

035: Survivalism Tools to Prepare for the Zombie Apocalypse

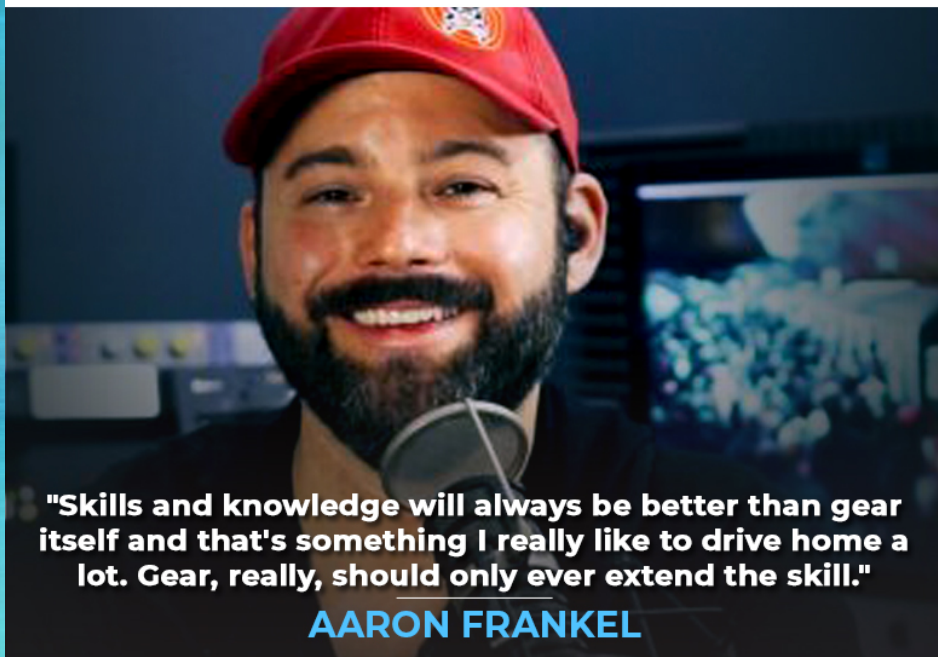
10 Point Checklist

Aaron Frankel

Want to gain as much knowledge as possible out of Get Yourself Optimized? Read on below for a **10 point checklist** that gives the next, real steps you can take for introducing these insights and optimizing your life.

Get **YOURSELF OPTIMIZED**

HOSTED BY **STEPHAN SPENCER**



"Skills and knowledge will always be better than gear itself and that's something I really like to drive home a lot. Gear, really, should only ever extend the skill."

AARON FRANKEL

10 STEPS YOU CAN TAKE TODAY

**Want to take charge of your health, wellness, and success?
Here are 10 steps that can move you closer to your goals – today.**

- Always be safe! You should only use tools and weapons that you have been trained in. If you invest in a weapon, invest in the training to properly use them as well.
- When building your bug-out bag, focus on the absolute basics-72 hours worth of clothing, a hygiene kit, medications, and a personal information pack is a good start.
- Find a responsible friend or family member that you can rely on to check in with you. When you go into the wilderness, always give them your plans and time you expect to be back by.
- Check out your local self-defense classes to be prepared to defend yourself. The style that is best for you will depend on how much time and energy you are willing to commit.
- Don't solely rely on electronics to get you to where you need to go. Always keep a map on hand in case your GPS isn't working.
- The emergency sleeping bag will help to limit the amount of time that you are exposed to the elements and maintain body temperature, always keep one with you.
- Always keeping cash with you is a smart idea in case something happens to your credit card. Aaron recommends enough for a hotel and three meals at all times.
- If you are going on a cross-country trip, know car basics-such as how to check your oil, and change a tire.
- Keep one or two flashlights on you at all times. You may be surprised how often you may need them!
- If you are going to be in the wilderness, invest in a satellite phone so that you can keep the lines of communication open.

To view the transcript, resource links and listen to the podcast, visit:

<https://www.getyourselfoptimized.com/survivalism-tools-prepare-zombie-apocalypse-aaron-frankel/>