This dissertation is an exploration of the culture of prepping in the Midwest. The research aims to provide a better understanding of why people engage in prepping and how they go about doing so. Thirteen preppers were interviewed during 2014 - 2016. Why people become preppers and how preppers put together a set of ideas and practices that help them meet their perceived needs are outlined. How they deal with feelings of insecurity and what they do to increase their chances of survival are also explored. The findings show that preppers are retreating to the private sphere to find solutions to their individual concerns and are averse to relying on public entities or institutions to meet their needs.