How Should Senior Citizens Prepare For SHTF?

Categories : General Prepping

They say most people start prepping between the ages of 35 and 55. This would suggest that the majority of preppers are getting on a bit... It seems to me that most, if not all, of the advice about preparedness, assumes you are young, fit and able. They say things like - you need to be able to hike all day (possibly several days) with a 50lb bug-out-bag, and you need to be able to run a minimum of 2 miles to escape and evade capture...

Sure, some people in their 60s can do this, but most can't. To be honest, many 35 year olds can't either! Anyway if you've moved into the senior citizen category, and you are fed up with all the young, fit and able prepping advice, you'll be happy to hear that 'Graywolf Survival' have written a post just for you! Check it out below.

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(Photo from: Graywolf Survival)