



PREPPING WORKSHOPS

Join us for a fun and informative day on emergency preparedness, a delicious lunch, and a tasting of our homemade wine! 🍷🍷🍷

Looking to ensure your family is ready for any situation, from natural disasters to unexpected emergencies? Gather your girlfriends for a day of learning the essentials of preparedness in a relaxed and enjoyable setting. Our prepping workshop will equip you with the knowledge and skills to keep your loved ones safe and sound, all while enjoying great food and company.

What to Expect:

1. Introduction to Prepping:

- **Why Prepare?** Understand the importance of preparedness for natural disasters, power outages, and other emergencies that could impact your family.
- **Types of Emergencies:** Learn about different types of emergencies and natural disasters, including hurricanes, earthquakes, floods, and more, and how to prepare for each.
- **The Preparedness Mindset:** Discover the mindset needed for effective prepping and how to stay calm and organized in an emergency.

2. Building an Emergency Kit:

- **Essential Supplies:** Learn what items are critical for your emergency kit, including food, water, medical supplies, tools, and personal items.
- **Customizing Your Kit:** Discover how to tailor your emergency kit to meet the specific needs of your family, including pets and special requirements.
- **Storage Tips:** Get practical advice on storing and organizing your emergency supplies to ensure they are easily accessible when needed.

3. Food and Water Preparation:

- **Long-Term Food Storage:** Explore methods for storing non-perishable foods, including canned goods, dried foods, and emergency rations, to keep your family fed during a crisis.
- **Water Storage and Purification:** Learn about the best practices for storing water and how to purify water from various sources in an emergency.
- **Meal Planning for Emergencies:** Get tips on planning simple, nutritious meals that can be easily prepared with your emergency food supplies.

4. Home Safety and Evacuation:

- **Home Preparedness:** Discover how to prepare your home to withstand various types of natural disasters and ensure your safety.
- **Evacuation Plans:** Learn how to create and practice an effective evacuation plan for your family, including routes, meeting points, and essential items to take.



- **Safety Drills:** Get hands-on experience with safety drills to practice your emergency response plans and ensure everyone knows what to do.

5. Communication and First Aid:

- **Emergency Communication:** Understand how to maintain communication during an emergency, including using radios, emergency contacts, and creating a family communication plan.
- **Basic First Aid:** Learn essential first aid skills and how to assemble a comprehensive first aid kit to handle injuries and medical emergencies.
- **Mental and Emotional Preparedness:** Explore techniques for staying mentally and emotionally strong during stressful situations to support yourself and your loved ones.

6. Preparing with Friends and Community:

- **Group Preparedness:** Discover how to work with friends and neighbors to create a community preparedness plan and support network.
- **Sharing Resources:** Learn the benefits of pooling resources and skills within your community to enhance overall preparedness.
- **Fun Preparedness Activities:** Participate in engaging activities and discussions that make learning about preparedness enjoyable and interactive.

Lunch and Wine Tasting:

After a morning filled with practical prepping tips and hands-on activities, enjoy a delicious lunch made with fresh, local ingredients. Relax and savor a tasting of our homemade wine, crafted with care right here at the retreat. It's the perfect way to unwind and enjoy good food and drink with great friends.

Who Should Attend?

- Girlfriends looking for a unique and educational day out.
- Anyone interested in learning how to prepare for emergencies and natural disasters.
- Families, community leaders, and anyone who values safety and preparedness.