

### Chapter 1 : 10 Survival Tips You Should Put In Your Wallet For Any Situation - Printable Pocket Guide!

*Product Features Clip for convenient pocket carry and priorities of survival pocket guide.*

Emergency preparedness is something we all know we should do, but a lot of us slack on it. Well, we are here to help. This guide is a printable survival guide that you can put into your wallet in case of emergency. Follow the tips below and instead of remembering them, place in your wallet or purse so that you never leave home without it. You never know when disaster will strike, and knowledge is power. Having the knowledge on hand gives you the power in any situation! This guide is simply to get you thinking about survival and emergency preparedness. Consult an expert before using any of these tips, and do your own research. We are not responsible for your actions.

**Building A Fire** You need 3 items: You can use anything from a battery using wires, flint and steel, matches, knife scrapping against surface which causes spark, Convex lens Magnifying glass, camera, binoculars

**As small fire starts to grow** using tinder, add the kindling to build an adequate flame that will burn the fuel

**3. If none available**, grab any floating debris Plastic containers, logs, anything you can latch onto to help stay afloat

**Weigh Options:** Stay put if you feel safe that someone will be searching for you

**Protection:** Scan wreck for tarps, jackets, wool, waterproof, windproof clothing, etc. You have to shield yourself against the water, wind, sun, and temperature. Dip clothes in water under hot sun to keep cool. Shade yourself at all times and protect your eyes. Grease can be used as a sun-screen. Conserve energy at all costs. Look out for birds as they are a good sign your close to land. Generally speaking wind blows towards land during the day, and out to sea at night. Unless you know exactly where you are, where you want to go, or have a map chances are you have a better shot at being rescued if you stay in one place.

**Exposure** Sun during day. Cold at night and Dehydration. Wear loose layers to protect against direct sunlight on head, face, and body. Ration water at all costs. Determine how much water to drink by the color of your urine. Light colored means your fine. Dark colors means start to drink. Use caution finding water in the desert, as it might not be drinkable. Nibble and snack on your food but avoid eating and drinking too much depending on your rations. Daytime temperatures can fry you, while nighttime temperatures can freeze. Find a safe place and build shelter to avoid the elements. Watch out for spiders, snakes, insects, and other animals that might cause you harm. Keep your food sealed to not attract coyotes, wolves, bobcats, and other animals. Jungle Living Germs, disease, parasites, animals, and all else thrive in the jungle. However this fact also means there is plenty to drink, eat, and provide you shelter. Weather can be unpredictable with sudden rains, winds, and storms. Never venture too far from a safe place or your shelter for protection. Water can be hard to find in the jungle. Use all your sense. Listen for waterfall and follow animals to water holes. In a muddy river bank, dig a hole 1 meter from the bank. Clear water will flow into the hole. Palm trees, roots, and vines also provide clean water. Animals are a good source of protein. Plants are also sources of food however some might not be safe to eat. Unless you have knowledge of what to eat, try bamboo, fruits, and palms. Watch out for quicksand. The worst case is that you will be sucked down just above your waist. It is very hard to get out of quicksand which is why people die of starvation and thirst. Carry a big stick with you as you walk. Try not to kick or fight it, but float.

**Purify Water** All water collected from the ground or vegetation can be purified by boiling, chlorine, and iodine. If it is dirty, place 10 drops. Let canteen stand for 30 minutes before drinking. Standard Clorox bleach will do the trick. Avoid any scented bleach, use regular. Add 2 drops of bleach for every quart of water. If water is dirty, double the dose. Let sit for 30 minutes before drinking. Water should have a slight bleach odor, if not, add another drop. Keep clothing clean in order to stay sanitized and for warmth. Dirty clothing may prevent the clothes from breathing and insulation. Avoid overheating at all costs to prevent sweating and exhaustion. Wear clothing loos to breathe, and layer yourself for better protection. Keep yourself dry as much as possible. Avoid melting ice or snow and wear water resistant clothing if possible. Hypothermia is a major threat when living in the cold. Most heat is lost through you head. Avoid frostbite by covering your ears and fingers. Place your hands under your arm pits or somewhere warm. Build shelter out of way of avalanche chutes. Try to build off the center of a clearing. Build a pit in the ground in order to avoid freezing winds. Allow your shelter to breathe. Build a framework first, and then cover with debris. Keep hydrated and snack

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on food to keep energy levels high. Rules of Three You can survive for three minutes without air. You can survive for three hours without maintaining your core body temperature. You can survive three days without water You can survive for three weeks without food. First priority in any situation is oxygen, shelter, water, and then food. Have a safe room to ride out whatever madness is happening outside. Think of this as multiple layers. Know your exact location, then neighborhood, then town. Know where stores are for food and supplies, and also have maps on hand in order to know routes and directions. Be able to move quickly and with a purpose. Is your location worth fighting for or is fleeing to better ground your best option. It is much easier to survive with a group than alone. Also stimulate each other to fight boredom and the worry that comes along with whatever chaos you now find yourself in. Type in ping then the website you want access for in the future. Record them and keep them with you in case the worst case scenario happens. Here is a few to get you started:

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