



**BUILD YOUR ESSENTIAL**

**72  
HOUR**

**SURVIVAL  
KIT**

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Don't you wish you had a crystal ball so you could see what would happen later today or tomorrow or the next day? You may not want to see the future, but I sure do.

If you could see the future, you would know if or when you would be stuck in the wilderness or somewhere where you would need to have a survival kit. I'm sure there are a lot of other reasons you might want to be able to see the future as well.

There isn't any legitimate crystal ball (unless you trust one of those 8 balls you buy at the mall or you completely trust a psychic).

So, that means that there's no real way to know if or when you would be stuck in a survival situation where you would need a survival kit.

Better be safe than sorry though.

If you get stuck in the wilderness or somewhere that you will need to be handy to survive, you're going to want to have a killer survival kit with you. I say killer in the sense of the word, awesome. The survival kit really should be called a liver survival kit because it could help you live.

In all seriousness though, survival kits can legitimately mean the difference between life and death.

There are different ways to prepare for unexpected emergencies. There isn't one perfect preparation technique as there's no way to be perfectly ready for an emergency. However, your best most consistent bet on survival is to be prepared in the form of a great or "liver" survival kit.

Some days in life are full of sunshine and happiness. Other days, well, not so much. It's easier to focus on the good things in life and I'd argue that it's best to focus on the good things in life. Think about the good times, focus on what's good in your life.

It's important to face reality too though and part of the world's reality is in the form of emergencies and disasters.

A 72 hour survival kit could become very handy and more importantly, it could literally save your life. That's a big statement. So, before I go into the details

of the 72 hour survival kit you should build, I want to open your eyes to some of the different types of unexpected emergencies or disasters that are prevalent throughout the world.

I'm sorry in advance if this part is causing you anxiety. If it calms your nerves at all right now, just know that the section after this next section (a.k.a. - the section showing you how to build your 72 hour survival kit) is the action you can take that should help you worry less.

## **Types of Unexpected Emergencies or Disasters**

Without further ado, let's dive into some of the different types of unexpected emergencies or disasters.

I'm going to go through the different types of emergencies or disasters below to give you a better understanding. You may already know what some of these terms mean, but if that's the case then you can look at this as a good reminder.

### **Earthquake**

This is a sudden violent shaking of the ground caused by movements within the earth's crust deep within the earth or caused by volcanic activity. If you live in California or somewhere that's along plate edges or faults, then you may have experienced one before.

Earthquakes greatly range in magnitude and destruction (or lack thereof). For example, earthquakes that are 2.0 or less on the richter scale can barely even be felt. On the opposite side of the spectrum, earthquakes that are 9.0 or greater can cause complete destruction and devastation, literally killing thousands of people and destroying entire cities.

### **Chemical Emergency**

As much as we wish chemical emergencies didn't happen, they do. Thankfully, it's not often that you find yourself in a chemical emergency situation. That doesn't mean you won't ever find yourself in this situation though.

A chemical emergency occurs when a hazardous chemical is released into the public. This is typically unintentional, but whether unintentional or intentional, a chemical emergency is still a very dangerous situation.

This can be caused by a contract worker accidentally spilling hazardous chemicals in a public area or it can be caused intentionally in the form of a terrorist attack, among other potential causes.

Hazardous chemicals can severely blister your eyes, cause severe irritation or swelling of the respiratory tract, damage your heart, kidneys and nervous system, cause nausea and vomiting, alter your mental capabilities and burn or corrode your skin among many other potential serious negative affects.

### **Drought**

A drought is a period of abnormally dry weather that persists long enough to produce a serious hydrologic imbalance which can cause crop damage and shortages in water supply among other issues. There are different types of droughts (i.e. - meteorological drought, agricultural drought, hydrological drought, socioeconomic drought).

### **Fire**

A fire can occur anywhere...outside, inside, at your office, at your home, in your car, you name it. Fires can be started accidentally by someone dropping a cigarette and forgetting to stomp on it or a car engine malfunctioning or a candle falling among a long list of other potential causes.

As I'm sure you've heard, people even set fires intentionally sometimes.

### **Flood**

The technical definition of a flood is an overflowing of a large amount of water beyond its normal confines. Floods are common natural disaster areas where heavy or steady rain falls for several hours or even several days.

The water rises along a body of water such as a bayou or stream. Areas that are low are more prone to flooding.

Not only can floods destroy homes and buildings, but they can also cause deaths and extensive damage, ruining everything that the water touches.

## **Flu**

Don't you love getting the Flu? The Flu is short for the longer term, Influenza.

The Flu is a contagious respiratory illness caused by influenza viruses.

The flu can cause mild illness including sore throat, runny nose, congestion, cough, fever, headache and muscle soreness. That sounds pretty rough, I know. It is.

On the serious end though, the Flu can lead to hospitalization or even death. Certain people are at higher risk for serious Flu complications such as older people, children and people with certain health conditions.

## **Heat Wave**

A prolonged period of excessively hot weather which may be accompanied by high humidity as well. Heat waves aren't very comfortable to say the least.

They typically occur in oceanic climate countries.

Heat waves can be fairly routine weather variations that are scorching hot and abnormal for an area, but not necessarily dangerous. They can also be extreme heat changes that are only seen once every hundred years or so. These more extreme heat waves are highly dangerous.

Extreme heat waves have been known to kill huge amounts of crop, thousands of people (from hyperthermia) and major power outages due to an increased usage of air conditioning. Heat and sunlight can overheat the human body in turn killing people. That's why a heat wave is considered extreme weather.

## **Landslide**

A landslide is a form of mass wasting that includes a wide range of group movements such as rockfalls, shallow debris flows and deep failure of slopes. Landslides can be caused in many different environments - underwater, coastal and onshore environments.

One of the scary things about a landslide is that it can occur quickly and often with little notice.

A landslide can occur when there is a change in the stability of a slope caused by erosion or volcanic eruptions among other possible causes. We know how they can occur, we just unfortunately aren't able to say exactly when they will occur.

Landslides have occurred all over the world and in most states within the United States, causing massive damage and deaths.

### **Hurricane**

A tropical cyclone that forms in the Caribbean. Its wind speeds are powerful as they can reach from 75 to 200 miles per hour and be spread out up to 600 miles wide.

Hurricanes obtain heat and energy through contact with warm ocean waters. This storm can severely damage property and even kill people. Category 1 hurricanes range from 74 to 95 mph causing some damage such as large branches of trees snapping off, damage to power lines, damage to the roof of well constructed homes and more.

A category 5 hurricane is much more serious...157 mph or higher causing catastrophic damage to a city.

### **Road Crashes**

Driving emergencies can be caused by you, by someone else, by the weather, by your car, by someone else's car or through a mix of any of those or other scenarios.

That's why you always hear about how the safe way to drive is to drive defensively, looking out for potential obstacles.

Nearly 1.4 million people die across the world each year in road crashes. That's an average of 3,287 deaths per day.

In addition to that, approximately 20 to 50 million people are injured or disabled.

Road traffic crashes rank as the 9th leading cause of death and account for 2.2% of all deaths across the world.



And in addition to crashes, there are other dangers on the roadways. For example, you may get stuck on the roadways in lots of traffic that doesn't move for several hours and you're almost out of gas so you can't use your air conditioning. That's just one of many examples of a situation where you aren't in a crash, but you would still need help.

### **Poisoning**

Sounds scary because it is. People are poisoned on accident and on purpose.

An example of an accidental poisoning is carbon monoxide poisoning.

Carbon Monoxide is a colorless, odorless gas that's produced by burning material which contains carbon. It's known as the "silent killer" since it's odorless, tasteless and colorless gas that kills people.

Carbon Monoxide is produced by common household appliances. When appliances aren't properly ventilated, carbon monoxide emission can build up.

### **Power Outage**

You've most likely experienced a power outage before. A power outage is a short or long term loss of electric power to an area.

This can be a few street blocks or an entire city.

There are different types of power outages.

A permanent fault is a massive loss of power typically caused by a fault on a power line. The power is automatically restored once the fault is cleared.

A brownout is a drop in voltage in an electrical power supply. The term brownout comes from the dimming experienced by lighting when the voltage sags.

Brownouts can cause poor performance of equipment or can cause equipment to malfunction.

A blackout is the total loss of power to an area and is the most severe form of power outage that can occur.

You may be wondering, how do power outages occur?

Well, let me answer that for you.

In power supply networks, the power generation and the electrical demand must be super close to equal every single second so that they don't overload network components. If network components are overloaded, that can lead to fluctuations in electricity.

Modern power systems are typically resistant to this type of failure, but not always as they're not perfect.

But of course power outages are very common in bad storms (or "natural disasters") as well. Floods, hurricanes and tornados are among other types of natural disasters that can cause power outages due to water in electrical circuits or downed power lines.

### **Terrorism**

This is something that unfortunately seems to be occurring more often these days. Terrorism is the use of violence and intimidation in the pursuit of political pursuits.

In other words, terrorists are evil delusional "people" who kill people for no reason, although they probably wouldn't agree with that assessment.

One of the most infamous terrorist attacks was on September 11th, 2001 when terrorists hijacked and flew commercial planes into the World Trade Centers, the Pentagon and a field in Pennsylvania, killing thousands of innocent people.

Terrorist attacks happen throughout the world and in different forms. Terrorists attack by hijacking planes, kidnapping people, suicide bombing public places and more. It's sickening.

Hopefully you will never find yourself caught in the middle of a terrorist attack. If you are, yes, there's a chance that it could be the end of your life. However, there's a chance (of course depending on the details) that you may be able to survive.

### **Tornado**

A violently rotating column of air that rotates while in contact with both the surface of the Earth and a cumulonimbus cloud or in rare cases, the base of a cumulus cloud.

Tornadoes are also called cyclones or twisters, but technically a cyclone is any closed low pressure circulation, so it's not necessarily a tornado.

Do you live on any continent besides Antarctica?

If so, there are tornadoes where you are. Tornadoes have been observed and documented on literally every continent besides Antarctica.

Even though tornadoes are occurring throughout the world, they're the most prevalent in the Tornado Alley region of the United States which is made up of Northern Texas, Oklahoma, Kansas and Nebraska.

While tornadoes can cause devastating destruction and large death tolls, many tornadoes are survivable.

### **Tsunami**

Also known as a seismic sea wave. A tsunami is a series of waves in a body of water caused by the displacement of a large volume of water, typically in an ocean or a large lake.

Tsunamis are caused by volcanic eruptions, earthquakes, landslides or underwater explosions among other potential causes . To put it into perspective, normal waves are caused by wind or tides which are generated by the gravitational pull of the Sun and Moon.

Tsunamis occur most frequently in Japan, but can happen anywhere in the world.

The most destructive event was the 2004 Indian Ocean earthquake which caused a tsunami that killed around 230,000 people.

### **Volcano**

A volcano is a rupture in the crust of a planetary mass object, such as Earth, that allows hot lava, volcanic ash and gases to escape from a magma chamber below the surface.

Volcanoes on earth typically occur because its crust is broken into 17 major, rigid tectonic plates that sit on a hotter, softer layer in its mantle.

Typically volcanoes are located where tectonic plates are diverging or converging.

### **Wildfire**

Yet another destructive natural disaster, a wildfire is an area of combustible vegetation that occurs in the countryside or rural area.

A wildfire can be classified as different types of fires based on where the fire occurs from a forest fire to a grass fire to a peat fire to a vegetation fire to a bush fire to a brush fire and more.

Wildfires can start naturally from occurrences such as lightning or lava, although that's not usually the case. In the United States, 90% of wild land fires are caused by humans purposefully or accidentally. That can be through cigarettes, campfires, fireworks, arson or burning debris.

By the way, if you get stuck in a wildfire, I highly advise that you panic and just run, run, run!!!!

Just kidding!

Don't do that.

Remain calm.

Then, run far away from the wildfire.

### **Winter Storm**

A winter storm consists of snow or sleet or a rainstorm where ground temperatures are low enough to allow ice to form.

Winter storms produce lots of car crashes as the roads are slick, full of ice or snow. Additionally, it's incredibly hard to see if you're driving in a winter storm.

If you get stuck in a winter storm or get in a crash, you're going to want to be prepared.

## Different Ways to Prepare

There are different ways to prepare for unexpected emergencies or disasters. You can prepare mentally, physically and by having an awesome 72 hour survival kit.

As you've probably gathered from the above information, there are a lot of potential emergencies or disasters that you could face in life.

Question for you...

Would you rather be prepared for an emergency or disaster or not be prepared?

Of course you'd rather be prepared.

So, I'll do my part in trying to help ensure that you're prepared.

First, I'll go over the mental aspect.

Have you heard that quote by Yogi Berra, "90% of Baseball is mental, the other half is physical."?

Well, I can't say that applies perfectly to survival, but I'd say it's not too far off. Your mentality is a core part of your survival in a disaster.

**Here are some tips for you to get your mind right.**

**Try to stay calm.** If you panic, you won't be able to properly react to the situation. There's no doubt that you will feel scared. Any human would feel scared during an intense life threatening situation. It's up to you to stay as calm as you can though.

- **Think how you can make something more helpful.** Even if you're well prepared, you won't have everything you need by any means if you're in a survival situation. You will need to make more from less in every sense of that phrase.
- **Assume the worst is possible.** You should think that there's an actual chance the worst or a "disaster" can happen. If you think that it can, you will be more mentally able to handle the situation. On the other hand, if you don't think it's possible that you will ever be in a disaster, then you won't be

anywhere near mentally prepared if you did end up in some sort of disaster.

- **Prepare for a disaster you're more likely to face.** For example, if you live in the Tornado Alley, it's safe to say that tornadoes are at the top of the list of potential disasters you may face. That also means that if you were living in the Tornado Alley and not traveling much, you probably wouldn't have to worry about being prepared for a Tsunami. However, you should always be mentally be prepared for the worst whatever that may be.
- **Know your limits.** You and/or the people you're with (family or friends) probably don't all have superhero strengths, so keep that in mind when creating your own custom survival plan.

Speaking of superhero strengths, your physical condition is of importance as well when it comes to your survival.

If you're physically fit, you will usually have a better chance at surviving a disaster. Every situation is different, but being physically fit and healthy can only be in your benefit.

Do you need to be in top military shape?

Nope.

That would help though.

Realistically, I understand that you probably don't want to try to get into top military shape just to be ready for a future survival situation that may or may not happen where you may or may not need to be in great shape.

I don't blame you.

However, you should try to make sure you're at least in pretty good shape and healthy.

Of course there are other obvious reasons why you should be in at least pretty good shape and healthy as well, a.k.a. living a long happy life.

Being in pretty good shape and healthy can come in handy if you're in a disaster situation too though.

Imagine being in a flood and needing to pick furniture up to move it to the second floor or imagine being in a terrorist attack where you have to overpower a terrorist or imagine being in a tornado and needing to hold on to a door to keep you and your family safe.

The list goes on and on and then guess what? On.

Lots of examples of disasters where it would help to be physically fit.

As for being healthy, well, imagine being stuck in the wilderness or stuck anywhere without access to proper food and other necessities. I'm no doctor, but who do you think would have the better chance of survival - the person whose healthy going into the disaster or the person who's not as healthy going into the disaster?

Clearly the healthier person is better off.

Now, we've touched on the need to be mentally prepared and physically prepared for an emergency or disaster.

There's one more piece to the puzzle of being prepared for an emergency or disaster. That piece is a survival kit.

A survival kit is a package of basic tools and supplies prepared in advance to help you survive in a disaster.

If you're stuck in a survival situation, your chances of survival are higher with a survival kit.

The kit provides you with essentials to help you survive whether that means assisting you with shelter, fixing a wound or eating, among other things a survival kit can assist you with to help you survive.

## Building Your Survival Kit

Okay okay, the moment we've all been waiting for....

Drum roll again, please.

Keep the drum roll going.

**It's time to go over what you should put in your 72 hour survival kit!**

### **Blanket**

Blankets can be used for much more than a way to warm up with your significant other while watching a movie at home. They can be used if you're stuck in the wilderness to keep you warm at night so you don't die from hypothermia.

They can be used to keep you warm after you get stuck on the side of a road during a winter storm.

Of course blankets can help to keep you warm during any type of survival situation, but they can do much more than just keep you warm.

Space blankets in particular are a type of blanket that I suggest for your survival kit. Space blankets aren't like the blankets you have at home. They're made from a thin sheet of aluminum coated Mylar and are particularly effective in keeping you warm.

Space blankets reflect around 80% of a person's radiated body heat.

You can create a space blanket sleeping bag to keep you warm and have some sort of comfort if you're stuck in a situation without any form of bed.

You can make another type of bed as well - a hammock.

If you're stuck in a snow storm, you will need to drink water to stay hydrated. Plus, water can be used in several other ways too to help you survive. You can put a space blanket on the snow to melt the snow and voila, you have water.

While your biggest issue won't be sagging pants (if you're to get stuck in some form of disaster), it will be an issue. You would want to be able to keep your pants up so



you don't have to physically lift them consistently while you're walking.

Well, the space blanket comes in handy here too.

You can scrunch it up and create a belt out of it to keep your pants from sagging. Let me make this clear - if you get stuck in the wilderness or any form of disaster, I'm pretty sure there won't be a teacher that sends you to detention for sagging your pants. However, in all seriousness, you're going to want to conserve as much energy as you can.

Would it take energy to keep pulling up your pants? Of course. So, the makeshift belt made from a space blanket would do just that - save you energy.

Earthquakes shake up the earth and make items fall, sometimes even large items. Imagine being in a store when an earthquake hits. Items fall everywhere hitting you on their way down. You're bleeding.

You can rely on your space blanket again here as it can be used as a makeshift tourniquet to halt the bleeding. Depending on the amount of blood, that could mean the difference between life and death.

Being stuck in a store after an earthquake may present you with other items as well that could be used as a tourniquet. Although if you were in a rural area for example, that might be your best option as for a tourniquet to stop your bleeding.

There are so many more ways you can use a blanket (specifically a space blanket).

A hurricane, tornado, road crash and flood are a few of the disasters which could put you in a position where you injure one of your arms. If so, a space blanket can be used as a sling.

Want to look fashionable when you're in a survival situation? You can make the space blanket into a scarf.

Okay, okay, I'm joking around. You wouldn't care about how you look in a survival situation, but you really can turn a space blanket into a scarf to help you keep your upper body warm while you move around.

You don't want to be in a situation where you're stuck, but it might happen.

Whether it be caused by a flood, volcano, crash, terrorist attack, you name it, you're going to want to be rescued if you're stuck. Space blankets can be used as a signal device as it stands out and can move in the wind to potentially gain the attention of rescuers.

Imagine being in New Orleans. A huge rainstorm causes a flood right outside your home and before you know it the water is inside your home. You have to evacuate. You don't have a boat. No need to worry too much if you have a space blanket as it can be turned into a flotation device.

Yeah, I know, it's insane how many uses a space blanket has in a survival situation. That my friend, is why I highly recommend that you have a space blanket in your 72 hour survival kit - it will help you in many types of survival situations.

### **Signal Mirror**

As I mentioned above, if you're ever stuck somewhere after a disaster (or some form of emergency), you're going to want to get rescued.

A signal mirror is a great tool to help you get rescued should that situation arise. You can aim a signal mirror exactly where you want to so that it alerts people of your location by flashing the reflection of the sun.

#### **Here is how you aim a signal mirror...**

**Step 1)** Reflect the sunlight from the mirror onto a nearby surface or your hand.

**Step 2)** Slowly pull the mirror up to your eye and look through the sighting hole; the bright light spot is the aim indicator.

**Step 3)** Hold the mirror close to your eye and turn it slowly so that the bright light spot is directly on the target.

**Step 4)** Hope that someone sees your signal and rescues you!

## **Waterproof Paper**

Normal paper may not be able to do much for you in a survival situation, particularly if it gets wet. Waterproof paper on the other hand is still helpful even if it gets wet.

Hints the reason it's called waterproof.

If your home (or wherever you're at) is destroyed by a hurricane, then you would find yourself outside, possibly with rain pouring down still.

If you have waterproof paper, you could write a "HELP" sign to get someone's attention who may be too far to yell to.

If you have waterproof paper, you could write down your location or frankly, anything you need to remember that you might not remember later as you're stuck in a survival situation.

Speaking of remembering things, you can actually use waterproof paper ahead of time to help you remember all of the different ways you can survive in a disaster. Simply write down a bunch of survival tactics on a piece of waterproof paper. Keep that piece of waterproof paper in your survival kit. You can get a lot of content from this very book.

It's safe to say that if you were in a survival situation caused by some form of emergency or disaster, it would be hard for you to be in a calm state of mind. Therefore, you wouldn't remember everything you could do to actually survive.

Rest assured that your waterproof paper with survival instructions would become very handy for that reason.

## **Knife**

There are a multitude of different knives you could use for your survival kit. However, my guess is you want the knife that's best for you, the knife that could help you the most.

So, here are some qualities you should look for in the knife you choose.

It should be a fixed blade knife. This is the most effective type of knife considering lock blade knives can collapse when you put too much pressure on them.

Therefore, fixed blades are more reliable.

- Your survival knife should be full tang. Full tang means the part of the metal of the blade extends the entire length of the handle to produce the maximum potential strength.
- The length of the blade should be between 6 and 10 inches.
- As for the thickness of the blade, you can use a knife that is 0.1 inches to 1/4 inch. The thinner blades are more suited for making trap triggers for example. The thicker blades are more useful for prying and chopping.
- The best survival knives have a solid handle with a hilt and a pommel that's wider than the handle so it's easier to grip when you use it to chop or stab something.
- Straight edge knives tend to be more effective than partially serrated knives as they give you the most control for slicing.
- If you're in a car crash and stuck in your car, you could use a knife to help crack the window to get out.
- If you're stranded in the wilderness, you could use a knife to kill an animal for food or cut a makeshift rope.
- If you find yourself in a terrorist attack and you need to be the hero - I hate to say it, but the knife may come in handy there too.

You can use a knife as a hammer by using the butt end (pommel). You can use a knife to help make other survival items whether that be to help trim trees to make a shelter or to cut an improvised bandage or to dig a fire pit.

Speaking of fire and knives, you can use a knife to help spark your tinder to create a fire.

Lots of possibilities as for what a knife can do for you.

### **Knife Sharpener**

You don't want a dull knife if you get stuck in a situation where you need a quality knife.

Yes, if you're not stuck for long, your knife probably won't be dull. But in the case that you do get stuck for a substantial amount of time (or just want to make your knife sharper), you should have a knife sharpener on hand.

This will help to ensure that you can get the most use out of your knife.

**Safety Pins** - One obvious use for a safety pin is to help you create a makeshift bandage. This can come in handy in a number of disasters. The truth is, if you're in an earthquake, landslide, hurricane, road crash, tornado or other disaster, there's a good chance you might get wounded from debris or miscellaneous items.

So, a safety pin comes in handy to make that much needed makeshift emergency bandage if you're wounded.

You can use a safety pin attached to a line to go fishing. You probably wouldn't catch massive fish if you were to use the safety pin for fishing, but it can work to help catch fish.

Any food is good if you get stuck without food. That is for sure.

### **Whistle**

It's a cool sound. I must admit. As long as a whistle isn't too loud, in my opinion, it sounds cool.

I wish I could whistle, but I've never been able to. And whether you can whistle or not, a real whistle is more effective than a human made whistle sound.

Imagine you're stuck in a tornado. The tornado ends. You're sitting in a pile of items that were thrown from all over your home. You're stuck. The roof is ripped off. Rescuers are trying to find survivors. You survived, but there are so many items around you that it's hard for you to yell loud enough to get noticed. You use your whistle as it's much louder than you could be. Rescuers hear the whistle. They follow the whistle. They come rescue you.

That scenario could be reality for you and the whistle could be the difference in saving your life.

The same type of scenario could play out caused by hurricanes, landslides, earthquakes and more.

**Wire Saw**

Knives are super helpful, but that doesn't mean you shouldn't have a wire saw as well. In fact, I advise that you do add a wire saw to your 72 hour survival kit as well.

You can use a wire saw to cut through thick vines and materials such as leather or PVC tubing for example.

If you were stuck in a landslide that dropped several pieces of wood on your legs. You could use a wire saw to help cut the wood to get it off of you.

**Paracord**

Otherwise known as a parachute cord, paracord can be used as a sling for your arm.

You can use paracord to create a makeshift pulley system.

Need sleep while you're stuck? You could use paracord to help create a hammock.

In pretty much any type of survival situation, you're not going to be able to carry much around with you. However, you may find certain items that you need to take with you to help aid in your survival.

Paracord can help you to bundle items together so that they're easier to carry.

You can use it to secure items to the outside of your backpack or even to hang tools from your belt or across your neck. Just be careful of course if you tie anything around your neck to make sure it's not too tight.

Paracord can be used as a fishing line to help catch fish.

I know you probably wouldn't be too worried about your appearance if you're stuck in a survival situation, but paracord can help you on that front too. You can use the inner threads to create emergency dental floss.

And let's say you just survived some form of disaster and are now doing whatever you can to keep surviving and get rescued. Do you think you would care about having fun? Probably not.

But, if you do need some time to try to fight off boredom, you could use paracord to make arts and crafts.

### **Compass**

A compass is pretty straight forward. It helps you find your way.

Most survival situations are caused by some form of emergency or disaster that isn't fully laid out for us before it happens.

In other words, typically nobody is going to tell you exactly what is going to happen and where you will be after it happens.

Yes, the weatherman may be able to tell you that there is about to be a hurricane or a flood. However, he (or she) can't tell you what the exact outcome will be and that it might leave you stranded somewhere where you're lost.

A compass can help you find your way.

Then there are events that can occur which have no warning. For example, if you were caught in a landslide, you might start running. You look around when it's over and the entire landscape is unrecognizable.

A compass could help you to get a better understanding of where you are and where you need to go to try to get out.

### **Zip Ties**

Zip ties can be helpful in several ways. You could create makeshift shoe laces out of zip ties if your shoelaces weren't functional (which could be the case if they were flooded, very worn or even burned).

It's important for your feet to be secure in your shoes as it's easy to get blisters or bruises if not.

Let's say you were to get stuck in a winter storm. You could attach zip ties to your boots to enable yourself to grip the ice and gain more stability.

They can also be used to help attach items to your backpack. You could use zip ties to attach your most urgent items (knife, flashlight, etc.) to the outside of your backpack so you could quickly access them if needed.

I can't stress enough how important it is to get rescued if you're stuck. Obviously!

Well, zip ties can help you there too.

You could use colored zip ties to create trail markers by tying them around a tree branch for example.

Picture yourself in a restaurant. A terrorist storms the restaurant with a gun in hand. A brave person tackles the terrorist from behind. The terrorists' gun falls. Other civilians jump in to get on top of the guy, but he's still fighting. If you have a zip tie, that can be a game changer.

You could use a zip tie to restrain that terrorist until the police come.

Yeah, that's a scary thought and hopefully you will never find yourself in that type of situation. Although if you do, the zip ties could come in handy.

Zip ties can be used to hold bandages in place if you get wounded, which as I've said, is a likely outcome of most survival situations.

### **Tactical Flashlight**

We (generally speaking) take flashlights for granted. We don't think of them as much more than a way to see in the dark when we walk our dog outside at night or to see under a couch when we drop the TV remote.

Flashlights, especially tactical flashlights, are good for much more than just being able to see when we walk our dog at night or to help us see under a couch when we drop the TV remote.

A tactical flashlight is made to be able to survive the most extreme conditions whether that means extreme moisture, extreme heat or high impacts.

You could use a tactical flashlight to temporarily blind someone. This could be useful if you find yourself in a terrorist attack with a person running towards you or in the wilderness with a coyote running towards you.

You could also use a tactical flashlight as a weapon by striking the person or animal with it.



Here is an idea for you as well...

Again, imagine a terrorist attack. You could coordinate a time to attack the terrorist by clicking the on/off button on the flashlight, instead of saying something out loud (such as a countdown). Of course this would take some pre planning of you being with people you already know. So, this situation is even less likely, but is yet another way that you could get creative to survive if this type of situation occurred.

A fire can help you cook food, gain attention from rescuers, boil water to purify it or warm you up.

Well, you can create a fire with a tactical flashlight. In addition to the tactical flashlight, you would just need a small strip of thin foil and one single AA battery as well. Touch both ends of the foil to the opposite ends of a juiced battery and the foil and then boom, the fire ignites.

There are also other ways you can ignite a fire by utilizing your tactical flashlight.

You can rub the grooves on the side of the tactical flashlight against a stick to create a pile of flammable tinder. You can remove the LED focus lens from the tip. Then angle the focus lens to capture the direct sunlight and focus it onto tinder. Of course you would need there to be sun for this to work.

Okay, here's the most obvious use of a tactical flashlight...you can use it for... wait for it...

Light.

Yup. That's right. You can use a tactical flashlight for light. As basic and obvious as that may seem, it's important.

Imagine being in a road crash on the side of the road at night and your car won't turn on to even put on your car lights. You need light to see.

Imagine being in a power outage sitting in your house with no light. You need light to see.

Lots of disasters can cause power outages whether it be an earthquake, hurricane, tornado or another extreme weather condition. If it causes a power outage, you will need light to be able to see to get around.

The tactical flashlight will help you there.

And if you find yourself in the wilderness after going on a hike and being stuck in a landslide or earthquake, you might not be able to see much because of all of the debris around you (even if it's daytime).

Or if you're outside during a tornado because your house was completely destroyed, you might not be able to see because of how dark it is outside.

If you're in a desperate situation in need of food, you can use your flashlight to catch fish.

Just throw the flashlight into the body of water, snap your fingers, rub your head one time and smile. Then, a fish will magically appear onto a plate. If you want lemons included, simply say the following words out loud... "ooba gooba dooba doo, lemons are good for me and you".

Alright, jokes.

A flashlight can actually help you catch fish though.

You could rip the small spring out of the button circuitry to use it to create multiple fish hooks.

A tactical flashlight can be pointed into the sky to be used as a spotlight to help you get noticed by rescuers. You could also point the flashlight towards rescuers if you see them in the distance. For example, if you were stuck under a pile of rubble after an earthquake, you could shine the flashlight through the rubble to help show rescuers where exactly you're located.

### **Aluminum Foil**

Aluminum foil isn't just shiny and eye catching, it can be used in a variety of ways to help you survive.

While I still have flashlights in my mind, I'd like to let you know how aluminum foil can help you with your flashlight. If your flashlight stops working, it might be because of a problem within the battery compartment. Aluminum foil can be folded and then used to fill in the slack to get the flashlight working again (assuming that was the issue).

People like shiny things, so do fish. You can use this to your advantage by putting aluminum foil around your fishing line or fishing hook to bait the fish.

Since it's so shiny, it can be used to signal for help from rescuers. If you were stuck under debris after an earthquake, you could wave the aluminum foil through the debris to gain attention from the rescuers.

You can use aluminum foil to keep items dry. Whether you're surviving after a flood and/or hurricane or tsunami, you're probably going to need to keep certain items dry. You can use aluminum foil to keep certain items dry such as matches or your sleeping bag.

### **Sleeping Bag**

Speaking of sleeping bags, this is another survival item that can be very helpful.

Sleeping bags provide insulation and therefore prevent you from dying from hypothermia, something that's especially common when being stuck in a winter storm.

They can also help to protect you from other elements such as debris or animals as it's essentially a mini shelter.

You can use pretty much any type of sleeping bag, although note that the rectangular sleeping bag allows for comfortable movement but isn't as efficient in regards to trapping your body heat. Also, rectangular sleeping bags tend to be larger and weigh more than mummy sleeping bags.

Mummy sleeping bags are great for trapping body heat and are light weight. If you're a big and/or tall person though, you should make sure you're able to fit in the mummy bag before you buy it.

### **First Aid Kit**

A first aid kit is smart to have no matter what. Even without any sort of disaster or emergency, things happen. People get hurt or sick.

In a disaster though, the chances of getting hurt or sick rises dramatically, making it even more important to have a first aid kit. You can include a first aid kit within your 72 hour survival kit.

There are a few things to think about when creating your first aid kit.

You need a way to stop bleeding and close wounds. You need a way to prevent infections. You need a way to manage pain. You need a way to control allergies. Furthermore, you need to remember any unique medical issues you have such as prescription medications or anything that you need to maintain your health.

Here are some of the items you can use to stop bleeding and close wounds...

- Butterfly Sutures: These are adhesive strips that help to pull the edges of a small cut together, similar to stitches you would get if you were in a hospital.
- Duct Tape: Duct tape has extensive uses when it comes to your survival. It should also be considered as part of your first aid kit, since duct tape can help to pull together an open wound.
- Here are some of the items you can use to prevent infection...
- Adhesive wound dressings
- Oral Antibiotics such as Erythromycin, Amoxicillin and Ciprofloxacin
- Antiseptics and Disinfectants such as PVP Iodine Ampules, Peroxide, Antiseptic wipes and Isopropyl Alcohol
- Gauze
- Antibiotic Ointments and Creams
- Here are some of the items you can use to help manage your pain...
- Lidocaine
- Codeine or some form of pain killer
- Tylenol, Aspirin or Ibuprofen
- Here are some of the items you can use to control your allergies...
- Antihistamine Creams
- EpiPen or Epinephrine

- Antihistamine such as Benadryl
- You may have specific medical needs. If so, make sure you put those in your first aid kit whether they're medications to treat diabetes or arthritis or whatever it is. Don't forget these.

**Here are more items your first aid kit should include to assist you in the case of a health issue or wound...**

- Splints
- Vaseline
- Scissors
- Tweezers
- Burn Creams
- Clot Gauze
- Sunblock
- Disposable Gloves
- Disposable Thermometer
- Sterile Eyewash

**Sneakers or Boots**

If you could choose between walking barefoot, walking with sandals or walking with some form of sneakers or boots, which would you choose?

You might say barefoot.

If I changed up that question a bit and made it specific to an earthquake or tornado or a wildfire or a landslide or really any type of survival situation...which would you choose?

My guess is you would choose the sneakers or boots. Well, good choice if so.

Sneakers or boots are the way to go. They should be a part of your survival kit.

They help enable you to walk faster, longer and without getting lots of blisters on your feet. Plus, they keep you comfortable and protect you from spraining your ankle for example.

I'm not saying shoes or boots are fool proof. You can still sprain your ankle. But if you fall with shoes or boots, your chances of spraining your ankle are less than if you were to fall with sandals or without anything on your feet.

Injured or sore feet make surviving in any situation, much less bearable.

### **Backpack or Rucksack**

You may be wondering what the difference is between a backpack and a rucksack.

Well, depending on where you're from there are different answers. If you're from outside of the United States, chances are you see a backpack and rucksack as the same thing. Or, you may see the difference being a rucksack is smaller than a backpack.

If you're from within the United States, you probably may not have ever even heard of a rucksack. Typically, people within the United States just use the term, backpack.

Call it what you want, but for the purpose of this kit, I'm going to refer to it as a backpack.

You need a backpack to hold your survival kit. I mean imagine trying to lug around all of the items I've already mentioned plus more items I'm going to be mentioning, in your hands? Probably not possible.

And just for arguments sake, let's say you could carry all of your survival kit items in your hands. Imagine needing to put all of the items down and pick them back up several times as you're trying to maneuver through whatever crazy situation it is that you're needing to maneuver through.

Okay in all reality, I highly doubt anyone could carry all of these items without a backpack though.

Use your backpack to carry around your survival kit. If you don't already have one, you can find quality backpacks online, at your local sporting goods store or school supplies store.

### **Canned Food**

People need food to survive. You know that. You also probably know that if you don't eat you get nauseous and frustrated.

You gotta eat!

So I definitely wasn't about to leave food out of your survival kit. You need it.

Unfortunately, you can't bring along your favorite Sesame Chicken dish, Steak or Fettuccine Alfredo. Well, I guess you could. It's not going to stay fresh though.

Add nonperishable or canned food to your survival kit to ensure that you can eat. You may need to (and be able to) hunt or fish if you're stuck somewhere in the wilderness, but nonperishable or canned food is your safest bet. You can count on it.

### **Here are some good canned foods to keep you nourished in a survival situation...**

- **Brown Rice:** It contains essential vitamins and minerals such as iron. It's high in protein and calories. Note that you do need to boil brown rice for 30 minutes or more, so keep that in mind. You can place brown rice in an airtight container.
- **Nuts:** Are you nuts for nuts? Well you should be in a survival situation. Nuts are high in essential fatty acids, have some protein and are high in essential vitamins and minerals. They don't weigh much, so that's another positive when it comes to bringing them along in your 72 hour survival kit. Make sure the nuts you choose are unshelled and unsalted nuts.
- **Chocolate Bars:** If you want a solid source of energy that will provide you with a substantial amount of calories, then this is a food item you should add to your survival kit. Of course I didn't mention the best part, chocolate is very tasty!

- **Dried Beans:** Beans, beans, they make you.... You can finish that sentence however you'd like, but you can add the word "live" to it. Dried beans can help you survive as they are high in calories, have lots of essential vitamins and minerals and possess a good amount of protein.
- **Lots of beans are good for you** - black beans, kidney beans, lima beans, garbanzo beans and pinto beans among others. You can purchase dried beans in packages which are usually bigger than canned beans. Dried beans can last for over 12 months. Now, let's hope you're not in a survival situation for 12 months, but they sure do last.
- **Sea Vegetables:** You can purchase sea vegetables that are in powdered or pill form. They help to boost your immune system, heal wounds and aid in tissue repair via their many vitamins and nutrients. As I mentioned, they come in pill form as well.
- **Trail Mix:** It's a favorite pastime snack. Kids love it. Adults do too. Trail mix consists of raisins, nuts, dried fruit and some glorious pieces of chocolate. Dried fruits tend to be an especially good way to put you into a positive mood and boost your energy in the short term.
- **Instant Coffee:** Whether you like coffee or not, it does help you to wake up. You can add instant coffee to your survival kit to help energize you. Let's face it, if you just ran away from a wildfire or are trying to find your way out of a landslide on the side of a mountain you were hiking around, you're going to eventually feel lethargic. Coffee can help provide that much needed energy boost.
- **Energy Bars:** They give you, wait for it... energy!! The good news too is that energy bars come in many flavors, so you should be able to find energy bars that are tasty. Additionally, they provide a lot of calories, nutrients and protein.
- **Canned Alaskan Wild Salmon:** This is pretty tasty. It may not be a nice piece of fish served to you on an elegant plate at a fancy restaurant, but if you're in the wilderness, you're going to want all of the protein you can get. You would be very thankful to have this salmon with you. It's rich in protein



and healthy fats such as omega 3s and you can eat this directly out of the can without needing to cook it.

- **Peanut Butter:** A classic food we've all eaten at some point in our lives (unless you have an allergy to peanut butter). Peanut butter is full of vitamins, minerals, essential fatty acids and protein. Literally a few teaspoons of peanut butter can help you survive.
- **Beef Jerky:** It's a juicy form of dried meat that contains quality protein. You should try to purchase natural brands of beef jerky as they don't possess nearly as many harmful added ingredients that some of the major brands do.

You don't want to feel lethargic or get sick. At least give yourself your best shot at not feeling lethargic or getting sick, by ensuring you have food in your 72 hour survival kit should you need it.

## **Candle**

Shine bright like a diamond. There is a slew of different situations where you could need light. If there's a power outage, you would of course need to find light via another source.

Power outages are especially common after extreme storms such as powerful hurricanes and tornados among other types of extreme storms.

You can use a candle to create light when it's hard to see. That's important.

You can also use a candle to assist in creating a fire for warmth or to cook.

**Here are some candle brands that are particularly good for your survival kit.**

- **Coghlan's 36 Hours Survival Candle:** This is a small candle inside of a round aluminum tin. It enables you to control the heat and light by lighting one, two or three of the wicks. The wicks each provide up to 12 hours of emergency burn time.
- **UCO Original Candle Lantern:** This is a collapsible lantern that helps to reflect light and is windproof. That is especially helpful in most extreme weather situations. You don't want to have to keep trying to re-light your candle because the wind blows it out. With this candle lantern, you wouldn't

need to worry about whether it's windy or not. The candle will stay lit either way.

- **Emergency Essentials 100 Hour Plus Emergency Candle:** This is a candle which uses Petroleum Hydrocarbon Naphtha. It can burn for over 100 hours. That's 25 more hours than your survival kit sets you up for.

## **Poncho**

Ponchos are cool to wear when on vacation in Mexico. Right? Right. They're much more useful than trying to look cool while you're on vacation in Mexico though.

You can use a poncho to help you collect rain water. You absolutely need water to survive. If you don't have any water left in your survival kit and/or you don't have another way to get water, then rain may be your best option.

And it's not like the movies. You can't really just look up to the sky, open your mouth and take in the rain water.

You can use your poncho to catch rain to drink which in other words could potentially be the difference in life or death.

Turn it into a tarp. If it's wet outside or just gross in general, you can use the poncho as a tarp to put down before you go to bed.

Mark your trail. I can't stress enough how important it is that you do anything you can possibly do to get rescued if you were to be in a survival situation. Yes, the first priority is to simply survive. But you and I both know, if you're in a survival situation you don't want to just survive and start living in whatever miserable conditions you're currently in.

Therefore, the next main priority besides surviving should be to get rescued. Truth is, you could argue that they go hand in hand. Because whether or not you get rescued could definitely be the difference between whether or not you survive.

You can rip off pieces of your poncho to tie around tree branches to make a trail. Ponchos are typically bright yellow, so the markers will stick out and potentially lead rescuers your way.

Prevent hypothermia. You can use the poncho to help yourself stay warm so that you can prevent hypothermia and therefore stay alive.

Build a shelter. You can actually build a shelter by utilizing your poncho, paracord and a few stakes. A waterproof shelter could come in handy if you were to be stuck in a hurricane, winter storm or even a basic rain storm after being stuck somewhere in the wilderness.

As you see, you can do a lot with a poncho.

### **Duct Tape**

Speaking of doing a lot with an item in your survival kit, duct tape is another item that has many uses.

I'm going to start listing the many uses. You may want to grab a bag of popcorn, because there are a ton.

Release Food. If you have some food on you that's open, you're going to want to do whatever you can to conserve it.

Duct tape can come in handy here as you can duct tape the package of food to keep it from going bad.

Create a rope. You can create a rope by twisting duct tape. Paracord is more effective than duct tape, but if you need another form of rope - here ya' go.

Make a shelter. Use trash bags and duct tape to make a cover/mini shelter for yourself over your sleeping bag.

Create a sling. You can create a sling by folding the duct tape through the middle making it half the size of the original width and the sticky side should be covered. Simply use the strap to create a sling which can be used if you were to hurt your arm for example.

Keep snow out of your shoes or boots. If you get stuck in a winter storm, I really hope you have boots on you. A winter storm is the type of storm where you would be much better off with boots. Boots still may not be good enough though.

Whether you have shoes or boots, snow will probably get into them if it's a serious winter storm. You can use duct tape to cover the tops of your shoes or boots to prevent snow from getting in them.

Mark a trail. You know by now that marking your trail could be the difference between you getting rescued or not (a.k.a. living or not living). Trails can also be useful in helping you to find your way back.

For example, if you were to set up a shelter and walk a few hundred yards to find help or food, you might want to come back to your shelter if you don't get rescued by the time it's about to get dark outside.

If you had marked a trail, you could follow that trail back to your shelter. Either way, remember that duct tape can help you mark a trail.

Fix anything. Okay, maybe duct tape can't fix everything, but it can fix a lot of things. If there was a hole in your shelter, you could duct tape it to close the hole. If there was a hole in your water bottle, you could fix it with duct tape.

Basically anything that has a hole in it or is partially separated, can be fixed with duct tape.

Wrap sprained ankle. Sprained ankles are unfortunately pretty common in disasters. Think about it. If you're in some form of emergency or disaster, you're either going to need to run at some point or things will be falling on you or moving around you or you might be in an area that's very uneven (i.e. - lots of debris all over the ground, ditches, etc.)

These kinds of conditions make it more likely that you will sprain your ankle. If that's the case, you can use duct tape to wrap your ankle to provide it with much needed support so that you can still walk some. I'm not saying this is a perfect fix and you wouldn't feel any pain, but it would at least make it feel a little better and enable you to walk.

**Toilet Paper** - I hate to break it to you, but if you find yourself in a survival situation, it's probably not going to be like a 5 star resort. That's not to say disasters can't happen at 5 star resorts. They sure can.

I'm being facetious, but the point is you don't get what you want in a survival situation. If you got what you want, you wouldn't be in the survival situation to begin with. You would still prefer a little decency though, right?

Well, that's one of the reasons you should add toilet paper to your 72 hour survival kit.

If you have to go to the restroom (which you will), you will want toilet paper. I won't go into any more detail. Okay, I'll say one more thing... you don't want to have to use leaves or random items. Just saying.

Toilet paper has other uses as well. You can use toilet paper to dry your shoes or boots after they get wet. You can use toilet paper to help start a fire.

You can also use toilet paper rolls creatively. For example, you can use a toilet paper roll to help keep items together such as your rope and paracord.

Emergency Radio - It's a good way to make sure you're informed about what's going on during some form of emergency or disaster. You would be able to listen to disaster and weather alerts.

Emergency radios can also bring you entertainment if you needed to bring levity to a tough situation.

Some emergency radios are even able to charge your phone and other electronic devices.

### **Handcuff Keys**

This is a survival kit item that would only be used in some sort of terrorist event or kidnapping. If a terrorist or other bad person were to hold you against your will, they might put handcuffs on you.

Many handcuffs use a universal key. So, if you have handcuff keys on you, that's not going to automatically save you. Obviously.

But, it could potentially save you. It could potentially work since many handcuffs are universal.

I'd say it's definitely worth having the handcuff keys.

Hopefully you won't ever have to use them, but they're there if needed and they don't take up much space in your kit, so they're worth adding to your kit.

### **Mace**

This is another item that could be used in a terrorist attack. And in any survival situation, it's good to have multiple ways to protect yourself.

Even if you weren't stuck in a terrorist attack or some form of kidnapping, your well-being could still be in danger.

Imagine this situation... There was a hurricane that destroyed all of the homes in your neighborhood. Some people died, some lived. You were one of the lucky ones that lived. Bad people in the neighborhood want to take advantage of the fact that it looks like a war zone and no emergency vehicles can get anywhere near your neighborhood for potentially at least a few days. The bad people come to try to steal stuff that's left from your home or just to be violent, because they're angry.

Mace can help you.

Okay, yeah, that's not a likely scenario, but it could happen.

There are so many different types of situations that could play out which would put you in danger and you would be safer if you had mace as another option to protect yourself.

A more likely scenario could be a coyote trying to attack you if you got stuck in the wilderness after a landslide. You could mace the coyote to try to get it to go away.

By the way, if you do ever encounter a coyote, make sure to maintain eye contact and do not turn your back or run. Running away can get them to chase you, but if you don't run there's a better chance they will turn away.

### **Water Filters**

Water filters and purifiers are absolutely necessary when it comes to your survival. You can't live without water. You can only live for three to five days without water, in rare cases a week max.

Just one day without water can have you feeling dehydrated to the point where it's

hard to walk around much and you would feel nauseous.

A water filter or purifier could help you to make otherwise undrinkable water, become drinkable water. Ideally, it's best to have at least one gallon of water for your survival kit as well.

### **Water Container**

While on the topic of water, it's crucial that you add a water container to your kit. This does what you think it does - it will help you carry water.

Yet another item that would be very helpful if you were to be in just about any type of survival situation.

### **Survival Matches**

Survival matches otherwise known as stormproof matches are another essential piece of your 72 hour survival kit.

Survival matches light in any type of weather, no matter how windy or rainy it is. They're able to relight even after being fully submerged in water.

### **Fire Starter**

A fire starter is another tool for you to start a fire. A fire starter typically consists of a flint steel bar and striker.

Fires can help you to stay warm, cook, flag down rescuers and more. So, I'm sure you understand why the more tools you have to start a fire, the better.

### **Fish Hooks**

These will help you if you're stuck, in need of food and in an area that has fish. You should consider using small fish hooks. The reason is that there may not be big fish in the water you're stuck by.

If there are only small fish, then you won't be able to get them to bite with a big fish hook. On the other hand, small fish and larger fish can both bite a smaller fish hook.

Therefore, it makes more sense to stick with smaller fish hooks. You can bring some medium sized fish hooks as well.

**You know what the dangers are that are out there and you know what should be in your 72 hour survival kit, so the next question you're probably asking is, "where do I get all of this stuff?"**

Well, you can buy pre made survival kits online via [amazon.com](https://www.amazon.com), [overstock.com](https://www.overstock.com) and many survival specific websites which you can find by searching online.

Or, you can buy each item piece by piece. If you want to create the best possible kit for you, it's going to take some form of customization whether that means you putting the entire kit together yourself or buying a generic survival kit and adding items to it.

A lot of the items I mentioned above in the 72 hour survival kit can be purchased at sporting goods stores, grocery stores, miscellaneous local shops and online.

## **More Survival Tips**

**In addition to the survival kit, I want to give you some more tips to help you in case you're ever in a survival situation.**

### **Creative Body Insulation**

Super cold weather can lead to hypothermia which brings upon death. There are different ways to protect yourself from hypothermia whether it be a blanket and/or poncho or lighting a fire.

If however for whatever reason you're unable to light a fire or you don't have other items with you to keep you warm, you can get creative. Place dry grass, newspaper and leaves in your clothes and that would help you to retain a substantial amount of body heat. You should do this for your entire body.

### **Guitar Case Can Be Your Survival Bag**

While a backpack works well to hold your survival kit, that's not your only option. In fact, I'd argue that this might actually be your better option - a guitar case. A guitar case can enable you to pack a lot more items and is also easy to carry as it has a strap to put around yourself.



### **Organize Your Survival Bag**

Whether you use a guitar case or normal backpack to hold your survival kit, it should be organized. Organization enables efficiency which in some cases actually could mean the difference as to whether or not you survive.

And even if it's not that drastic, it would be harder (at the very least) if your survival bag wasn't properly organized. Put heavier items on the top and lighter items towards the bottom as that helps to keep your balance. Also, don't forget to tighten the straps so that it's snug on your back as you walk around.

### **Wash Wounds with CLEAN Water**

You should only wash wounds with clean water. As tempting as it might be to wash a wound with whatever water is near you, you shouldn't unless the water is clean.

Water that is not clean can possess all sorts of bacteria which can cause serious infections and make your wound go from a wound that hurts to a wound that could kill you.

### **Trees Contain Water**

Speaking of water, you can get water from trees with leaves. You can wrap a plastic bag around the leaves, but make sure the plastic bag is clean.

Then the sun will cause water inside of the leaves to evaporate inside of the plastic bag.

You can even poke a hole in the bag and put a water container under it so that the water goes directly into the container so it's easy to drink.

### **Know The North Star's Location**

If you're in a survival situation, there's a good chance that it would also mean that you're lost. You should know the North Star's location as it can help you find your way if you don't have a compass or it can help confirm if your compass is accurate.

Here is how you find the North Star... first, look for the big dipper. Next, draw an imaginary straight line through the edges of the big dipper and that will bring you to the tail of the little dipper otherwise known as the North Star.

Go look up constellations if you're not sure what the big dipper looks like, so you will know if needed.

### **Understand How To Utilize Dead Animals and Feces**

You can use the urine from dead animals to attract other animals to assist you in hunting for food.

You can use animal skins to make pouches.

You can use old animal bones to make tools.

Yeah, kinda weird, but it's a survival situation.

### **Schools and Events**

There are also schools and events across the country which will teach you different survival techniques.

### **Don't Forget Your Survival Bracelet**

Paracord bracelets can come in handy at any moment whether it be to hang food, use as tinder to ignite fires, set up traps, tie stuff together and more. It's not heavy.

If you really want to be safe, you can easily take it with you wherever you go by simply putting it around your wrist.

### **Food And Water Should Be Balanced**

You may not have a lot of food or water if you're in a survival situation, but it's important that for the food and water you do have, you properly balance it. There is such thing as too much food or too much water and that can actually kill you.

If you're dehydrated, you shouldn't eat anything until you've drunk something, because the food would absorb the remaining water in your body which would make you even more dehydrated.

### **Process Food Away From Shelter**

Beware. You shouldn't process food anywhere near wherever your shelter is as you would most likely leave behind bones, blood or other parts that you can't eat.

This could attract wild animals where you sleep.

I don't think I need to say anything further.

### **Utilize Nature's Medicinal Properties To Your Advantage**

Nature provides all sorts of medicinal properties. The more you learn about nature's medicinal properties, the better.

I'll go over some examples.

Pine resin are great antiseptics as they can be placed on a wound or swished around your mouth to clean your mouth. You can find pine resin on trees.

It does need to be melted for use, although if you stumble upon gooey pine then that means it's already melted and ready for use.

If you end up with a cold or headache, the middle bark of a willow tree can help you. Although if you're allergic to aspirin, you should not try this.

Acorns are full of butyric acid which fights diarrhea and you can make medicinal tea by brewing acorns in hot water. The tea assists in fighting a variety of intestinal problems and can be used to treat mouth ulcers.

The outer shell of rose hips supplies a substantial amount of vitamin C and the flesh part of rose hips can assist in treating constipation.

Dock leaves are antihistamines that can help relieve some of the pain from bug bites by using the sap from the leaves and mixing it with saliva.

See, there are a lot of sources in nature that can help you if you know about them. Just of course be careful not to eat something poisonous.

## Stories of Survival

People have survived some very intense survival situations.

Here are a few of the many survival stories out there. And no, I won't be adding any stories from the TV show, 'Survivor'.

### **Eric LeMarque**

Eric was snowboarding in the Sierra Nevada mountains in March 2003. He ended up getting lost. He had an MP3 player with him and used the MP3's radio signal as a compass. After 7 days lost in the Sierra Nevada mountains, he was rescued. Unfortunately, both of his feet and most of his legs had to be amputated due to the severe tissue damage caused by malnourishment and frostbite. He did survive though.

### **Bethany Hamilton**

She survived a freaking shark attack! Bethany was a 13 year old girl surfing in Hawaii when a shark bit off her left arm, right below her shoulder. She could have easily panicked and drowned, but instead she paddled to her friends with her one arm. As she was doing this, she even shouted to people to get out of the water as there was a shark. Talk about an amazing young woman. She survived and is living a productive life.

### **Evans Monsignac**

In 2010, Evans was in his home in Port Au Prince, Haiti when an earthquake hit. It was a devastating earthquake, over 230,000 people died. Evans thankfully wasn't one of those people who died. He survived for almost a month in the rubble of his home, stuck between concrete slabs. He sipped leaking sewer water to stay hydrated. That kept him alive...water.

### **Matt Suter**

Matt was inside of his grandmother's house in Fordland, Missouri in 2006. He was just a high school senior when a powerful tornado touched down. Out of the window Matt went. Way out of the window. In fact, he was flung over 1,207 feet away from his home which according to The National Weather Service is the farthest they know of a person being moved by a windstorm and still surviving.

### **Boyd Severson**

Boyd was hiking in the Rocky Mountain National Park when he became trapped in a snowstorm and got lost. He built a shelter for himself to spend the night on the mountain and stayed warm by wrapping an ace bandage around his feet and putting a plastic bag on his arms. He survived the freezing conditions due to his scrappiness and thankfully rescuers were able to find him.

As I said, the survival stories listed above are just some of the many survivor stories out there.

People have survived everything from plane crashes to terrorist attacks to natural disasters to shark attacks and pretty much any type of situation you could think of.

Sometimes people survive because of luck. Sometimes people survive because they're able to be scrappy with what they find (and that's enough to keep them alive). And, sometimes people survive because they have a survival kit with them.

Even though people have survived crazy conditions without a survival kit, I don't think anyone would disagree with my next statement...

You have a better chance of surviving a survival situation if you have a survival kit. Period.

So, risk spending a few hundred dollars max on something (survival kit) or risk potentially losing your life because you're not prepared?

Weigh that risk and I think you will see that no matter how you look at it, it's smart to have a survival kit.

## Conclusion

Unless you're actually a psychic (or somehow see the future), you don't know what's going to happen tomorrow, the next day or even later today.

You should be prepared though, because there are all sorts of dangers in the world.

I'm not saying to worry. In fact, don't worry. That does no good. But, you should be prepared.

Don't wait to get (or create) your 72 hour survival kit. You never know if/when the time will come where you need it. Do you want to risk not having your kit if/when the time comes? Of course not.

So here's a friendly nudge from me to you to take action now. Go get or create your 72 hour survival kit sometime within the next week or sooner.

Put it on your calendar or to do list so that you don't forget.

It's common that people buy survival kits after a survival type of situation presents itself.

For example, when there's an earthquake in California, there is a large surge in survival kit purchases in the immediate days and weeks after the earthquake. The reason more people buy after some sort of serious emergency or disaster is because they realize that things can happen.

They realize that the next occurrence could be much worse and present a legitimate life or death (survival) situation. So, they get off their butts and go get or create a survival kit.

People who aren't as fortunate get caught in a survival situation without a survival kit and that results in their death.

I know, I know, that sounds drastic.

I'm not saying everyone who finds themselves in a survival situation will die if they don't have a survival kit. Thankfully, that's not the case.

However, I'll just put it like this - many people do die in survival situations because they weren't prepared; they didn't have a survival kit. On the other hand, many people survive survival situations because they were prepared; they had a survival kit.

I truly hope that you never find yourself in a survival situation. However, if you do, please know that your chances of survival are significantly higher if you have a quality 72 hour survival kit.

I'll keep my fingers crossed for you either way.

Wishing you safety, happiness and all of the best life has to offer!

One last friendly nudge... go get or make your 72 hour survival kit or at least make a note to do it this week!