



In this h...r...ie... th...r...is...s th...p...s ...i...

mental...repar... to trans...tion to ...r...r...i...nt...s... This is th...
...pi... ...i...t...r...th...r... to ...en... e...r...i...
...p...enti... ...e...es ...t...r...i...s... is ...th...s...

In this training video the author demonstrates one of the most cost effective methods of backing the gear together to be able to make secret video of the

In this short instructional video, we learn five tricks for finding, and/or manufacturing water, while in the wilderness. In an off grid disaster scenario, being able to manufacture water while awaiting rescue, could be the very skill that determines life or death. The human body, which consists of over 60% water content, requires a significant amount of hydration. In a perfect world humans would consume a bare minimum of 64 oz. of water per day. In a survival situation any amount of water will be welcome, and help stave off dehydration. Water, believe it or not, is more important to human survival than food. If you ever happen to find yourself unfortunate enough to experience a life or death situation, strike out to find water before you concern yourself with food. Although finding water, and being able to manufacture it, are essential to survival, being able to filter and purify that water is even more important!

Purifying water in the wilderness comes down to boiling it, and for that you need fire, which we will cover shortly. In this training video the author shares methods of manufacturing a water filter out of items you might find in the wilderness. While the plastic bottle is an uncommon item to find in nature, it serves the purpose of a containment vessel, which can be manufactured out of several different materials, or from gear we might have in our bags. It is very important that you know how to manufacture a water filter, especially when consuming water from unknown resources. Water borne health hazards are one of the leading causes of death globally.

In this training video we see the construction of a permanent survival shelter. There are several methods of constructing temporary survival

shelters, many of which we will cover in the individual modules of this coaching program; however, in a serious collapse scenario that consists of people going back to ground, being able to construct a hut of this magnitude will be extremely important. If you live in regions that bear witness to all 4 seasons, then this hut will be the first stage of a continuing journey towards improving it for the colder climates that are coming. Small scale shelter arrives in the form of the clothes we wear. Always make sure you are dressed, or have clothes readily available, to withstand the climates you may be forced to face. Learn to build shelters quickly, they are also essential to human survival; without them we run the increased risk of experiencing hypothermia, which can be lethal!



In this training video we learn that there are actually wild edibles growing in most of our yards. Now, while the majority of the wild edibles found in

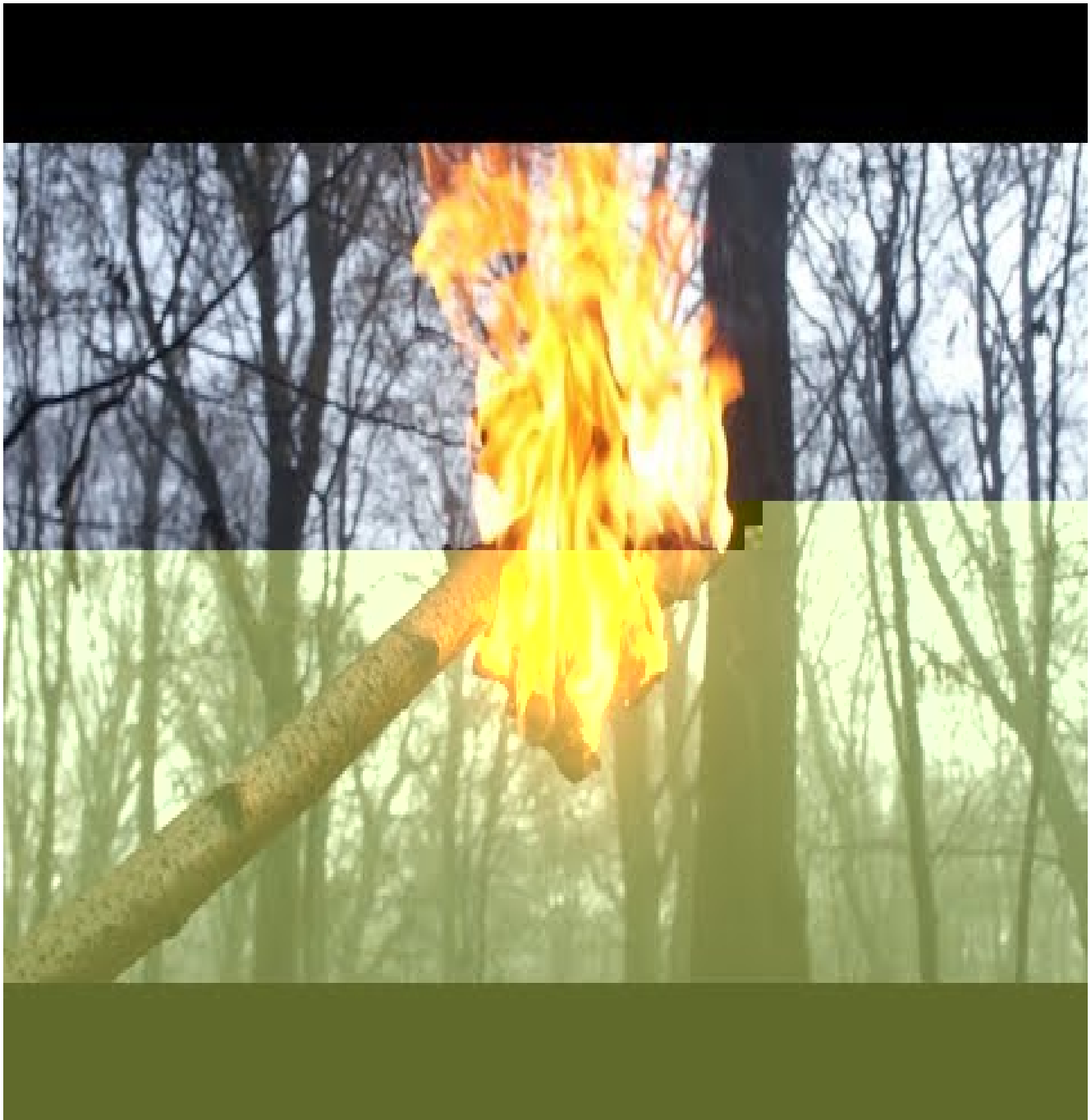
this video were discovered in neighborhood lawns, many of these same plants grow abundantly in the wilderness. Acquiring the skills to forage for and identify wild edibles will be instrumental to long term survival of any and all situations. One of the first items to disappear from store shelves during a disaster is food. People will ransack stores for miles around a disaster area taking every item they can get their hands on. If you have the ability to forage for food in the wilderness, or even your backyard, then you have an advantage over the hungry hoards who are abusing each other over a sack of flour on aisle #4.

When it comes to lighting fires my personal recommendation is to purchase a small stock of disposable lighters. Back this up with a few bricks of waterproof matches. These are the two easiest methods for getting a fire going. If/when those fail, for whatever reason, it pays to have additional gear and skills readily at hand. Ferro rods are one of my preferred methods for getting a fire going without the benefit of lighters/matches. They are

fairly easy to use, if you get the right models. This is one area it will be advantageous to have several varieties. I have a standalone model, one on my key-chain, one on my fixed blade knife, one with my camp hatchet, and two with my machete. Stock up on fire making gear, and make sure you know how to assemble the right materials to get a fire going in the wilderness, because

in the individual training modules. Active Shooter situations are not the place to become indecisive; time is of the essence, it is imperative you work together and get out alive!

Pay particular attention to the opening message of this training video! If/when you plan on going anywhere, take the time to properly inform others who you trust of your plans. Develop a method of checking in with them along the route, and implement "trigger" actions that would alert them to notify authorities that you are missing. A majority of the stories surrounding people who were "lost," include the fact that nobody knew their plans, or didn't know them well enough to help them once those plans failed. Taking the time to complete this single step, may be the most important thing you can do to ensure your survival while away from home. Aside from that, you also need to know, and understand, how to signal for rescue using a variety of methods, as demonstrated in this training video.



In this training video the author demonstrates CPR/AED procedures. CPR is the first thing you need to learn in the First Aid category, because if the patient is not breathing, that must be addressed before anything else. Field First Aid will be covered more in depth in the individual training modules and will cover more serious medical activities such as suturing, attending to fractures, head wounds, stopping blood loss, etc. For now, concentrate on learning these handy life saving techniques.