

# Readiness Watch for the week of 23 May 2011

A production by [Dennis L Hitzeman](#) and his [Readiness weblog](#).

## First things first

The purpose of *Readiness Watch* is to provide current, relevant, and actionable readiness information to people determined to be ready for whatever comes next, and especially for those people who are just starting their journey down the road to readiness. Readiness Watch will include observations, commentary, advice, links to resources, and related news.

I always welcome input from my readers, especially tips on information or ways to make this publication better. Feel free to [contact me](#) with information, advice, or tips.

## This week's news theme: Being ready means making yourself ready too

This is the time of year that we enter the period the military calls the “101 Days of Summer”. It is during this period that accidents related to outdoor activities tend to skyrocket. While many of those accidents are related to alcohol and stupidity, not a few of them are related to not understanding our limits in extreme weather and environments.

One way to expand our limits in such environments is to be sure that we are physically and mentally capable of handling them. This process involves dedicated, year-around physical fitness along with an equal dedication to learning about the environments we may find ourselves dealing with.

Being physically and mentally ready is not an easy task, but it is a necessity for anyone serious about being ready. Start now so that you can be ready when the time comes.

## Web Resource

[Survival Fitness](#)

## Gear

[Bear Grylls Survival Series Ultimate Kit](#)

[Safety Seed Packages](#)

## Websites

[Bountiful Gardens](#)

[SurvivalIQ](#)

[Sustainable Seed Company](#)

## Be ready now

Be ready now is a weekly post about things you can do right now to get ready for whatever might come next courtesy of [Dennis L Hitzeman's Readiness Weblog](#). You can find other posts in this series in the "[Be ready now](#)" category.

This week's theme: Minimum skills

- [Immediate](#): At a minimum, everyone involved in your readiness plan should be trained in basic first aid, CPR, and rescue breathing. Other useful minimum skills can be fire-starting, use of basic clearing tools such as saws, chainsaws, and breaker bars, and orienteering.
- [Intermediate](#): At least one person involved in your plan should have some level of training in the following areas: medical care, knife sharpening, sewing, shelter-building, skinning and butchering game animals, small engine repair, large engine repair, and weapon repair.
- [Long-term](#): Long-term readiness skills include raising food and livestock, construction of weatherproof shelters, finding sources of fresh water, negotiation, and self-defense.

Do you find this information informative and helpful? Feel free to [contact me](#) and let me know. You can also [contact me](#) about ways you can support this effort.

DLH

## Consider donating to the cause

Do you use Readiness Watch and find the information herein useful to your own readiness initiatives? If so, consider donating to ensure its continued availability. [Contact me](#) for more information.

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