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5 basics of survival

The 5 basics of survival are the backbone of the survival mindset. With the knowledge of these basic necessary skills, you can, and most likely will, survive any situation you find yourself in. Without them, you will probably panic and die within days, if not sooner.

Water- Next to air, water is the single most important thing you must have. Dehydration will kill you. Usually within a couple of days. This is FIRST on the survival list

You need 2-3 qts of water per day. Ideally keep 3 gallons of water in your trunk in an old cooler so it won't freeze no water means no life. You may survive weeks without food only days without water

[Water flushes toxins – the brain is 95% water lungs 90% water -blood is 80% water muscles as high as 70% water. Its your cooling system, joint lubricator, allows muscles to work if you get dehydrated you can become fuzzy confused weak](#)

[2% drop in our water supply can trigger signs of dehydration](#)

[Your BODY can't work without water no water NO LIFE](#)

Water is heavy 1 gallon weights about 8 lbs

Shelter- People die every year due to a lack of shelter. In the summer you have to shelter against sun and heat of the day. In the winter, exposure and hypothermia take many people that are not prepared against the elements. It is vital that you learn different methods of shelter building using materials that are around you. You won't always have a tent or a tarp lying around.

Warmth- Even with a good shelter, you can become hypothermic without some kind of heat source near you. Learning to make fire comes is critical. Start with kindling and then to add larger pieces of wood.

[95 degrees is Hypothermic – PREVENT body heat loss immersion in water hastens hypothermia. Initially hunger/nausea then confusion lethargy leading to unconsciousness, lie down fall asleep DIE. The colder the body the brain shuts down. Abnormal electrical rhythms eventually the heart unable to pump – remove wet clothing,stay warm, BODY TEMPERATURE wrap UP in emergency blanket](#)

[Keep magnesium lighter go to youtube and learn how to start a fire with this very easy to do!](#)

<http://www.youtube.com/watch?v=ST0kgueHTjI>

Protection- Whether it is from an attacker or an animal, you might find yourself in a difficult, unpredictable situation. Learn ways to defend yourself with anything and everything around you.

Food- Lastly food You can last possibly weeks without food. It may be uncomfortable, but it is possible. Learning to find food is only good if you don't die of one of the above.

If you should ever find yourself in a desperate situation, stop everything you are doing. You are most likely near, or in, a state of panic. Don't do anything except assessing your situation, what you need and what is around you to achieve those things you need first. Don't ever give in to panic. That state can only go badly. Get your head clear and come up with a plan.

Prepare your survival kit and throw in your trunk. Be prepared your life may depend on it! Emergencies don't happen only in the winter be prepared anytime of the year!

You might survive several days without water depending on how fast body fluids are leaving. You can last 7-8 weeks without food depending on temperature & exertion.

Emergency Back Pack Check Off list

(A) First Aid Kit

- 1) ___ stop bleeding kotex pads work great to stop bleeding. Cheap and easy by buy anywhere (a little bleeding flushes out contaminants) bright or squirting blood is a deep wound, apply pressure
- 2) ___ terry cloth towels work well – car washing towels - important to control bleeding – put pressure directly on the area (bleeding can lead to shock or even death) (blood needs to clot to stop the bleeding) (never remove blood soaked dressing it has clotting components)
- 3) ___ pack an antibiotic ointment to avoid infections, cover open wounds to protect from infection
- 4) ___ reduce fever & inflammation using Tylenol DO NOT take aspirin if bleeding
- 5) ___ emergency blanket keep warm – if injured this will help Heat sheets for 1 or 2 people wrap yourself
- 6) ___ Kastle soap easy to buy at Cracker Barrel and other places
- 7) ___ Bandannas used to wrap dressing and secure it for wound

(B) Maintain- protection & warmth

- 1) ___ Sterno emergency candles .69 Christmas tree shop – party supply wholesale places
 - 2) ___ portable folding stoves –pocket stove 3 sides closed one open for air protects from wind
 - 3) ___ matches water proof wind proof matches shopping REI outdoor Dicks web site: camping survival.com
 - 4) ___ Magic wick o heat water, keep warm, boil water for contaminants at least 10 minutes
 - 5) ___ flashlight & batteries to work in the dark change them every year!
 - 6) ___ **headlamp** waterproof long lasting high lumens variable for long lasting
 - 7) ___ **water purifying tablets** – CampingSurvival.com
 - 8) ___ **water bottles** keep for refilling after finding a water source
 - 9) ___ **box cutter knife**
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- 10)___ **emergency blanket** \$3.50 each very good from mountaingear.com
- 11)___ food items – you need about 2,000 calories a day (dried food walmart)
- 12)___ food pot (stainless for cleaning purposes)
- 13)___ plastic bags [put inside your boots](#)
- 14)___ collapsible dog bog [cheap use to capture water from streams,rain,snow](#)
- 15)___ rain suit acts as shelter, [a layer light airy – frog tog is a great brand Walmart Bass Pro etc](#)
- 16)___ bandannas for neck and face protection [\\$1 each 100% cotton](#)
- 17)___ mesh face mask a later to keep warm, hide in woods [layer layer layer](#)
- 18)___ **Absorber** keep yourself dry important keep warm if you sweat you will get colder
- 19)___ chap stick [minor cuts,burns face,fingers etc](#)

(C) Rescue

- 1) ___ whistle [you use energy to yell whistle carries much further easier to be heard use a high decible](#)
- 2) ___ gloves to aid in your own rescue, keeping warm [mittens keep hands warm keep fingers together so they can keep each other warm](#)
- 3) ___ orange hat be seen keep from getting run over
- 4) ___ orange flagging tape [trail marking for you to get back for others to find you tie in trees on rocks very visible orange](#)
- 5) ___ orange duct tape (any duct tap use for a split put orange flat in tree to be spotted)
- 6) ___ cotton rope – [for shelter and for tying things to make yourself visible](#)
- 7) ___ regular duct tape
- 8) ___ trowel for digging – [in the ground acts as insulation, leaves](#)
- 9) ___ mirror ([reflect against the sun be seen from the air](#))
- 10)___ scissors strong steady pair
- 11)___ compass with a thermometer/LED light signal mirror small travels well
- 12)___ hunters vest to be seen **BE FOUND**

(D) Shelter

- 1) ___ rope to make a tent stretch between trees etc
- 2) ___ mittens [the best choice to keep warm I like open thermo mittens \(Dicks\) and I also like a muff to keep hands together to keep them warm and safe](#)
- 3) ___ hand warmers are good for temporary measures [cheap during hunting season](#)
- 4) ___ tarp be seen or hide ([Harbor Freight](#))
- 5) ___ disposable shelter
- 6) ___ tools - hammer - pocket knife
- 7) ___ newspaper [is a great insulator on the ground](#)
- 8) ___ tent stakes [tie down many uses](#)

Other Information:

Quick Winter Check List

(A) Your Car

Prepare your car for winter. Start with a checkup that includes:

- a) Checking the ignition, brakes, wiring, hoses and fan belts.
- b) Changing and adjusting the spark plugs.
- c) Checking the air, fuel and emission filters, and the PCV valve.
- d) Inspecting the distributor.
- e) Checking the battery.
- f) Checking the tires for air, sidewall wear and tread depth.
- g) Checking antifreeze levels and the freeze line.

Your car should have a tune-up (check the owner's manual for the recommended interval)

Necessary Equipment

An emergency situation on the road can arise at any time and you must be prepared. In addition to making sure you have the tune-up, a full tank of gas, and fresh anti-freeze, you should carry the following items in your trunk:

- a) Properly inflated spare tire, wheel wrench and tripod-type jack
- b) Shovel
- c) Jumper cables
- d) Tow and tire chains
- e) Bag of salt or cat litter
- f) Flares and/or reflective squares
- g) Tool kit
- h) Ice scraper
- i) **Work gloves**
- j) **Gallon or two of water keep from freezing put in old cooler**

(c) Essential Supplies

Be prepared with a "survival kit" that should always remain in the car. Replenish after use. Essential supplies include:

- a) Working flashlight and extra batteries
- b) At least 2 blankets, sleeping bag or emergency wrap
- c) flashlight
- d) Reflective triangles and brightly-colored cloth
- e) Compass
- f) First aid kit
- g) Exterior windshield cleaner
- h) Ice scraper and snow brush
- i) Wooden stick matches in a waterproof container
- j) Scissors and string/cord
- k) Non-perishable, high-energy foods like unsalted canned nuts, dried fruits, and hard candy.
- l) First aid kit
- m) **Water**
- n) **Emergency candles**

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In addition, if you are driving long distances under cold, snowy, and icy conditions, you should also carry supplies to keep you warm such as heavy woolen mittens, socks, a cap and blankets.

Disclaimer:

This is for informational purposes only. The author is not a doctor. Seek medical professional advice should you have special medical issues on survival, medication or special needs.

If You Become Stranded...

- Do not leave your car unless you know exactly where you are, how far it is to possible help, and are certain you will improve your situation. Use your orange tape for trail marking
- Tie a bright colored cloth to antenna, door or mirror where it will be seen
- To attract attention, light two flares and place one at each end of the car a safe distance away. Hang a brightly colored cloth from your antenna.
- If you are sure the car's exhaust pipe is not blocked, run the engine and heater for about 10 minutes every hour or so depending upon the amount of gas in the tank.
- To protect yourself from frostbite and hypothermia use the woolen items and blankets to keep warm.
- Keep at least one window open slightly. Heavy snow and ice can seal a car shut. Keep exhaust pipe clear of snow poisonous gas can fill the car if clogged and kill those inside.
- leaving window cracked for ventilation safety when you run that engine!
- Have a whistle the sound travels much farther than a voice and if you are weak you can blow a whistle easier than yelling.
- **Never eat snow it will chill your body temperature, collect and let it stand to warm up.**
- Remain in control if you are calm and remain with your car chances are better of survival.
- Floor mats can be used for further insulation.
- Keep fingers, toes close to each other and body to increase warmth.
- Eat a hard candy to keep your mouth moist.