Prepare for Change

UNLOCK YOUR LIMITLESS POTENTIAL

A holistic guide to nourishing body, mind, spirit and community



1 THE APOTHECARY — *tend the body*

- ☐ **Calm and sleep:** chamomile, lemon balm, lavender
- ☐ **Digestion:** peppermint, ginger, fennel
- ☐ **Cold season:** elderberry syrup, garlic, thyme, raw honey, echinacea
- ☐ **Skin and wounds:** calendula salve, plantain, aloe, tea tree oil
- ☐ **Aches:** arnica gel, Epsom salts, magnesium
- ☐ **Hydration:** electrolyte salts, sea salt, apple cider vinegar
- ☐ **First aid:** bandages, gauze, tape, antiseptic, tweezers, scissors, thermometer, gloves
- ☐ **Medications:** 2 to 4 week supply of prescriptions, plus pain and fever relief



2 THE PANTRY — *NOURISH THE BODY*

- ☐ **Water first:** 4 L per person per day. Store at least 3 days, ideally 7+. Add a filter or purification tablets.
- ☐ **Grains:** rice, oats, quinoa, pasta, flour, crackers
- ☐ **Protein:** dried beans and lentils, canned fish, nut butters, nuts, seeds
- ☐ **Canned and jarred:** tomatoes, vegetables, fruit, coconut milk, broth
- ☐ **Flavour and fat:** salt, oils, honey, vinegar, spices, miso, bouillon
- ☐ **Comfort:** tea, coffee, cacao, dried fruit, dark chocolate
- ☐ **Special needs:** baby food, pet food, allergy-safe foods
- ☐ **Rotate:** date everything and eat the oldest first.



3 COMFORT AND LIGHT — *KEEP WARM, LIT AND FED*

- ☐ **Light:** headlamps, lanterns, solar lights, spare and rechargeable batteries, candles in jars, matches
- ☐ **Power and news:** power bank, solar charger, hand-crank or battery radio, paper maps
- ☐ **Cooking:** camp stove and fuel (outdoors only), pot, kettle, manual can opener, lighter, thermos
- ☐ **Warmth:** wool blankets, sleeping bags, layers, hand warmers, toques, wool socks, hot water bottle
- ☐ **Hygiene:** soap, toilet paper, wipes, garbage bags, bucket with lid, period products
- ☐ **Tools:** multitool, duct tape, rope, work gloves, whistle
- ☐ **For the spirit:** books, cards, journal, art supplies, instruments, toys for children

TERI-ANN COMBES
UNLOCK YOUR LUMINOUS POTENTIAL

1 THE GARDEN — *GROW YOUR OWN MEDICINE AND FOOD*

- [ ] Choose seeds that can be saved: heirloom and open-pollinated.
- [ ] Fast and fresh: lettuce, radish, peas, kale, chard, spinach, sprouting seeds (alfaifa, mung, lentil)
- [ ] Store through winter: beans, potatoes, garlic, onions, carrots, beets, squash
- [ ] Healing herbs: calendula, chamomile, lemon balm, mint, thyme, yarrow, basil, thyme, rosemary, marshmallow, catnip.
- [ ] Supplies: pots, soil, compost, hand tools, rain barrel, row cover
- [ ] Seed care: keep seeds in jars, cool, dry and dark. Most last 2 to 5 years.

2 PRESERVE THE HARVEST — *MAKE ABUNDANCE LAST*

- [ ] Canning: water-bath canner (fruit, jams, pickles), pressure canner (vegetables, meat, beans), jars, plenty of new lids, rings, jar lifter, tested recipes
- [ ] Fermenting: crocks or jars with airlock lids, glass weights, non-iodized salt. Sauerkraut, kimchi, kefir, kombucha.
- [ ] Drying: dehydrator or oven racks, herb screens, string
- [ ] Storing: mylar bags with oxygen absorbers, food-grade buckets with lids, labels and a marker
- [ ] Cool keeping: root cellar or cool dark closet, freezer

3 HEART AND COMMUNITY — *TEND THE WHOLE SELF*

- [ ] Plan: meeting spot, paper contact list, copies of ID and insurance, small bills in cash
- [ ] Calm the nervous system: breathwork, grounding, singing, journaling, prayer or medication, art
- [ ] Learn skills: first aid and CPR, herbs, preserving, basic repair
- [ ] Know your neighbours: share tools, meals and skills, and check on those who may need help
- [ ] Practise now: a power-off evening or a pantry-only week shows what you are missing.

SAFETY NOTE:

Start small. Add one or two items each time you shop, and learn to use what you buy before you need it. Be careful with herbs: check for allergies, pregnancy and medications, and ask a healthcare provider. Honey is not for children under 1 year. Use camp stoves and candles only with good ventilation and never unattended. Low-acid foods must be pressure-canned using tested recipes. For official local guidance, see PreparedBC.

Classes for regulating the nervous system

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