


What Is Prepping | Why Do People Prep | Should I Be A Prepper

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Filed under blog, Prepping

What Is Prepping?



Preppers are Survivalists in a calm state of Emergency Preparedness

There is no such thing as your 'average' UK Prepper.

We come in many shapes and sizes, many different backgrounds and certainly cant be put into any social media group.

There is only one defining factor that unites us all - the simple fact that - **Preppers are ready for emergencies** that may occur due to no fault of their own. These emergencies can bring a very abrupt halt to the type of life and lifestyle as we know it.

Don't be fooled by the over the top TV programs that are going around at the moment showing how you have to have a secret underground bunker, fortified and filled with every imaginable item to ward off herds of crazy people hell bent on doing you harm...!

That type of prepper is few and far between, most are just normal people going about their normal lives, whilst beavering away securing a future for themselves and their family.

Some People Are Preppers Without Even Knowing It



Quite a lot of people 'stock up' with essential items and store them in their house just to make sure they have enough - it's the 'just in case' syndrome.

Everyone has insurance of some sort, from home and life insurance, to even having pet insurance. We all have a spare wheel in the car, maybe a tool kit and first aid box, but why? Well they can be all seen as needed for the 'what ifs', just like prepping is.

But a prepper is just that bit more dedicated than just having your normal day to day insurance - including planning a strategy to ensure they have an emergency supply of ALL essential items that will last for days, weeks, months or even years.



Along with stocking up with essentials they will plan for various survival situations and also have a full disaster plan for when SHTF.

Quite often this will include emergency equipment if they decide to leave their home - this is known as Bugging Out.

A prepper will always have a fully equipped bugout bag, with essential survival equipment should the worse happen, and you need to remove yourself from an unsafe situation.

To keep things fresh, most preppers know the importance of bugout training and practice, and regularly hone their skills.

When a disaster strikes a prepper/survivalist will be in a state of emergency preparedness and be able to fend for themselves and for their family.

If you have began prepping, there are logical steps along the way which will help you become a real survivalist. Steps that include mastering survival and bushcraft skills, and learning ways to survive even without modern equipment.

In the survival world - knowledge is king, and by combining knowledge with good equipment you increase your survival chance greatly. Meaning that prepping and bushcraft skills go hand in hand, and are practised by all preppers.



Having a plan and being ready to implement that plan is a major art of being a UK Prepper.

By browsing this website you have already started to find out more information, help, tips and advice, as well as offering you a host of equipment to view and to purchase. Hopefully you can see the benefit. - Start your Prepping now.

Prepping is not always about hoarding tons of supplies of food, in fact prepping is massive subject, encompassing all aspects of survival skills, that should be learned and practised before anything happens, and as well as that, it a very interesting and fulfilling hobby.

So whats your level of preparedness?

Do you really have any idea whats going to happen when the SHTF?

Do you think you could survive a major disaster? Or should you be prepping for life?

Are there any risks involved? What are the prepper risks?

And finally, why do preppers prep? Should You Be Prepping For Doomsday?

