

## ZERO HOUR READY — MODULE 0, LESSON 3

# Action Steps & Resources

### *Skills & Supplies*

#### IMMEDIATE ACTION STEPS

#### ACTION 1 — Audit Your Blitz List — Map It to the 5 Tiers

Take your Lesson 2 15-minute blitz list and go through it item by item. For each item, assign it a tier number (1–5) based on the supply hierarchy below. Then answer:

- Which Tier 1 (Critical Necessity) items are on your list?
- Which Tier 1 items are MISSING from your list?
- Which Tier 2 (Survival Necessity) items are on your list?
- Which Tier 2 items are MISSING?

The missing Tier 1 and Tier 2 items are your immediate purchasing priority. List them here:

Missing Tier 1 items: \_\_\_\_\_

\_\_\_\_\_

Missing Tier 2 items: \_\_\_\_\_

\_\_\_\_\_

#### ACTION 2 — Complete the Skills Gap Assessment Table

Use the table below. For each skill, mark whether you know it (Y / N / Partial) and assign a priority (1 = highest, 5 = lowest) for when you need to address it. The skills you don't know and rate as Priority 1 or 2 are your learning hierarchy.

SKILL	WHAT IT COVERS	I KNOW THIS? (Y/N/Partial)	PRIORITY(1–5)
<b>Water Procurement &amp; Purification</b>	Locating sources, testing contamination, boiling, filtering, chemical treatment	_____	_____
<b>Shelter Building</b>	Short-term, long-term, and mobile shelter from natural or scavenged materials	_____	_____
<b>Fire Starting &amp; Management</b>	Friction methods, flint & steel, modern fire tools; fire management and safety	_____	_____
<b>Food Foraging &amp; Hunting</b>	Edible plant ID, trapping, fishing, hunting, food preservation (drying, smoking)	_____	_____
<b>First Aid &amp; Basic Medical</b>	Wound care, CPR, infection recognition, natural remedies, improvised splints	_____	_____
<b>Navigation &amp; Orientation</b>	Maps, compass, star navigation, natural landmarks	_____	_____
<b>Self-Defense &amp; Combat</b>	Situational awareness, de-escalation, hand-to-hand, firearms, improvised defense	_____	_____
<b>Tool Making &amp; Repair</b>	Crafting tools from scrap, repairing gear, basic mechanics	_____	_____
<b>Gardening &amp; Farming</b>	Crop growing, soil management, crop rotation, composting	_____	_____
<b>Communication &amp; Signaling</b>	Radio operation, Morse code, smoke signals, basic signals	_____	_____
<b>Mental Resilience</b>	Stress management, decision-making under pressure, adapting to conditions	_____	_____
<b>Bartering &amp; Negotiation</b>	Value assessment, fair exchange, conflict resolution without violence	_____	_____

<b>Basic Engineering &amp; Construction</b>	Building structures, fortifying defenses, simple irrigation	_____	_____
<b>Animal Husbandry</b>	Livestock breeding, feeding, basic animal health care	_____	_____
<b>Weather Prediction</b>	Reading cloud patterns, animal behavior, seasonal environmental awareness	_____	_____
<b>Shoe/Clothing Making</b>	Long-tail skill — critical eventually. Lower initial priority.	_____	_____
<b>Blacksmithing / Metal Work</b>	Long-tail skill — critical for tool longevity. Network asset.	_____	_____
<b>Childbirth &amp; Infant Care</b>	Someone in your group needs this. Who?	_____	_____

**My top 5 skill gaps in priority order:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**ACTION 3 — Create Your Personal Supply Hierarchy**

Don't just use my five tiers if you want to adapt them. You can use three categories or seven — but you must use some hierarchy. A flat list with no prioritization doesn't inform your purchasing order.

Whatever structure you choose, confirm: are your absolute must-haves clearly separated from your nice-to-haves? If someone forced you to buy ten things tomorrow, would your list tell you which ten?

**My top 10 next purchases in priority order:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

**ACTION 4 — Identify One Skill to Begin Learning This Week**

Not ten skills. One. The highest-priority gap from your skills assessment that you can make meaningful progress on in the next 7 days. Find one resource — a book, a YouTube video, a local class — and schedule it.

Skill I will begin this week: \_\_\_\_\_

Resource I will use: \_\_\_\_\_

When I will start: \_\_\_\_\_

**5-TIER SUPPLY HIERARCHY — FULL REFERENCE**

*Use this to audit your blitz list and plan future purchasing. Work top to bottom — never skip a tier.*

<b>TIER 1 — CRITICAL NECESSITY</b> <i>Hard to survive without these. Hit these first.</i>	
Water / Water Storage	Emergency Food
Fire-Starter(s)	First Aid Kit
Medications	Seeds
Self-Defense	Manuals / Books
Short-Term Electronics (radios, flashlights)	Knife
<b>TIER 2 — SURVIVAL NECESSITY</b> <i>Workarounds exist but are hard. Don't skip these.</i>	
Water Filter / Sterilization	Back-up Fire Starter
Multi-Tool	Thermal / Space Blanket
Emergency Radio	Respirator / Mask
Axe, Saw, Agro Tools	All-Temp Clothes
Sturdy Boots	OTC Meds / Trauma Kit
Soap / Tooth Care	Maps
Compass	Candles
Backpack	
<b>TIER 3 — SURVIVAL SUPPORT</b> <i>Not having one won't kill you alone — but these make survival dramatically easier.</i>	
Can Opener (s)	All-Weather Tarp / Tent
Duct Tape	Batteries
Solar Energy	Rain Barrels
Canning Supplies	Fishing / Hunting Gear
Heavy Gloves	Sleeping Bag
Rain Poncho	Bleach
Sewing Kit / Yarn / Fabric	Sharpening Stones
Ropes	Homeopathics
Manuals / Books (additional)	Sanitation
Barometric Stick	Camo Gear
<b>TIER 4 — MORALE SUPPORT</b> <i>Long-term emotional stability matters. Acquire after Tiers 1–3 are covered.</i>	
Insect Repellant / Netting	Feminine Products
Bicycle	Art / Writing Supplies
Games / Cards / Dice	Musical Instruments
Mirror	Books (non-reference)
<b>TIER 5 — BARTER ITEMS</b> <i>Choose items you'd use yourself if no one is left to trade with.</i>	
Alcohol	Tobacco
Cannabis / Drugs	Eyeglasses
Spices	Tools (extra)
Labor (skills you can offer)	Can Openers

## RESOURCES — LESSON 3

### On Supply Planning and Priorities

Prepper's Long-Term Survival Guide — Jim Cobb

A practical, no-nonsense guide to supply planning across food, water, shelter, security, and medical categories. Organized in a way that supports the tiered acquisition approach from this lesson. Good reference for filling in the specific items within each tier.

LPC Survival — YouTube Channel

One of the most practical preparedness channels for supply reviews and priority discussions. Filters well for the C-minus philosophy — focuses on what actually works under field conditions rather than gear optimization. Good source for evaluating specific Tier 1 and 2 items before purchasing.

### On Skill Development

SAS Survival Handbook — John 'Lofty' Wiseman

The reference manual for the skills list in this lesson. Covers water, shelter, fire, food, first aid, navigation, and signaling with illustrated field instructions. Suitable for both learning from scratch and as an in-field reference. This is the book you want in your Tier 1 'Manuals/Books' slot.

The Foxfire Book Series — Various Editors (original Appalachian skills documentation)

The 12-volume series documenting traditional Appalachian survival skills — food preservation, building construction, animal husbandry, plant medicine, tool making. The '2025 BC' skills reference. Volume 1 is the essential starting point. These are the skills that will matter in Phase 4.

Primitive Technology — YouTube Channel (John Plant)

The practical demonstration of skills from scratch: fire by friction, shelter construction, pottery, tool-making, charcoal production. No narration — just watching the process. Excellent for making abstract skills concrete before you need them.

### On the C-Minus Philosophy and Preparation Sequencing

The Prepared — [theprepared.com](http://theprepared.com)

One of the most rigorously practical preparedness resources online. Their gear reviews, beginner guides, and supply prioritization content apply the same 'most important things first' philosophy as this lesson. The beginner's guide to emergency preparedness is a particularly good companion to the Lesson 3 framework.

**Red before yellow. Yellow before green. The hierarchy doesn't just tell you what to buy first — it tells you what to practice first.**

*See you in Lesson 4.*