

Survival & Preparedness Field Guide

Storms · Wilderness · Heat · Cold · Life Hacks

General preparedness education — not a substitute for official emergency guidance. In any life-threatening situation call your local emergency number and follow instructions from authorities (weather service, fire, EMS). When in doubt, evacuate early.

STORMS & DISASTERS

Before, during, and after severe weather and disasters — tornadoes, hurricanes, floods, fire, and blackouts. Plans beat panic.

Tornado Safety

Tornadoes form fast and can level a house in seconds. Get to the lowest, most interior space and protect your head.

- Go to a basement or storm cellar; if none, the lowest interior room (closet, bathroom) with no windows.
- Put as many walls between you and the outside as possible.
- Crouch low, face down, and cover your head and neck with your arms; pull a mattress or blankets over you.
- If outdoors with no shelter, lie flat in a low ditch and cover your head — do NOT shelter under an overpass.
- Stay put until the storm clearly passes; tornadoes can come in waves.

Hurricane Preparedness

Hurricanes give days of warning — use them. The water (storm surge and flooding), not the wind, kills most people.

- Know your evacuation zone and route before the season starts.
- When told to evacuate, leave early — roads gridlock and bridges close.
- If sheltering: fill the bathtub and containers with water, charge everything, and move to an interior room away from windows.
- Turn the fridge/freezer to coldest and keep doors shut.
- After: avoid floodwater (it hides debris, sewage, and live wires); watch for carbon-monoxide from generators.

Flash Flood Survival

Just 6 inches of moving water can knock you down; 12 inches can float a car. Flash floods rise in minutes.

- Move to higher ground immediately — do not wait to see how high it gets.

- Never walk or drive through flowing water; if your car stalls in rising water, abandon it and get to high ground.
- Avoid storm drains, canals, and low crossings during heavy rain.
- If trapped in a building, go up — but not into a closed attic; get to the roof if water keeps rising.
- Signal rescuers with light, color, or noise.

Lightning Safety

When thunder roars, go indoors. There is no safe place outside in a lightning storm.

- Get inside a substantial building or a hard-topped vehicle.
- Wait 30 minutes after the last thunder before going back out.
- Indoors, avoid plumbing, corded electronics, and windows.
- If caught outside with no shelter, avoid high ground, tall isolated trees, water, and open fields; spread your group out.

Power Outage Plan

A calm, stocked household rides out a blackout easily. Heat, food safety, and light are the priorities.

- Keep fridge and freezer doors shut — a full freezer holds ~48 hours, a fridge ~4 hours.
- Use flashlights, not candles, to avoid fire risk.
- Unplug sensitive electronics to protect against surges when power returns.
- In cold weather, close off one room and insulate it; in heat, move to the lowest, shaded level.
- Never use a grill, camp stove, or generator indoors (carbon monoxide).

Earthquake Response

Drop, Cover, and Hold On. Most injuries come from falling objects and from trying to move during shaking.

- DROP to your hands and knees before the quake knocks you down.
- COVER your head and neck under a sturdy table; if none, against an interior wall away from windows.
- HOLD ON to your shelter until shaking stops.
- After: expect aftershocks, check for gas leaks (smell/hiss — shut off and leave), and wear shoes against broken glass.
- If near the coast and shaking is strong or long, move to high ground — a tsunami may follow.

Wildfire Evacuation

Wildfires move faster than people expect, especially uphill and with wind. Leave early; things are replaceable.

- Pack a go-bag and keep your car backed into the driveway, fueled, with valuables loaded.

- When evacuation is advised, GO — don't wait for an order.
- Wear cotton/wool (not synthetics that melt), long sleeves, and an N95 for smoke.
- Close (don't lock) windows and doors, shut off gas, and turn on exterior lights so firefighters can see your home.
- Follow designated routes; have a backup route in case roads close.

The 72-Hour Kit

A grab-and-go kit that covers the first three days — the gap before help and services return.

- Water: one gallon per person per day (three-day minimum).
- Food: three days of no-cook, calorie-dense food + a manual can opener.
- Light & power: headlamps, spare batteries, power bank, crank radio.
- First aid, a week of any prescriptions, and copies of key documents in a waterproof bag.
- Comfort & cash: warm layer, emergency blanket, small bills, and a list of contacts on paper.

Family Communication Plan

In a disaster, local lines jam but texts and out-of-area contacts often get through. Decide the plan before you need it.

- Pick one out-of-state contact everyone checks in with (texts work when calls don't).
- Agree on two meeting places: one near home, one outside the neighborhood.
- Write the plan on cards for wallets and backpacks; kids memorize the out-of-state number.
- Keep phones charged; conserve battery by texting, not calling.
- Teach kids how and when to dial emergency services.

WILDERNESS & NAVIGATION

Back-country fundamentals: water, shelter, fire, navigation, and rescue. The order of priorities keeps you alive.

The Rule of Threes

Set priorities by what kills fastest: ~3 minutes without air, ~3 hours without shelter in harsh weather, ~3 days without water, ~3 weeks without food.

- Stop and think before acting — panic burns energy and causes mistakes (use STOP: Stop, Think, Observe, Plan).
- Address immediate danger (air/bleeding), then regulate temperature (shelter/fire), then water, then food.
- Stay put if lost and likely to be searched for; movement makes you harder to find.
- Make yourself big and visible to rescuers.

- Ration sweat, not water — work in the cool, rest in the heat.

Finding Water

Water is an early priority. Find it, then make it safe — almost all wild water needs treatment.

- Head downhill and toward green vegetation, valleys, and animal trails.
- Collect rain, dew (drag cloth through grass at dawn), and morning condensation.
- Running water is generally safer than stagnant; avoid water near carcasses or heavy algae.
- Always treat: boil 1 minute (3 at altitude), filter, or use purification tablets.
- If desperate with no treatment, choose flowing, clear water over stagnant — but treat as soon as you can.

Emergency Shelter

In harsh weather, exposure can kill in hours. A small, insulated shelter that traps body heat beats a big drafty one.

- Get off the ground — cold earth steals heat fast; pile leaves, boughs, or a pad underneath.
- Keep it small so your body heats the space; insulate the roof against rain and wind.
- Use natural features: a fallen log, rock overhang, or dense evergreen as a windbreak.
- Face the opening away from wind; build a reflector if you have a fire.
- Mark your shelter so rescuers (and you) can spot it.

Fire Without Matches

Fire gives warmth, safe water, signaling, and morale. Prepare your materials before you make a spark.

- Gather tinder (dry grass, birch bark, char cloth), kindling (pencil-sized), and fuel (wrist-sized) before starting.
- Build a tinder nest; protect it from wind and damp ground.
- Spark with a ferro rod, lighter, or magnifying lens; for friction methods, expect hard work.
- Feed small to large; don't smother a young flame.
- Keep a safe ring, never leave it unattended, and drown-stir-drown to put it out.

Navigate Without a Compass

If you must move, hold a straight line and use the sky and land to keep direction.

- Sun rises roughly east, sets roughly west; at midday it's due south (N hemisphere) / due north (S hemisphere).
- Use an analog watch or the shadow-stick method to find a rough north-south line.
- At night (N hemisphere) find Polaris using the Big Dipper's pointer stars — it marks north.
- Follow water downhill — drainages lead to streams, then rivers, then people.

- Pick a distant landmark, walk to it, then pick the next to avoid walking in circles.

Signaling for Rescue

Help can't come if they can't find you. Make signals that stand out from nature: threes, straight lines, bright color, and motion.

- Use the rule of three: three whistle blasts, three fires in a triangle, three flashes.
- A signal mirror flash is visible for miles — aim it at aircraft and ridgelines.
- Lay out large ground-to-air symbols (V = need help, X = need medical) with contrasting material.
- Build signal fires with green boughs for white smoke by day; bright flame by night.
- Stay near a clearing where you can be seen from the air.

Make Water Safe

Clear does not mean clean. Pathogens, not mud, are what make wild water dangerous.

- Boil: a rolling boil for 1 minute (3 minutes above ~6,500 ft) kills pathogens.
- Filter: a 0.1–0.2 micron filter removes bacteria and protozoa (not viruses).
- Chemical: chlorine dioxide or iodine tablets per label time; cloudy water needs longer.
- Pre-filter cloudy water through cloth, then treat.
- Store treated water in a clean, sealed container.

Crossing Moving Water

River crossings drown experienced people. Most can be avoided with patience and a better spot.

- Scout up and down stream for the widest, shallowest, slowest section (often where it braids).
- Unbuckle your pack's waist strap so you can shed it if you fall.
- Face upstream, use a sturdy stick as a third leg, and shuffle sideways.
- Cross as a group, linked, with the strongest upstream.
- If swept off your feet, point your feet downstream and backstroke to shore.

Foraging — Safely

Wild food is a low priority and a high risk. Never eat a plant or fungus you can't identify with certainty.

- Treat foraging as a last resort; you can go weeks without food.
- Learn a few unmistakable local edibles from a reputable guide before you ever need them.
- Avoid all mushrooms unless you are an expert — deadly look-alikes are common.

- Beware: white berries, milky sap, almond/bitter smells, umbrella flower clusters, and three-leaf patterns are red flags.
- When unsure, don't — the risk of poisoning outweighs the calories.

HEAT & DROUGHT

Surviving extreme heat and water scarcity — spotting heat illness early, staying cool without power, and the desert rules.

Heat Exhaustion vs. Heat Stroke

Heat stroke is a true emergency. Knowing the difference — and acting fast — saves lives.

- Heat exhaustion: heavy sweating, weakness, cool/clammy skin, nausea. Move to shade, cool down, sip water/electrolytes, rest.
- Heat STROKE: hot/red skin, confusion, no sweating, fainting, temp 104°F+. This is life-threatening.
- For heat stroke: call emergency services NOW and cool aggressively — ice packs to neck/armpits/groin, cool water, fan.
- Do not give fluids to someone who is confused or unconscious.
- Keep cooling until help arrives or symptoms clearly improve.

Staying Cool Without AC

When power fails or there's no AC, you cool the person, not the house. Small habits make a big difference.

- Close blinds/curtains by day; open windows for cross-breeze at night when it's cooler.
- Spend the hottest hours on the lowest floor, in the shade.
- Wet a shirt or towel and sit in a breeze; mist skin and let evaporation cool you.
- Hydrate steadily and add electrolytes; limit caffeine and alcohol.
- Check on elderly neighbors, kids, and pets — they overheat fastest.

Desert Survival

In the desert, shade and water are everything. Travel cool, rest hot, and conserve sweat.

- Stay with your vehicle if it breaks down — it's shelter, shade, and far easier to spot than a person.
- Rest in shade during the day; travel at dawn/dusk if you must move.
- Cover skin to slow water loss; don't ration water to the point of impairment — drink when thirsty.
- Watch for flash floods in washes even when it's not raining where you are.
- Signal: a car mirror, horn, and bright cloth draw rescuers.

If Your Car Overheats

A climbing temperature gauge means stop soon — an overheated engine can fail fast and dangerously.

- Turn OFF the AC and turn the heater on full — it pulls heat from the engine.
- Pull over safely and shut the engine off; let it cool at least 30 minutes.
- Never open a hot radiator cap — scalding steam can erupt.
- Once cool, check coolant level; top up if low and you have it.
- If it keeps overheating, stop and get help — driving on can warp the engine.

Smart Hydration

Both too little and too much water are dangerous. Match fluids and electrolytes to sweat.

- Drink to thirst in steady sips, not huge gulps; pale-yellow urine is the goal.
- Add electrolytes (sodium/potassium) during heavy sweating or long exertion.
- Avoid relying on alcohol, energy drinks, or lots of caffeine in heat.
- Eat salty snacks if you're sweating a lot and drinking plenty.
- Watch for over-hydration (hyponatremia): nausea, headache, confusion from too much plain water.

Protecting Your Home in a Heatwave

Keep the heat out and make one cool refuge. People matter more than the thermostat.

- Block sun on south/west windows with blinds, reflective film, or outside shade.
- Seal the house by day; ventilate at night when outdoor air is cooler.
- Create one 'cool room' on the lowest floor and spend the hottest hours there.
- Limit oven/stove use; cook outdoors or eat no-cook meals.
- Check on vulnerable family and neighbors twice a day.

Working & Exercising in Heat

Acclimatize, time it right, and watch your buddies — heat illness sneaks up during exertion.

- Schedule hard work/exercise for early morning or evening.
- Build up heat tolerance over 1–2 weeks; don't go all-out on the first hot day.
- Take shade breaks, drink on a schedule, and add electrolytes.
- Use the buddy system — watch each other for confusion, stumbling, or stopping sweating.
- Stop at the first sign of heat illness; cool down before it escalates.

COLD & FREEZING

Cold kills quietly. Layering, hypothermia and frostbite first-aid, frozen-pipe prevention, and winter car readiness.

Hypothermia — Signs & First Aid

Cold kills quietly. Wet, wind, and exhaustion drop core temperature even above freezing.

- Early signs: shivering, fumbling hands, slurred speech, stumbling, confusion ('the umbles').
- Get the person out of wind and wet; replace wet clothes with dry layers.
- Insulate from the ground and wrap in blankets/sleeping bag; cover the head.
- Give warm sweet drinks ONLY if fully alert; no alcohol.
- Severe (no shivering, very confused, stiff): handle gently, warm the core, and get emergency help — this is life-threatening.

Frostbite Care

Frostbite freezes tissue, usually fingers, toes, nose, and ears. Rewarm only when there's no risk of refreezing.

- Get out of the cold; remove wet gloves/socks and any rings.
- Rewarm gradually in warm (not hot) water, ~99–104°F, until skin softens — it will hurt.
- Do NOT rewarm if the part might refreeze before you reach safety; refreezing causes worse damage.
- Never rub frostbitten skin or use direct high heat (stove, fire).
- Protect the area, avoid walking on frostbitten feet, and seek medical care.

Winter Car Kit & Stranding

A car stuck in a winter storm becomes a shelter. Stay with it, stay warm, and stay seen.

- Stay in the vehicle — it's shelter and far easier for rescuers to find than a person on foot.
- Run the engine ~10 minutes per hour for heat; crack a window and keep the EXHAUST PIPE CLEAR of snow (CO risk).
- Bundle in blankets/extra layers; move arms and legs to keep blood flowing.
- Tie something bright to the antenna and turn on the dome light at night to be seen.
- Conserve phone battery; send your location and sit tight.

Staying Warm Without Heat

When the furnace fails, you heat the body and one small room — not the whole house.

- Pick one interior room, close it off, and seal drafts with towels and blankets over windows.
- Layer clothing: a wicking base, an insulating mid (wool/fleece), and a wind layer; cover head and hands.
- Insulate from cold floors; sit/sleep on a pad, not bare ground or tile.

- Eat and drink warm food for fuel; stay (gently) active to generate heat.
- NEVER heat indoors with a grill, camp stove, or generator — carbon monoxide is silent and deadly.

Ice Safety & Falling Through

No ice is guaranteed safe. If you go in, the cold-shock and self-rescue steps matter most.

- Avoid ice near moving water, inlets, and pressure cracks; clear blue ice is stronger than white/slushy ice.
- If you fall through: don't panic — control your breathing through the first cold-shock minute.
- Turn back toward the direction you came (known-good ice), kick your legs flat, and pull yourself out.
- Roll away from the hole — don't stand — to spread your weight, then crawl to shore.
- Get to warmth fast and treat for hypothermia.

Preventing & Thawing Frozen Pipes

A frozen pipe can burst and flood a home. Prevention is cheap; a burst is expensive.

- Before a freeze: insulate exposed pipes, disconnect garden hoses, and seal drafts near plumbing.
- Let faucets drip slightly during hard freezes; a trickle resists freezing.
- Open cabinet doors so warm air reaches pipes along exterior walls.
- To thaw: open the faucet, then warm the pipe with a hair dryer or warm towels from the faucet end inward.
- If a pipe bursts, shut off the main water valve immediately and call a plumber.

Dressing for the Cold

Staying warm is about trapping dry air in layers and keeping sweat off your skin. Cotton in cold is a trap.

- Base layer: wicking wool or synthetic against the skin (never cotton when active in cold).
- Mid layer: insulating fleece or down to trap warm air.
- Outer layer: a wind/water-resistant shell.
- Cover the extremities — hat, neck gaiter, gloves, warm socks; you lose a lot of heat from an uncovered head.
- Vent before you sweat; wet clothing chills you fast.

Snow Shelter (Quinzhee)

Snow is a good insulator. A simple snow shelter can be far warmer than open air in a winter emergency.

- Pile snow into a large mound ~6 ft high and let it 'sinter' (harden) for 1–2 hours.
- Tunnel in slightly uphill so cold air sinks out the entrance and your sleeping shelf stays warmer.
- Keep walls ~1 ft thick; poke a few ventilation holes — suffocation risk if sealed.
- Insulate the floor with boughs or a pad; block the entrance loosely.

- Mark the shelter with gear/color so it's visible and you don't lose it.

EVERYDAY LIFE HACKS

Handy, low-cost preparedness for normal life — kits, multi-use gear, water filtering, and keeping calm and capable.

Everyday Carry (EDC)

A few small tools on you daily solve most minor emergencies before they become big ones.

- Carry a small light, a multi-tool or knife, and a phone power bank.
- Keep ID, a little cash, and an emergency contact card.
- Add a mini first-aid pouch and a few feet of strong tape wrapped around a card.
- Tailor it to your life (meds, glasses, allergy meds, whistle).
- Check and refresh it monthly.

Duct Tape: 20 Uses

Cheap, strong, and endlessly useful — a roll of duct tape belongs in every kit, car, and home.

- Repairs: patch tarps, hoses, bags, shoes, and gear in the field.
- First aid: close a wound temporarily, splint a finger, or cover a blister.
- Shelter: seal drafts, hang plastic sheeting, reinforce a tent.
- Make things: a cup, a rope (twist it), a sling, or a label.
- Wrap a flat 'card' of tape into your wallet so you always have some.

Paracord: Why You Carry It

550 paracord packs a lot of utility into a little space — and a woven bracelet keeps several feet on your wrist.

- Shelter: ridgelines, guy-lines, and lashings for a tarp.
- Rescue: secure a splint, make a sling, or rig a simple haul line (not for life-loading).
- Inner strands: fishing line, sewing thread, snares, or dental floss.
- Repairs: replace bootlaces, straps, and zipper pulls.
- Keep 25–50 ft in your kit; a bracelet stores ~10 ft on you.

DIY Water Filter

A field filter clears sediment and improves taste — but it does NOT make water microbiologically safe by itself.

- Layer (top to bottom) in a bottle/cloth: cloth, then fine sand, then coarse sand, then charcoal, then gravel.

- Pour cloudy water through; it comes out clearer and better-tasting.
- ALWAYS finish by boiling, using a rated filter, or chemical treatment to kill pathogens.
- Use crushed charcoal from a clean wood fire (not briquettes) for odor/taste.
- Discard and rebuild when flow slows or it smells off.

Food Storage Basics

A modest, rotated pantry carries a household through outages, storms, and tight times — without waste.

- Store what you actually eat; rotate oldest-first (FIFO) so nothing expires.
- Build to 2 weeks of shelf-stable food: rice, beans, oats, canned goods, peanut butter, oils, salt.
- Keep some no-cook options for power outages.
- Store in cool, dark, dry conditions in sealed, pest-proof containers.
- Don't forget a manual can opener, pet food, and any special-diet needs.

Stretching Phone Battery

In an emergency your phone is a flashlight, map, and lifeline. Make the charge last.

- Switch to low-power mode and turn screen brightness way down.
- Turn off background app refresh, Bluetooth, and Wi-Fi if unused.
- Use airplane mode where there's no signal (searching for signal drains fast); check periodically.
- Text instead of call — it uses less power and gets through congested networks.
- Carry a charged power bank and know your car can charge via USB.

Improvised Tools & Fixes

Resourcefulness is a survival skill. Common items double as tools when you look at them differently.

- A sturdy trash bag = poncho, pack liner, water carrier, or ground sheet.
- Aluminum foil = signal, cooking surface, or fire scoop; a soda can + foil can spark a fire in sun.
- Dental floss = strong cordage and thread; a tampon = tinder and wound packing.
- A credit card = scraper, shim, or splint; eyeglasses = a fire lens in sun.
- Think in functions (cut, bind, contain, ignite, signal) and scan what you have.

Basic Home Security

Most break-ins are crimes of opportunity. Simple, cheap steps make your home a harder target.

- Lock doors and windows every time; reinforce strike plates with long screws.
- Use light and timers so the home looks occupied when you're away.

- Trim shrubs near doors/windows that hide an intruder.
- Don't broadcast travel plans publicly; pause mail/deliveries.
- Have a family plan for noises at night: gather, call for help, don't confront if avoidable.

Your Document Go-Bag

If you had 5 minutes to leave, could you grab what you'd need to rebuild? Prepare it once, update yearly.

- Copies of IDs, passports, insurance, deeds/leases, and medical/prescription info in a waterproof pouch.
- A USB drive (and/or secure cloud) with scans of everything.
- Cash in small bills, a spare set of keys, and a contact list on paper.
- Photos of your home/valuables for insurance claims.
- Keep it with your 72-hour kit and update after major life changes.

GEAR & KITS

Battle-tested kits and life-saving gear for every climate and extreme — what to pack, why, and how to use it. Skills beat stuff, but the right stuff buys you time.

The 72-Hour Bug-Out Bag

One grab-and-go pack per person that covers the first three days when you have to leave fast.

- Base the pack on the survival priorities: shelter, water, fire, first aid, food, signaling.
- Pack so the heaviest items ride close to your back, mid-height; keep weight under ~20% of body weight.
- Dress for the worst likely weather and add one insulating layer beyond that.
- Rotate water, food, meds, and batteries every 6 months.
- Stage it by the door and keep a smaller version in each vehicle.

Extreme Cold-Weather Kit

Cold kills fastest of all the extremes. This kit keeps you dry, insulated, and able to make heat.

- Prioritize staying DRY — wet kills in the cold; pack waterproof shells and spare dry socks/gloves.
- Layer system: wicking base, insulating mid (wool/down), wind/water shell.
- Carry redundant fire and a way to melt snow for water.
- Insulate from the ground with a closed-cell pad.
- Add chemical warmers for hands, feet, and core in a pinch.

Hot-Climate & Desert Kit

In heat and drought, water, shade, and sun protection are survival — not comfort.

- Carry far more water than feels necessary, plus a way to treat more.
- Cover up rather than strip down — light, loose, long clothing slows water loss.
- Create portable shade (tarp/umbrella) for midday rest.
- Pack electrolytes; plain water alone can cause dangerous salt loss.
- Travel at dawn/dusk; rest in shade during peak heat.

Storm & Hurricane Kit

Everything to ride out — or evacuate from — severe storms, surge, and the blackout that follows.

- Build to two weeks of water and food if you may be cut off.
- Plan for no power: light, radio, and a safe way to charge phones.
- Protect documents and electronics in waterproof containers.
- Have evacuation gear staged AND shelter-in-place supplies.
- Keep cash — card systems fail when the power does.

All-Season Vehicle Emergency Kit

Your car can become shelter, transport, and a rescue beacon — if it's stocked before trouble.

- Keep a kit that handles a breakdown, a crash, and being stranded overnight.
- Add season-specific items: blankets/sand for winter, extra water for summer.
- Include a way to get out of a sinking/crashed car and to be seen.
- Keep the tank above half and tell someone your route on long trips.
- Refresh water, snacks, and check the spare twice a year.

Home Blackout Kit

A stocked home rides out outages calmly — light, heat or cooling, food safety, and communication.

- Centralize light, power, and information you can reach in the dark.
- Plan for both cold (warmth) and hot (cooling) outages.
- Keep coolers + ice ready to protect food and meds.
- Have a non-electric way to cook safely (outdoors only for fuel burners).
- Keep a written contact list and a battery/crank radio.

Wilderness Day Kit (Ten Essentials)

The classic 'Ten Essentials' — the small load that turns a wrong turn on a day hike into an inconvenience, not a tragedy.

- Navigation: map, compass (and a charged phone as backup).
- Sun, insulation, and illumination for conditions beyond the plan.
- First aid, fire, and a repair kit/knife for the unexpected.
- Extra food and water (plus a way to treat more).
- Emergency shelter — a bivy or space blanket — even on a 'quick' hike.

Water & Filtration Kit

You can last weeks without food but only days without water — and clear water still isn't safe.

- Carry capacity (bottles/bladder) AND a way to treat more from the field.
- Use two methods: a filter for bulk, plus boiling or tablets as a virus-capable backup.
- Pre-filter cloudy water through cloth before treating.
- Store treated water in clean, sealed containers.
- For home: store one gallon per person per day, two weeks if possible.

First-Aid Kit Essentials

Most emergencies start small. A stocked kit plus basic training handles the common injuries and buys time for the serious ones.

- Build for bleeding, burns, wounds, sprains, and allergic reactions.
- Add a tourniquet and trauma dressing for serious bleeding — and learn to use them.
- Include personal meds, allergy meds, and any prescriptions.
- Take a basic first-aid/CPR course — skills matter more than the box.
- Check expirations twice a year and restock after use.

Signaling & Navigation Kit

Being found and not getting lost are two of the highest-leverage survival skills. This kit covers both.

- Carry visual, audible, and electronic signals — redundancy saves lives.
- A signal mirror is visible for miles; a whistle carries far beyond your voice.
- For remote travel, a satellite messenger/PLB summons help with no cell signal.
- Pack a real map and compass and know how to use them.
- Mark your route and leave a trip plan with someone.

Educational use only. Not a substitute for professional medical, legal, or emergency advice. In a life-threatening situation, contact local emergency services and follow official guidance.