



**name:** \_\_\_\_\_



# MONEY/BUDGETING

	How to save money
	How to avoid debt
	How to pay and file taxes
	How to budget
	How to use coupons
	How credit cards work
	How to save for retirement
	How to get health insurance
	How to open a savings account
	How to count back change
	How to compare prices when shopping
	How to go to pay for college without debt
	How to source inexpensive items



# COOKING

	How to follow a recipe
	How to use a crock-pot
	How to cook rice
	How to pressure cook
	How to grill
	How to cook a whole chicken/turkey
	How to make bread
	How to use left-overs
	How to meal plan and grocery shop
	How to have proper etiquette at the dinner table
	How to make your own pet food



# GARDENING/PRESERVATION

	How to use a lawnmower
	How to plant a garden
	How to save seeds
	How to weed
	How to store and maintain lawn mowers
	How to can
	How to dehydrate
	How to freeze foods



# CLEANING

	How to make a bed
	How to clean a bathroom
	How to mop
	How to clean a fridge
	How to dust
	How to clean windows (home and cars)
	How to clean baseboards
	How to clean blinds



# TOOLS

	How to use a drill and screwdrivers
	How to use an ax
	How to do basic wiring
	How to fix doors and locks
	How to use a level and hang things
	How to sharpen knives and axes



# SEWING/CLOTHES

	How to mend clothes
	How to hem
	How to sew on a button
	How to knit/crochet
	How to do laundry
	How to quilt
	How to care for different types of clothing
	How to iron
	How to read a sewing pattern



# MECHANICS/CAR SAFETY

	How to change a tire
	How to change oil and check fluids
	How to replace windshield wipers
	How to replace a burnt light
	How to perform a tune-up
	How to change a fuse
	How to drive a car
	How to avoid distracted driving
	How to read a road map





# PLUMBING

	How to fix toilets
	How to install a dishwasher
	How to install a washer and dryer
	How to install/fix a disposal
	How to turn off the main water lines
	How to maintain air conditioners and heaters



# COMMUNICATION

	How to listen to understand
	How to make eye contact
	How to do a proper handshake
	How to deal with hard people
	How to negotiate
	How to be thoughtful
	How to write/address and mail a letter
	How to write a personal history
	How to write a thank you card
	How to be grateful
	How to recognize needs and serve others
	How to entertain yourself without electronics
	How to be patient



# FRUGALITY

	How to save by turning off utilities when not in use
	How to have a DIY mentality
	How to go without
	How to recycle
	How to make your own gifts
	How to buy in bulk and freeze in smaller portions
	How and when to buy expensive vs cheaper items
	How to read info on products to compare (ingredients, weight)



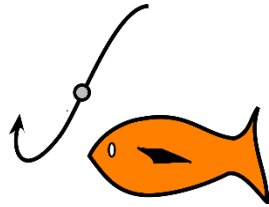
# EPREP/CAMPING

	How to grind wheat
	How to cook with a sun oven
	How to use non-electric stoves
	How to filter water
	How to wash without running water
	How to use and care for cast iron cookware
	How to set-up camp (keeping animals out, tents, toiletries)
	How to build a fire in a safe place
	How to organize a backpack
	How to cook over an open fire (with and without Dutch oven)



# FIRST AID

	How to perform basic CPR
	How to handle choking
	How to deal with large cuts
	How to treat shock
	How to recognize heat illnesses
	How to use wild plants and herbs for medicine



# HUNTING/FISHING

	How to catch a fish
	How to gut a fish for eating
	How to safely hunt
	How to clean a gun
	How to tie knots for fishing
	How to use guns safely
	How to keep guns in a secure place



# PHYSICAL HEALTH

	How to hike (pacing, map, navigation)
	How to eat a balanced meal
	How to stay hydrated
	How to have good hygiene
	How to shave



# COMPUTER/ELECTRONICS

	How to maintain a computer
	How to recognize a scam
	How to stay safe against predators
	How to discern truth on the internet and fact check
	How to securely store passwords





# SPIRITUALITY


Determine what meets your family's belief system