

Code Name Insight Monthly Task List—August

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- ___ 1) Review/create a plan to fund your retirement.
- ___ 2) Practice “old fashioned” (ie: no air conditioning) ways of cooling your home.
- ___ 3) Learn how to preserve food by: drying, canning, freezing and smoking.
- ___ 4) Cache a mini BOB in an area where you can easily access it yet others can't find it.
- ___ 5) Follow someone for a couple of hours without them knowing it.
- ___ 6) If you live in hurricane country, stock up now on the essentials such as plywood, batteries, medications, gas, etc.
- ___ 7) Start a compost pile.
- ___ 8) Explore your town on foot; find hidden trails, natural water sources, etc.
- ___ 9) Get an emergency generator and learn how/when to use it.
- ___ 10) Update the map collection in your car; make sure all maps are no more than a year old.
- ___ 11) Try dumpster diving.
- ___ 12) Consider purchasing/developing a rural retreat.
- ___ 13) Have a cell phone that can do it all: text, take photos, access the internet, keep your contact list...
- ___ 14) Enlist your doctor to help you prepare—ask for a six to twelve month prescription for medications you usually take, and if possible prescriptions for broad-spectrum antibiotics and pain killers for your first aid kit.
- ___ 15) Practice making your own survival food: energy bars, jerky, dried soup mixes, etc.
- ___ 16) Check with your local utility provider for discounts and freebies (ie: discounts on new appliances, free low-flow shower heads or smoke alarms, etc.).
- ___ 17) Practice traveling inconspicuously at night in a car, on a bicycle, on the water and on foot.
- ___ 18) Take a wilderness survival class, even if you live in the middle of New York City.
- ___ 19) Review the goals you wrote at the beginning of the year and see how you are doing with them.
- ___ 20) In a large city, eat at an ethnic restaurant, preferably where you are totally unfamiliar with the food and language.
- ___ 21) Practice a variety of surveillance techniques.
- ___ 22) Practice a variety of counter-surveillance techniques.
- ___ 23) Review your tool boxes for completeness (both your home and car boxes).
- ___ 24) Practice your sewing skills. Sew an item that is useful and that you will use.
- ___ 25) Find out what your workplace surveillance policy is.
- ___ 26) Learn to fight. Karate, boxing, krav-maga...any fighting skill is a good fighting skill.
- ___ 27) Make an emergency plan for your pets. What if there is a fire? What if you have to evacuate sans pets? What if you have to shelter in place with your animals?
- ___ 28) Research local gun laws (concealed carry, carry permits, shoot to kill laws, etc).
- ___ 29) Have a variety of radios on hand: AM, FM, short wave, HAM, CD, battery powered, hand-held, crank, etc.
- ___ 30) Learn how to pick a lock.
- ___ 31) Practice a variety of concealed carry techniques.