When you first start off prepping it is a daunting time, so much to organise - food storage, survival equipment, bugging-in, bugging-out and all the planning in between. You may think its going to cost you a fortune and you'll have no time to fit it all in around your normal daily chores, but you'd be wrong, most people do a little bit here and there as they go along; in fact hardly anyone goes out and gets it all sorted in one go!

The key is to start off slow and pace your self, doing small tasks everyday soon mount up. I found a great article that shows you some 5 minute prepping tasks you can do to start getting prepared. Each task takes between one and five minutes to complete. Tick some of these off and get more organised. Read the full article below.

26 Five Minute Prepping Projects

(Picture Credit: Generaal Gibson)