I think one of the things that puts people off with emergency preparedness is the sheer scale of everything they perceive they need to do to be prepared. I think the enormity of the project overwhelms people and then they end up doing nothing as a result. This is a shame as emergency preparedness is actually just a series of small projects that make up the whole project and goal of being more prepared...

For example - if you just purchase a cheap pack of candles, that's great, you are now better prepared should the lights go out. Along the same theme, if you purchase a few cheap flashlights and some spare batteries, you are even more prepared if the lights go out. Do you get the picture? Little things add up. Below is a post from 'DIY Ready' that lists 36 low cost DIY preparedness projects you can do this weekend. If you have a bit of time this weekend, why not have a go at one or two of these simple DIY preparedness projects?
36 Weekend DIY Preparedness Projects

(Image from: DIY Ready)