruptions
- Famine

11) Water Scarcity

A prepper can prepare for water scarcity by storing ample supplies of potable water in containers designed for long-term storage, as well as investing in water filtration and purification systems to make alternative water sources safe for consumption. They should also implement water-saving measures in their daily routines and consider harvesting rainwater or installing greywater recycling systems to reduce reliance on municipal water supplies. Additionally, preppers can learn primitive water procurement techniques such as distillation, solar stills, or dew collection to obtain water in emergency situations where traditional sources may be unavailable.

- Droughts
- Water supply interruptions
- Water pollution

12) Cybersecurity Threats

A prepper can prepare for cybersecurity threats by implementing robust cybersecurity measures such as using strong, unique passwords for all online accounts, regularly updating software and operating systems to patch vulnerabilities, and using reputable antivirus and firewall software to protect against malware and hacking attempts. They should also educate themselves and their family members about common cyber threats such as phishing scams and social engineering tactics, and practice good online hygiene by being cautious about clicking on suspicious links or downloading unknown attachments. Additionally, preppers can consider storing important digital documents and data in encrypted storage solutions and establishing offline backups to protect against data loss in the event of a cyber attack or system failure.

- Cyberattacks on critical infrastructure
- Hacking of personal information
- Identity theft
- Data breaches

13) Global Climate Change

A prepper can prepare for global climate change by taking proactive measures to increase resilience and adaptability to changing environmental conditions. This includes diversifying food sources by growing climate-resilient crops and investing in sustainable agriculture practices such as permaculture and regenerative farming. Preppers should also prioritize water conservation and management strategies, such as rainwater harvesting, greywater recycling, and drought-tolerant landscaping. Additionally, they can invest in renewable energy sources such as solar panels and wind turbines to reduce reliance on fossil fuels and mitigate carbon emissions. Furthermore, preppers should educate themselves about the potential impacts of climate change on their region and community, and participate in local efforts to mitigate environmental degradation and build climate-resilient infrastructure.

- Rising sea levels
- Increased frequency and intensity of extreme weather events
- Changes in precipitation patterns
- Temperature fluctuations

14) Societal Collapse

A prepper can prepare for societal collapse by focusing on self-sufficiency and resilience across various aspects of daily life. This involves securing essential supplies such as food, water, medical supplies, and tools for survival. Preppers should also cultivate valuable skills such as gardening, hunting, first aid, and self-defense to navigate uncertain and potentially dangerous situations. Additionally, they should establish strong community connections and networks to share resources, support each other, and maintain social cohesion during times of crisis. Developing alternative sources of energy, such as solar power or off-grid solutions, can also enhance self-reliance in the event of infrastructure breakdowns. Overall, preppers should prioritize adaptability, resourcefulness, and preparedness to mitigate the challenges of societal collapse and ensure the safety and well-being of themselves and their loved ones.

- Breakdown of law and order
- Widespread chaos
- Collapse of institutions
- Anarchy

15) Personal Safety and Security

A prepper can prepare for personal safety and security by implementing a multi-layered approach that includes both physical and digital protection measures. This involves securing their home with sturdy locks, reinforcing doors and windows, and installing security cameras or alarms. Preppers should also invest in self-defense training and tools such as pepper spray, tasers, or firearms, depending on legal regulations and personal comfort level. Additionally, they should prioritize situational awareness and practice de-escalation techniques to avoid potentially dangerous situations. In the digital realm, preppers should use strong, unique passwords for online accounts, enable two-factor authentication where available, and regularly update software and antivirus programs to prevent cyber threats. Staying informed about potential risks and staying connected with local law enforcement or community security groups can also enhance personal safety and security.

- Home invasions
- Assaults
- Robberies
- Burglaries
- Kidnappings

17) Supply Chain Disruptions

A prepper can prepare for supply chain disruptions by diversifying their sources of essential supplies, maintaining a well-stocked pantry with non-perishable food, water, and other necessities, and investing in long-term storage options such as freeze-dried or dehydrated foods. They should also consider producing their own food through gardening or raising livestock to reduce reliance on external supply chains. Additionally, preppers can prioritize skills development in areas such as food preservation, first aid, and self-reliant living to mitigate the impact of disruptions to critical services. Building strong community connections and networks for resource sharing and mutual support can also help preppers navigate supply chain disruptions more effectively.

- Interruptions in transportation networks
- Shortages of essential goods
- Dependence on imports
- Economic sanctions

18) Electromagnetic Pulse (EMP) and Coronal Mass Ejection (CME) Events

A prepper can prepare for an electromagnetic pulse (EMP) event by shielding critical electronic devices and infrastructure, storing important data and documents in offline, EMP-resistant storage, and investing in non-electronic alternatives for essential tools and equipment. They should also consider acquiring manual or mechanical devices for tasks such as communication, water purification, and transportation, as well as learning primitive skills such as fire-making and navigation. Additionally, preppers can establish community networks and mutual support systems to share resources and skills in the aftermath of an EMP event, prioritizing resilience and self-reliance in the face of widespread technological disruption.

- Solar storms
- Man-made EMP attacks
- Nuclear event triggering High-Altitude EMP (HEMP) event
- Disruption of electronic devices and power grids

19) Astronomical Impacts

A prepper can prepare for astrological impacts, such as asteroid collisions or solar flares, by staying informed about potential celestial threats and their potential effects on Earth. They should invest in emergency supplies such as food, water, and medical provisions to sustain themselves in the aftermath of a significant astrological event. Additionally, preppers can fortify their shelter or identify underground bunkers to shield themselves from potential fallout or radiation. Developing contingency plans for communication, evacuation, and community support can also enhance preparedness for astrological impacts, prioritizing adaptability and resilience in the face of unpredictable cosmic events.

- Asteroid Impact
- Sun effects on Earth, including CME and Earthquakes
- Gamma Ray Bursts

20) Personal Protection

A prepper can prepare for personal protection by prioritizing situational awareness and self-defense training, acquiring appropriate tools such as pepper spray, tasers, or firearms depending on legal regulations and personal comfort level, and fortifying their home with sturdy locks, reinforced doors, and security systems. They should also develop a network of trusted contacts for mutual support and establish communication protocols for emergencies. Additionally, preppers should stay informed about potential threats and risks in their area and practice de-escalation techniques to avoid confrontational situations whenever possible. By prioritizing personal protection measures and staying proactive, preppers can enhance their safety and security in various scenarios.

- Establishing situational awareness
- Being self-reliant in times of crisis
- Being physically fit to prepare for all contingencies
- Train and drill with weapons

21) Community Resilience

A prepper can prepare for community resilience by fostering strong relationships and communication networks within their local community, organizing emergency preparedness workshops or training sessions, and collaborating with neighbors on mutual aid initiatives such as community gardens or resource sharing programs. They should also identify community resources and assets, such as schools, churches, or community centers, that can serve as gathering points or shelters during emergencies, and develop plans for coordinating volunteer efforts and distributing resources effectively. Additionally, preppers can advocate for local policies and initiatives that promote resilience and sustainability, such as renewable energy projects or disaster preparedness funding, to strengthen community resilience in the face of various challenges. By prioritizing collaboration and collective action, preppers can help build a resilient community capable of responding effectively to emergencies and supporting each other in times of need.

- Building stronger, more resilient communities
- Collaborating with neighbors and community members for mutual aid and support
- Contributing to the overall resilience of society

22) Infrastructure Failure

A prepper can prepare for infrastructure failure by diversifying sources of essential utilities such as water and power, investing in alternative energy sources like solar panels or generators, and stockpiling supplies for basic needs such as food, water, and medical supplies. They should also develop contingency plans for communication, transportation, and shelter, and consider acquiring skills and tools for self-reliance in the absence of functioning infrastructure. Additionally, preppers can participate in community resilience initiatives, such as neighborhood watch programs or emergency response teams, to strengthen local capacity for responding to infrastructure failures and mitigating their impact on daily life. By prioritizing adaptability and preparedness, preppers can better navigate the challenges of infrastructure failure and maintain functionality in their daily lives.

- Deterioration of roads and bridges
- Energy deficiencies and grid loss
- Loss of emergency services
- Loss of schools, hospitals, prisons, and banking systems
- Failure of communication and digital services

23) Artificial Intelligence (AI) Takeover

Preparing for an AI takeover involves a multifaceted approach encompassing both technological and societal considerations. Preppers should prioritize understanding AI systems and their potential capabilities and limitations, while also advocating for responsible AI development and governance. Additionally, they can invest in cybersecurity measures to protect against AI-driven cyber threats, diversify sources of information and communication to avoid reliance on centralized AI-controlled platforms, and promote transparency and accountability in AI systems. Developing critical thinking skills and fostering a culture of skepticism towards AI-generated content can also help preppers navigate potential AI manipulation tactics. Ultimately, by staying informed, proactive, and engaged in discussions surrounding AI ethics and regulation, preppers can contribute to shaping a future where AI technologies serve human interests rather than posing existential risks.

- Loss of control systems
- Autonomous weapons used on civilian population
- Superintelligence of AI leading to control
- Loss of freedoms with surveillance

24) Intelligence

Preparing with intelligence involves gathering, analyzing, and applying relevant information to enhance readiness and resilience. Preppers should prioritize staying informed about potential risks, threats, and developments in their environment through reliable sources of information, such as news outlets, government agencies, and community networks. Additionally, they can engage in scenario planning and risk assessment exercises to identify vulnerabilities and develop effective mitigation strategies. Utilizing technology and tools for data collection, communication, and decision-making can also enhance preparedness capabilities. Furthermore, preppers should cultivate a network of trusted contacts with diverse skills and expertise to facilitate information sharing and collaboration during emergencies. By integrating intelligence into their preparedness efforts, preppers can make informed decisions, adapt to changing circumstances, and effectively respond to a wide range of challenges.

- Deciphering misinformation and disinformation
- Making strategic decisions based on information
- Determining who can and can't be trusted

25) Psychological Effects

Preparing for psychological effects involves acknowledging the potential stress, anxiety, and uncertainty that may arise during emergencies and taking proactive steps to build resilience and maintain well-being. Preppers can prioritize mental health by practicing stress-management techniques such as mindfulness, deep breathing exercises, or meditation. Additionally, maintaining a sense of routine and normalcy, staying connected with loved ones, and seeking support from friends, family, or mental health professionals can help mitigate feelings of isolation and anxiety. Preppers should also educate themselves and their families about common psychological reactions to emergencies and develop coping strategies to manage fear and uncertainty. By prioritizing psychological preparedness alongside physical readiness, preppers can enhance their ability to navigate challenging situations with resilience and adaptability.

- Government control and pressure
- Peer pressure from "social norms"
- Martial Law
- Prolonged isolation



Thank you for taking the time to read through the material on preparing with a level head. Developing a mindset of calm and rational preparation is not only important but also empowering in the face of uncertain situations. By understanding the significance of managing emotions during emergencies, you've already taken a crucial step towards effective preparedness.

Now, I encourage you to put this knowledge into practice. Take concrete steps to prepare yourself and your loved ones for potential emergencies. Start by assessing your current supplies and resources, and make a list of what you may need in various scenarios. Create an emergency plan that includes communication strategies, evacuation routes, and designated meeting points. Practice drills with your family or a household member to ensure everyone knows what to do in case of different emergencies.

Remember, preparedness is a proactive and ongoing process. Regularly review and update your plans and supplies to stay well-prepared. By taking these actions, you'll not only enhance your own ability to cope with adversity but also contribute to a safer and more resilient community. Thank you for your commitment to readiness, and I wish you the best in your preparedness efforts!

Be sure to subscribe to our newsletter and watch our videos on preparedness. Goshen Prepping is dedicated to provide followers with vital information to survive almost any situation. Thanks for following along and remember – we prepare, so we don't live in fear.

Dr. Eric Wormsley
Goshen Prepping