



feeling a need to expand on what it is. The most common terminology is SHTF (short for sh*t hits the fan) or simply, 'the event'. So, talking among themselves, preppers might say, "I have stored enough water for three weeks' survival after SHTF". Or, "I just bought myself a new hunting knife so I can provide and prepare food after the event". In most cases, preppers want to be ready for any event, without supposing that one situation is more likely than another. That being said, these are the most common theories for the cause of a SHTF situation:

- Nuclear war
 - Global food shortage
 - Financial collapse
 - A severe global pandemic
 - The Rapture
 - Sustained blackouts
 - Extreme weather
 - Alien invasion
- And of course
- Zombie apocalypse

Who Is Prepping?

Despite the secretive nature of the activity, the number of people actively prepping is increasing dramatically. Following the First World War and especially during the Cold War, the UK and US government encouraged citizens to prepare in some way – usually by storing food or building bomb shelters in the garden. This

set the grounds for modern preppers but was an activity that decreased significantly in the 1990s, probably due to advancements in technology and the relative world peace. However, the attack on the World Trade Center saw an upsurge in the number of people prepping – a trend that continued to grow and was again significantly increased by the Covid-19 pandemic. As for the type of people who prep, there's really no unifying characteristic apart from the commitment to be ready for a SHTF situation. Yes, the preppers with the more extreme beliefs and conspiracy theories are the ones who sometimes grab the headlines, but in actual fact, preppers come from many walks of life – from people who are sceptical of the government and want to live off-grid, to working professionals who happen to have a year's supply of survival resources at home.

Toilet Paper Wake Up Call

Remember when Covid-19 was upon us and everyone wanted to buy hand sanitiser, disposable gloves and, in some cases, toilet paper? If we faced a similar situation tomorrow, how long could you survive without visiting the shops? Days? Weeks? Months? Some preppers could answer "years"! Wherever you are, it's likely that there's a prepper or two not too far away. However, you'll probably not find out who they are and it's doubtful they'll be there to save you if SHTF. So, if you believe an event is possible and you want to function relatively normally after it, perhaps it's time to start stocking up on a few essentials. Don't worry if you

weren't prepared in the past, there's still time to wipe the slate clean. //

- 6 **SHTF** (sh.t hits the fan) | sytuacja wymyka się spod kontroli, (dosł. wulg. gównu uderza w wentylator)
- to store sth** | magazynować, przechowywać coś
- nuclear war** | wojna jądrowa
- severe** | tu: ekstremalny
- the Rapture** | tu: tu: Porwanie / Pochwycenie (Kościoła)
- alien invasion** | inwazja obcych
- despite sth** | po/mimo czegoś
- to increase** | rosnąć, wzrastać
- following sth** | po czymś, w następstwie czegoś, bezpośrednio po czymś
- to encourage sb to do sth** | zachęcać kogoś do z/robienia czegoś
- to set the grounds for sb** | położyć podwaliny dla kogoś, przygotować dla kogoś grunt
- 7 **advancement** | postęp
- upsurge** | gwałtowny wzrost
- apart from sth** | oprócz czegoś
- commitment to sth** | zaangażowanie w coś
- to grab the headlines** | pojawiać się na pierwszych stronach gazet, trafiać na nagłówki
- to come from many walks of life** | pochodzić z wielu środowisk
- off-grid** | niemający dostępu do mediów, poza siecią, niepodłączony do zasilania, również: poza systemem, niepłacący podatków itp.
- wake up call** | pobudka, wydarzenie uświadamiające potrzebę zmian
- hand sanitiser** | środek do dezynfekcji rąk
- disposable gloves** | jednorazowe rękawiczki
- to face sth** | zmierzyć się z czymś
- to find out** | dowiedzieć się
- doubtful** | wątpliwy
- to wipe the slate clean** | zapomnieć o dawnych urazach, zacząć od nowa, zapomnieć o przeszłości