

# Preparedness Handbook

Checklist for the most important items



Effectiveness - Intuition – Respect



Schweizerischer Verein WIR  
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Swiss Association WIR

[www.VereinWIR.ch](http://www.VereinWIR.ch)

The preparedness handbook is an initiative launched by Christian Oesch, President of the Swiss association WIR. The association is committed to current, non-profit, ideal purposes and promotes holistic human development. In particular, the WIR association is committed to health issues for people, animals and nature and to ensure that relationships and networks between conscious people can further develop. To this end, the WIR association provides a platform for conscious people who are interested in intellectual work, human exchange and connection.



Dear fellow human beings,

Preparedness is personal security and has nothing to do with fear. Personal security is a feeling of no fear and also a basic human precondition.

### Preparedness Handbook

The human mind can only store a certain amount of information. In order to ensure, that you have everything you will need and have it ready in difficult times, we have put together this important checklist.

You yourself know what you need the most, then that is depending on where you are currently at. However, most of the following items will be likely out of stock in the upcoming events of De-stabilization (in finance, perception and arrangement) and the subsequent de-construction through the planned global synchronization, global information control, global total surveillance and global power structuring.

#### How is a global digital agenda composed?

- ✓ **Global synchronization:** COVID-19; False flag, deceptions, economic crash, bank bail-out & bank bail-in, massive debt that will ultimately end in a bank crash and conversion into Universal Basic Income=UBI).
- ✓ **Global information control:** censorship, bought mainstream media controlled by big business, psychological indoctrination of the population by professional PR agencies, targeted spread and adapted propaganda with deception maneuvers, as well as targeted disinformation to ensure information sovereignty.
- ✓ **Global total surveillance:** of people and financial flows, through 5G, 6G, crypto currencies, cash elimination, etc.
- ✓ **Global power structuring:** institutionalization by Central Bankers, WEF, WHO, UN, WB, IMF, BIS = multi-national in the financial, high-tech and pharmaceutical industries; Group concentrations: Vanguard, BlackRock, Facebook, Alphabet (Google), Amazon, Microsoft, Apple etc.

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Just try purchasing the following items piece by piece from the Preparedness Handbook. It doesn't have to happen all at once, but start living on a budget and put in a little more than you can afford to survive.

Best regards

Christian Oesch, President

**Note: On the Swiss Association WIR platform, we have a membership in the "Club of Sponsorship" so that you as a likeminded activist can support our topics and projects financially, which brings us great help and further important impact. We warmly welcome your participation as a godparent in our Swiss nonprofit organization and thank you for your support.**



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### Special devices and auxiliary items that will quickly no longer be available

Item	Notes
<input type="checkbox"/> Gasoline- or diesel powered electricity generator	
<input type="checkbox"/> Petrol containers with gas or diesel	
<input type="checkbox"/> Water filtration system (a complete, sustainable filtration system is a must)	
<input type="checkbox"/> Camping stove or fondue rechaud	
<input type="checkbox"/> Camping toilet	
<input type="checkbox"/> Petroleum as a fuel for camping	
<input type="checkbox"/> Cooking stove and / or grill etc.	
<input type="checkbox"/> Oil lamps (wicks)	

### Food

(Basic and supplementary supplies per person with a daily requirement of 2,000 kcal/3 months)

Items	Notes
<input type="checkbox"/> Wheat, rye, spelt, kamut, oats, barely	
<input type="checkbox"/> Legumes, dried beans, peas, lentils, etc.	
<input type="checkbox"/> Meat, sausage and fish cans	
<input type="checkbox"/> Ready meals and canned soups	
<input type="checkbox"/> Canned fruit and vegetables	
<input type="checkbox"/> Jams, honey	
<input type="checkbox"/> Condensed milk (canned milk)	
<input type="checkbox"/> Milk powder	
<input type="checkbox"/> Cheese	
<input type="checkbox"/> Edible oils, clarified butter, vegetable fats, coconut oil etc.	
<input type="checkbox"/> Crackers, biscuits, crispbread, hard biscuits, long bread	
<input type="checkbox"/> Nutrients (pasta, rice, mashed potatoes)	



Items		Notes
<input type="checkbox"/>	Sugars	
<input type="checkbox"/>	Salt, spices, vinegar, bouillon, meat extract	
<input type="checkbox"/>	Herbal tea, cocoa	
<input type="checkbox"/>	Sparkling / sparkling mineral water	
<input type="checkbox"/>	Water as needed	
<input type="checkbox"/>	Vitaminized vegetable and fruit juices	
<input type="checkbox"/>	Dried fruits (apples, pears, mango, bananas etc.)	

### **Complementary, very useful foods**

(sometimes listed individually in addition to the table)

Items		Notes
<input type="checkbox"/>	Garlic	
<input type="checkbox"/>	Spices	
<input type="checkbox"/>	Vinegar	
<input type="checkbox"/>	Baking accessories	
<input type="checkbox"/>	Flour	
<input type="checkbox"/>	Yeast, dry east	
<input type="checkbox"/>	Salt	
<input type="checkbox"/>	Milk, powdered and condensed (must be kept in a cool, dry place)	
<input type="checkbox"/>	Fruits (canned)	
<input type="checkbox"/>	Vegetables, especially beans (canned food)	
<input type="checkbox"/>	Soups (canned food)	
<input type="checkbox"/>	Stew (canned food)	
<input type="checkbox"/>	Broth (canned food)	



### Cooking additives

Items		Notes
<input type="checkbox"/>	Soy sauce	
<input type="checkbox"/>	Vinegar	
<input type="checkbox"/>	Sauces and soups	
<input type="checkbox"/>	Bouillon; Vegetable, beef and chicken broth (powdered)	
<input type="checkbox"/>	Worcester sauce	

### Long shelf life snacks

Items		Notes
<input type="checkbox"/>	Graham crackers	
<input type="checkbox"/>	Saltine crackers	
<input type="checkbox"/>	Pretzels	
<input type="checkbox"/>	Trail mix	
<input type="checkbox"/>	Dried meat, jerky's	
<input type="checkbox"/>	Popcorn	
<input type="checkbox"/>	Peanut butter	
<input type="checkbox"/>	Canned nuts	
<input type="checkbox"/>	Chocolate	
<input type="checkbox"/>	Sweets	

### Beverage mixes

Items		Notes
<input type="checkbox"/>	Hot chocolate / Ovaltine (also good cold)	
<input type="checkbox"/>	Cocoa	
<input type="checkbox"/>	Lemonade	
<input type="checkbox"/>	Coffee / Nescafe	
<input type="checkbox"/>	Tea	
<input type="checkbox"/>	Punch	



### Basic cooking utensils

Items	Notes
<input type="checkbox"/> Can opener (not electric)	
<input type="checkbox"/> Egg beater (not electric)	
<input type="checkbox"/> Whisk	
<input type="checkbox"/> Hand operated flour mill	

### Cookingware

Items	Notes
<input type="checkbox"/> Cast iron pan (man's true best friend) Dutch oven	
<input type="checkbox"/> Pots	
<input type="checkbox"/> Pans	
<input type="checkbox"/> Steel mixing bowls	

### Canning accessories

Item	Notes
<input type="checkbox"/> Glasses	
<input type="checkbox"/> Wax / preserving seals	
<input type="checkbox"/> Lids	

### Wood and open fire options, heating

Item	Notes
<input type="checkbox"/> Dried firewood	
<input type="checkbox"/> Charcoal (for cooking and heating)	
<input type="checkbox"/> Flammable liquids (makes starting charcoal much easier)	
<input type="checkbox"/> Tinder box (for emergencies)	
<input type="checkbox"/> Gas grill and enough gas (gas bottles for 1-3 months)	

***"Those who do not provide for the day after tomorrow will suffer before tomorrow ends."***

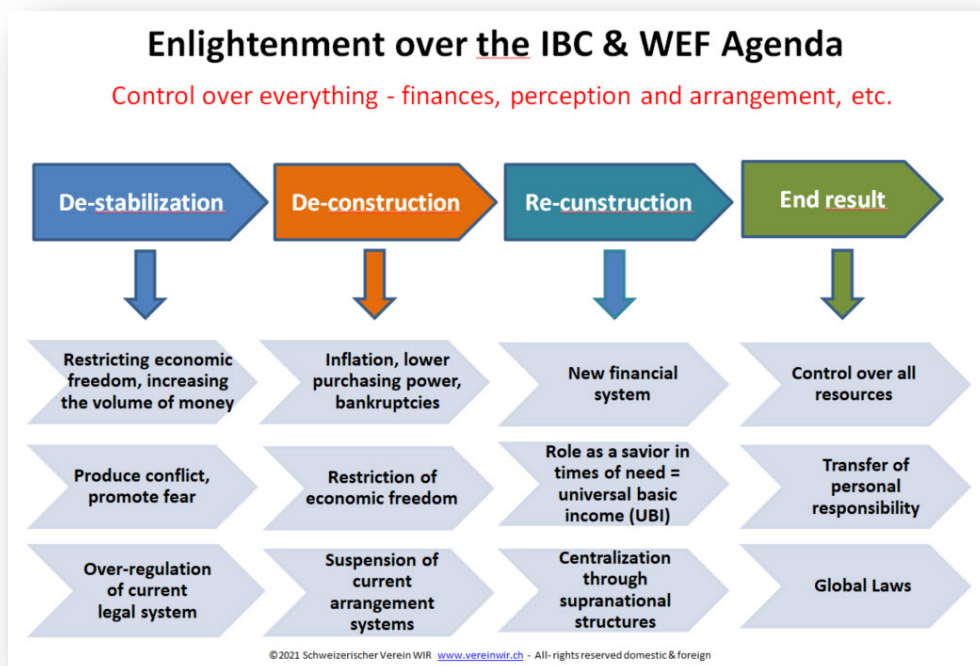


### Children's paraphernalia

Item	Notes
<input type="checkbox"/> Diapers	
<input type="checkbox"/> Baby food / formula	
<input type="checkbox"/> Diaper rash ointments	
<input type="checkbox"/> Baby oil	
<input type="checkbox"/> Child aspirin	
<input type="checkbox"/> Multivitamins (a must for a long-term canned diet)	

### Toys

Item	Notes
<input type="checkbox"/> Battery operated toys	
<input type="checkbox"/> Board games	
<input type="checkbox"/> Card games	
<input type="checkbox"/> Dice	



On September 1, 2021 in Oberkirch Lucerne, Christian Oesch showed in his lecture how ignorant the federal government and politics are driving today's horrific development (5G & Covid measures) and presented an important solution to personal preparedness. The title of his lecture Part-1 was: Preparedness: What is important and when? You yourself know what you need most, depending on where you are at the time. Most of the items, however, will quickly no longer be existing with the upcoming events."

[Here to the lecture](#) (in German)





## Cash and coins

Item	Notes
<input type="checkbox"/> Cash (possibly in different currencies USD/CAD/CHF/GBP)	
<input type="checkbox"/> Silver coins (Please contact <a href="http://www.echtgeld.ch">www.echtgeld.ch</a> )	Promocode: <b>VereinWIR Paket</b>
<input type="checkbox"/> Gold coins (Please contact <a href="http://www.echtgeld.ch">www.echtgeld.ch</a> )	Promocode: <b>VereinWIR Paket</b>



# Financial Preparedness

## Personal Precaution

- ✓ Get your **cash** out from your bank while you still can!
- ✓ The contents in **safety deposit boxes** are **not safe** from access and expropriation by the deep state and bankers, and will most likely no longer be accessible in the event of a power outage, economic crash and Universal Basic Income (UBI) intervention.
- ✓ **Safe with key only.** Avoid safes with electronic controls and sensors if possible.
- ✓ As you gradually build up **vital items**, and especially **survival food and beverages**, for your personal retirement, you will find that you can truly afford to prepare for almost anything that may come your way.





### **Contribution from a war survivor from Sarajevo**

In a war one can experience terrible things - death of parents, family members and friends, hunger and malnutrition, endless freezing cold, fear, attacks etc.

1. Seeking previous advice helps, but you never know how long a crisis will last, so find renewable food sources nearby.
2. The proximity of a well with a manual pump, makes life so much easier.
3. Even gold can lose its luster after a while. In any case, in war there is no greater luxury than toilet paper. Its added value is greater than that of gold.
4. If you had to do without a utility company, the easiest thing to do is to go without electricity.
5. Canned foods are fantastic, especially when the contents taste good without heating or boiling. One of the best things to store is canned sauces - they allow the dry, unsavory things you find to eat in war to be made palatable. Warming up without boiling is sufficient. Canned food is also cheap, especially when bought in bulk.
6. Take books with you - they will prove of value as the crisis unfolds, or especially as the war progresses. Sure, reading a lot in survival manuals is great, but you'll find out most of it for yourself anyway - trust me, you'll have plenty of time to spare.
7. The feeling of being human can fade pretty quickly. I can't tell you how many people I knew, who would have traded a much-needed meal for a bit of toothpaste, shampoo, soap, perfume, or colognes. It doesn't make a lot of sense to fight if you lose your humanity in the process. Eating raises morale like nothing else.
8. Slowly burning candles and matches are important, matches in general!!!



## Personal hygiene

Item	Notes
<input type="checkbox"/> Oral hygiene (non-electric toothbrush, toothpaste, dental floss, etc.)	
<input type="checkbox"/> Shampoo / soap	
<input type="checkbox"/> Skin products	
<input type="checkbox"/> Special feminine hygiene items	
<input type="checkbox"/> Camping toilet paper (in large quantities!!)	
<input type="checkbox"/> Toilet paper	
<input type="checkbox"/> Nail clippers	
<input type="checkbox"/> Razor (non-electric)	
<input type="checkbox"/> Scissors for hair	
<input type="checkbox"/> Wet and baby wipes	
<input type="checkbox"/> Oils / lotions / perfumes / cologne etc.	
<input type="checkbox"/> Waterless, antibacterial soap	
<input type="checkbox"/> Shaving cream	
<input type="checkbox"/> Aftershave	
<input type="checkbox"/> Talc powder	
<input type="checkbox"/> Paper tissues / Kleenex	
<input type="checkbox"/> Paper towels (durable / stronger strength not required, but desirable)	

## Washing and cleaning

Item	Notes
<input type="checkbox"/> Detergent (liquid & powder)	
<input type="checkbox"/> Mop bucket with wringer	
<input type="checkbox"/> Laundry drying set	
<input type="checkbox"/> Clothespins	
<input type="checkbox"/> Clothes line	
<input type="checkbox"/> Hangers	



### Personal medication

Item	Notes
<input type="checkbox"/> Medicines that are required and taken every day	

### First aid kits (recommended 2 per person)

Item	Notes
<input type="checkbox"/> Basic surgery supply	
<input type="checkbox"/> Anesthetic	
<input type="checkbox"/> Pain relievers (Percocet, Viocodin, Oxycotin)	
<input type="checkbox"/> Needle and thread	
<input type="checkbox"/> Surgical scalpel	
<input type="checkbox"/> Basic manual / manual for surgical procedures	
<input type="checkbox"/> Colloidal silver / ionic silver	Referral Code: <a href="https://bit.ly/3H6uWsm">https://bit.ly/3H6uWsm</a>
<input type="checkbox"/> CDL or CDS chlorine dioxide solution 0.3%	

### Functional clothing in the event of a long power outage without washing facilities (even when escaping)

Item	Notes
<input type="checkbox"/> Steel toe boots	
<input type="checkbox"/> Belt	
<input type="checkbox"/> Jeans	
<input type="checkbox"/> Shirts (should be solidly made and durable)	
<input type="checkbox"/> Enough socks	
<input type="checkbox"/> Enough underwear	
<input type="checkbox"/> T-shirts	
<input type="checkbox"/> Long and short pants	
<input type="checkbox"/> Thermal, long underwear	
<input type="checkbox"/> Waterproof and tactical backpacks	



### Light sources

Item	Notes
<input type="checkbox"/> Candles / matches	
<input type="checkbox"/> Head and flashlights (tactical and normal)	
<input type="checkbox"/> Glow sticks	
<input type="checkbox"/> Torches (outside)	
<input type="checkbox"/> Lanterns	
<input type="checkbox"/> Cordless LED lamps (with batteries)	
<input type="checkbox"/> Large jacket lamp (enables lighting over a long period of time)	

### Fishing accessories (will be a hot barter item)

Item	Notes
<input type="checkbox"/> 20 lbs leash	
<input type="checkbox"/> Fishing rod	
<input type="checkbox"/> Reels	
<input type="checkbox"/> Net(s)	
<input type="checkbox"/> Fish tools and filleting knives	

### Insect repellent

Items	Notes
<input type="checkbox"/> Moskitospiralen / Kerzen	
<input type="checkbox"/> Insektenspray	
<input type="checkbox"/> Bisscremen	

### Act in WIR

Mutual respect, coupled with willingness to help, combined with communication, is part of the *Swiss Association WIR* of everything we do.

**W** = effectiveness

**I** = intuition

**R** = respect

These individual elements represent the important basic skills of every person. Mutual respect, paired with helpfulness, connected through communication, is part of the *Swiss Association WIR*.

<https://www.vereinwir.ch/was-wollen-wir/>



### Pack and protect

Item	Notes
<input type="checkbox"/> Duct tape	
<input type="checkbox"/> Cords / cables / wire Improvised protective items	
<input type="checkbox"/> Durable tarps and shelter tent (s)	
<input type="checkbox"/> Long-lasting tarps	
<input type="checkbox"/> Parachute cord (also known as 550 cord)	
<input type="checkbox"/> Nails (different sizes)	
<input type="checkbox"/> Climbing rope	
<input type="checkbox"/> Perimeter post spikes	

### Sleeping equipment

Item	Notes
<input type="checkbox"/> Cases for wet and cold weather	
<input type="checkbox"/> Rugs	
<input type="checkbox"/> Camping pillows	
<input type="checkbox"/> Sleeping mats	
<input type="checkbox"/> Waterproof canvas-duffel bags	

### Cold weather equipment

Item	Notes
<input type="checkbox"/> Woolen scarves	
<input type="checkbox"/> Gloves	
<input type="checkbox"/> Ear warmers, hats and stocking caps	
<input type="checkbox"/> Hats and scarves of sheep wool or cotton	
<input type="checkbox"/> Mittens	
<input type="checkbox"/> Coats	
<input type="checkbox"/> Pants (waterproof ski gear is best)	
<input type="checkbox"/> Waterproof boots (rubber and a pair of spray-on waterproof boots)	
<input type="checkbox"/> Ponchos and poncho liners	



<input type="checkbox"/>	Rain hat	
<input type="checkbox"/>	Gore-Tex rainwear	

### Tools

	Item	Notes
<input type="checkbox"/>	Screwdriver	
<input type="checkbox"/>	Hand drill	
<input type="checkbox"/>	Hammer	
<input type="checkbox"/>	Sledge hammer	
<input type="checkbox"/>	Nuts & bolts	
<input type="checkbox"/>	Durable work gloves	
<input type="checkbox"/>	Wheelbarrow	
<input type="checkbox"/>	Pincers	
<input type="checkbox"/>	Axe	
<input type="checkbox"/>	Handsaw	
<input type="checkbox"/>	Shovel	
<input type="checkbox"/>	Pickaxe	
<input type="checkbox"/>	Hand rake / claw	
<input type="checkbox"/>	Screws & nails	
<input type="checkbox"/>	Adhesives / glue	

### Mountain bikes / bicycle

	Item	Notes
<input type="checkbox"/>	Off-road tires	
<input type="checkbox"/>	Inner tubes	
<input type="checkbox"/>	Bicycle pumps	
<input type="checkbox"/>	Chains	
<input type="checkbox"/>	Bicycle repair kit	



## Weapons

Item	Notes
<input type="checkbox"/> Self-defense / hunting equipment (Weapons, ammunition, pepper spray, knives, clubs, slingshots, crossbows, bows and arrows)	

## Do not forget

Item	Notes
<input type="checkbox"/> Batteries of all sizes (lithium if possible and numerous for every solar energy system you have)	
<input type="checkbox"/> Aluminum foil, standard and industrial strength	
<input type="checkbox"/> Notepads	
<input type="checkbox"/> Pencils	
<input type="checkbox"/> Solar powered calculator	
<input type="checkbox"/> Pens (with ink cartridges)	
<input type="checkbox"/> Paper	
<input type="checkbox"/> Trash bags	
<input type="checkbox"/> Reading glasses (only diopters - enlarged or prescription required, if necessary)	
<input type="checkbox"/> Survival manuals	
<input type="checkbox"/> Cigarettes / cigars / tobacco	
<input type="checkbox"/> Wine / beer / spirits / liqueurs	

## Also important

Item	Notes
<input type="checkbox"/> Fire extinguishers (but can be replaced with a large box of baking soda in each room if fire extinguishers are not available)	
<input type="checkbox"/> Attachable kerosene heater	
<input type="checkbox"/> Petroleum tanks (keep in a stable, safe place)	





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