

Preparing for the Next Three Years in NZ – a Checklist

Preamble

This short document is not intended as a definitive checklist, but simply as a starting point for consideration, further investigation and to identify gaps in preparations. It is recognized that **everyone will have different needs and ways of meeting those needs.**

Topics are grouped into different categories, in alphabetical order.

As well as category groupings, in the belief that many shortages may begin as temporary inconveniences, I have also attempted to separate out preparations for short-term and long-term effects (although, in some cases long-term preparations may include further development of short-term preparations).

For instance, electric power disruptions may initially involve rolling 'brownouts', whereby supply is restricted only at certain times of the day. The supply of some popular foodstuffs may appear to be overcome by rationing, until stocks can rebuild.

However as more people, such as maintenance and supply chain workers, succumb to debilitating health conditions, these problems are more likely to become long-term.

It is my suspicion that, as conditions become more severe, considerable societal breakdown is probable. Some people will panic. Some will become angry and/or depressed. Some will be without their calming medications. Others, particularly those of the 'throwaway' younger generations, are likely to have little understanding of DIY improvisations and repairs.

Of course, the fact that we are likely to soon experience severe disruption due to the debilitating effects of an experimental 'vaccine' unfortunately does not preclude the possibility that we may simultaneously be faced with other catastrophes such as abrupt climate change.

The following contains assumptions and 'best guesses', based on limited information available in late August 2021. Hopefully many of these expectations will prove to be totally wrong.

Anon

Books

Item	Short-term	Long-term
eBooks	<i>NZ People's Emergency Guide</i>	← Hard copy if possible
	<i>Where there is no Doctor</i>	← Hard copy if possible
	<i>Where there is no Dentist</i>	← Hard copy if possible
	<i>The Herbal Drug Store</i>	← Hard copy if possible
	<i>Alternative Cures (Home Remedies)</i>	← Hard copy if possible

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	<i>Find it, Eat it (NZ foraged food)</i>		← Hard copy if possible	

Clothing

Item	Short-term		Long-term	
General	Warm items from op shops		Sewing & mending supplies	
	Rainwear			
	Durable boots			

Communication

Item	Short-term		Long-term	
Broadband	Minor inconvenience if short-term		Outages will also take out landlines	
Skype & email	Download Gmail emails		Outages will curtail both	
Cell phone	Unless required to report emergency a minor inconvenience		Cell tower backup batteries have very limited duration	
Shortwave Radio	N/A		Limited source of overseas information	
Two-way Radio	N/A		Independent of cell towers & internet	
			UHF limited to line of site	
Personal visits	Not a problem		Streets may become dangerous	

Cooking & Heating

Item	Short-term		Long-term	
Cooking	Butane cartridges		9kg gas cylinders + hot plate	
			Outdoor (weather dependent)	
			Wood fuel for rocket stove	
Heating	Warm clothing and bedding		Gas heater	

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		Heater in vehicle	
Water heating	Coiled PVC pipe in summer	9kg gas cylinders + hot plate	
	Gas stove		

Electric Power

Item	Short-term	Long-term
Lighting	Battery-powered torches etc.	Portable solar
	Candles (fire danger)	Candles (fire danger)
Device Charging	In vehicle via cig. lighter plug	Portable solar

Food

Item	Short-term	Long-term
Vegetables	Refrigeration	Freezing
	Seedlings planted in home garden	Canning
	Plan to ensure constant supply	Drying
	Swapping with friends & neighbours	Seed-saving from home garden
		Mulch used to reduce watering needs
		Drip irrigation to reduce watering
Grains & seeds	Stored in original packaging	Inside vermin-proof containers
Dried fruit	Stored in original packaging	Inside vermin-proof containers
Beverages	From stockpiles	D.I.Y. – herbal tea, citrus juice etc.

Health & Medical

Item	Short-term	Long-term
Prescriptions	MSM - details of impending shortages	Filled ASAP
		Extra stock where possible

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		Herbal alternatives	
First Aid Supplies	Well-stocked kit	Supplies for longer term care	
		Diagnostic (O ² & BP monitors etc.)	
Vitamins	Plenty of stock on hand	More stock on hand	
		Foodstuff alternatives	

Information Technology

Item	Short-term	Long-term
Smart Phone	Backups made in case of failure	May be difficult to replace or repair
		Consider a 2 nd cheaper backup phone
Computer	Regular backups & security checks	May be difficult to replace or repair
	Some parts already difficult to source	Consider a 2 nd inexpensive backup PC
		Regular backups & security checks
Email	Gmail especially is not-private	ProtonMail for encrypted messages
Web Browsing	Opera VPN	Proton VPN for private browsing

Maintenance

Item	Short-term	Long-term
Power Pack	Recharged regularly	Recharged regularly
Battery Appliances	Periodically checked for leakage	Stock up on alkaline batteries
		Ni-MH batteries checked regularly
Computer	Dust removed, ventilation checked	Security precautions (prevent theft)
	Virus & malware checks regularly	Consumables on hand (paper etc.)
	Regular backups	

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Money

Item	Short-term	Long-term
Cash	Small amount on hand	Larger amount on hand
EFTPOS	Still main method of payment	More frequent outages
Online Banking	Online payments where possible	Accounts paid ASAP
	Able to access all accounts	
Barter	Swapping with neighbours & friends	Local Exchange Trading System

Sanitation

Item	Short-term	Long-term
W.C.	N/A	Ability to build outdoor facility
Disinfectant	Plenty on hand	Lots on hand
		<i>Clor-o-gene</i> (also sterilizes water)
Showering	Heated water in bucket	Solar camping shower
Laundry	Laundromat	Pressure washer
Burials	N/A	On public land, cremation?

Security

Item	Short-term	Long-term
Lights	Solar security lights installed	More solar security lights
Alarms	Dummy cameras (inexpensive)	Entry alerts installed
Home invasion	Ring 111	Personal defense equipment
“Grey Man”	N/A	Property to appear not worth robbing

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		Avoid flashy clothing & jewelry	
		Blend in with those around us	

Shelter

Item	Short-term	Long-term
House	Ongoing maintenance	Bug-in rather than bug-out
		Property to appear not worth robbing
		Tarpaulins & ropes

Social & Medical Services Online

Item	Short-term	Long-term
WINZ	Able to access online to avoid visits	Only access may now be online
Medical Centre	Able to access online to avoid visits	Personal visits considerably restricted

Tools

Item	Short-term	Long-term
House & Vehicle	Screw-driver set, spanners, sockets, saws (wood & metal), chisels, drill, shovel etc.	+ multimeter, wood clamps, silicone sealer, battery tester, mattock, electrical wire cutters, tyre pump etc.
Garden	Loppers, pruning shears, trowel etc.	Mattock, moisture meter etc.

Transportation

Item	Short-term	Long-term
Vehicle	Gas tank always at least $\frac{1}{2}$ full	Walk, bicycle, horse
	Regular checks for: oil, water, brake fluid, tyres, rust etc.	Baby buggy, wheel barrow, hand cart
		Spare oil & radiator fluid on hand

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Water

Item	Short-term	Long-term
Drinking water	Portable plastic containers	200L barrel
	Filled from mains taps	Filtration system available
	Sufficient for at least 4 days	Set up rainwater collection
Non-drinking water	For washing, flushing toilet etc.	Also for irrigating small garden areas
	200L barrel filled from mains supply	Mulch used to reduce watering needs
		200L barrels filled via roof collection and mains when available