

THE COMPLETE 18-GUIDE COLLECTION

SURVIVAL SYSTEMS FOR LONG-DURATION FIELD CONDITIONS

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BAIT & PREPARATIONS

HOOK SELECTION

WATER READING

PROCESSING & PRESERVATION

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COLD & DRY CACHES

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TIE IT. TRUST IT. LIVE IT.

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ESSENTIAL KNOTS

LASHINGS & CONNECTIONS

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REPAIRS & SPlicing

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ETHICS & REGULATIONS

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KNOW IT. GATHER IT. EAT IT.

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ROOTS, GREENS & BERRIES

SEASONS & HABITATS

PREPARATION METHODS

POISONOUS LOOK-ALIKES

KNOWLEDGE. SKILL. DISCIPLINE. SURVIVAL.

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TEN-ITEM SELECTION STRATEGY SURVIVAL GUIDE

CHOOSE WISELY. SURVIVE LONGER.

EVALUATE VALUE

MULTIPURPOSE ANALYSIS

RISK & REDUNDANCY

SAMPLE LEADOUTS

WORKSHEETS & DESIGN TOOLS

KNOWLEDGE. SKILL. DISCIPLINE. SURVIVAL.

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COLD WEATHER, SLEEP & HYPOTHERMIA SURVIVAL GUIDE

SLEEP WARM. STAY ALIVE.

HEAT LOSS SCIENCE

SHELTER & INSULATION

SLEEP SYSTEM DESIGN

COLD INJURIES & PREVENTION

DRYING & CLOTHING CARE

KNOWLEDGE. SKILL. DISCIPLINE. SURVIVAL.

ALONE FIELD CRAFT SERIES

WILDERNESS FIRST AID SURVIVAL GUIDE

PREVENT. TREAT. EVACUATE.

WOUNDS & BLEEDING

INJURIES & IMMOBILIZATION

ILLNESS & CONDITIONS

MEDICATIONS & LIMITATIONS

EMERGENCY DECISIONS

KNOWLEDGE. SKILL. DISCIPLINE. SURVIVAL.

ALONE FIELD CRAFT SERIES

ENERGY BUDGET & DAILY SYSTEMS SURVIVAL GUIDE

MANAGE ENERGY. WIN THE LONG GAME.

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TASK PRIORITIZATION

WORK/REST RHYTHMS

WEATHER & PLANNING

WORKSHEETS & TRACKERS

KNOWLEDGE. SKILL. DISCIPLINE. SURVIVAL.

ALONE FIELD CRAFT SERIES

MENTAL RESILIENCE & ISOLATION SURVIVAL GUIDE

STAY SHARP. STAY STRONG. STAY IN THE GAME.

PURPOSE & MINDSET

ROUTINES & RITUALS

DEALING WITH BOREDOM

EMOTIONS & SETBACKS

DECISION CLARITY

KNOWLEDGE. SKILL. DISCIPLINE. SURVIVAL.

ALONE FIELD CRAFT SERIES

PREDATOR & WILDLIFE SAFETY SURVIVAL GUIDE

RESPECT WILDLIFE. PROTECT YOUR CAMP.

BEAR & WILDLIFE AWARENESS

CAMP PLACEMENT

FOOD & WASTE DISCIPLINE

ENCOUNTER PREVENTION

REGIONAL INFO REGULATIONS

KNOWLEDGE. SKILL. DISCIPLINE. SURVIVAL.

18 GUIDES
|
SHELTER TO WILDLIFE SAFETY
|
FIELD CARDS, MATRICES AND CHECKLISTS

Independent educational publication. Not affiliated with HISTORY or A+E Global Media.

HOW TO USE THIS COLLECTION

1. STABILIZE

- Address immediate threats first: exposure, injury, unsafe water, unstable fire, wildlife, and navigation or communication concerns.

2. BUILD SYSTEMS

- Use each guide as a repeatable operating system. Standardize placement, workflows, inspections, and maintenance.

3. PROTECT MARGIN

- Do not spend calories, equipment, arrows, line, or health for low-probability returns. Preserve options for tomorrow.

4. VERIFY LOCALLY

- Regulations, permitted equipment, fire restrictions, fishing and hunting seasons, treatment guidance, and animal behavior vary by place and time.

5. TRAIN BEFORE DEPLOYMENT

- A guide cannot replace supervised practice. Test every critical skill and item under controlled conditions before dependence.

6. STOP EARLY

- Confusion, persistent shivering, chest pain, serious bleeding, worsening infection, altered behavior, or unsafe wildlife conditions demand professional help or evacuation.

Important: The HISTORY gear list currently published is labeled Season 12. Rules change. Confirm the official participant brief and local law before relying on any equipment allowance.

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THE SHELTER SURVIVAL GUIDE

BUILD STRONG. STAY DRY. SLEEP WARM.

DESIGN ♦ BUILD ♦ INSULATE ♦ MAINTAIN

ALONE. PREPARED. RESILIENT.



BUILD STRONG. STAY DRY. SLEEP WARM.



READ THE RISK, THEN CHOOSE THE LEAST COSTLY SAFE MOVE

How to Use This Guide

Survival work is a sequence, not a shopping list. Stabilize exposure, establish a clean water routine, protect fire and sleep, then spend energy on upgrades that reduce future work. Adapt every method to local terrain, law, weather, wildfire restrictions, wildlife rules, and your actual training.

1 STOP Check injury, weather, daylight, and exit.	2 STAY DRY Rain and sweat defeat insulation quickly.	3 BUILD SYSTEMS Water, wood, sleep, repair, and sanitation reset daily.	4 SAVE CALORIES Short lanes and boring routines beat heroic chores.
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PAGE	SECTION	PURPOSE
3	Site Selection Before Construction	The best shelter is the one not placed under a problem
4	Shelter Design Logic and Fast Forms	Small enough to heat, large enough to work
5	Emergency and Long-Stay Shelter Choices	Match structure to weather, time, tools, and calories
6	Frame, Bracing, Anchors, and Load	A roof is a load path, not a pile of branches
7	Roofing, Drainage, Floor, and Bed	Water follows gaps; cold follows contact
8	Ventilation, Condensation, and Fire Separation	Warmth without smoke, sparks, or carbon monoxide
9	Build Sequence and Energy Budget	Protect tonight before constructing next month
10	Inspection, Storm Reset, and Repair	Maintenance is cheaper than reconstruction
11	Shelter Selection Matrix	Choose the least expensive structure that controls the dominant threat

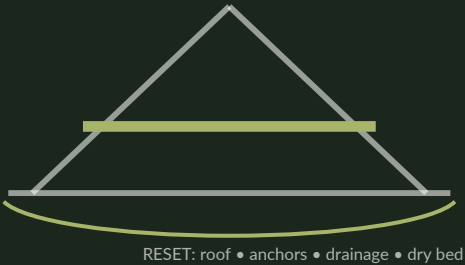
IMPORTANT SAFETY NOTE

This material is educational. It does not replace hands-on instruction, emergency medical care, official water-treatment directions, local fire orders, or site-specific avalanche, flood, tree-fall, wildlife, and weather guidance.

FIELD CARD

SURVIVAL PRIORITY

- 1 Stabilize exposure before spending calories on upgrades.
- 2 Build repeatable water, fire, sleep, repair, and sanitation systems.
- 3 Check current local rules and verify every high-risk method.



THE BEST SHELTER IS THE ONE NOT PLACED UNDER A PROBLEM

Site Selection Before Construction

A beautiful structure in a flood path, under a dead tree, or on a wind funnel is still a bad shelter. Scout before cutting anything heavy. The aim is not a perfect site. It is the least dangerous site with workable access to water, fuel, and travel routes.

SCREEN FATAL HAZARDS - Look up: dead limbs, leaning snags, damaged trunks, rockfall, ice-loaded branches, and trees rooted in saturated soil. - Look down: flood debris, tide marks, drainage channels, unstable banks, roots, holes, peat, and deep duff. - Look out: avalanche paths, storm surge, exposed ridges, funnel winds, lightning exposure, and animal travel corridors. - Do not build where fire can travel underground through roots or organic soil.	CHOOSE THE MICROCLIMATE - Favor natural wind protection without sealing yourself into stagnant, damp air. - Use slight elevation above wet ground, but avoid exposed high points and cold-air basins. - Choose ground that drains around the shelter rather than into it. - Keep water and fuel close enough for a safe routine, but keep sleep outside flood, splash, and scent zones. - Walk the route after dark in your head. If tired hands and bad weather make it absurd, move.
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SITE RULE

A shelter should buy down risk every day. If the site creates a new water, wind, fire, wildlife, or travel problem, the structure is charging interest.

FIELD CARD

SITE SELECTION BEFORE CONSTRUCTION

1

Look up: dead limbs, leaning snags, damaged trunks, rockfall, ice-loaded branches, and trees...

2

Look down: flood debris, tide marks, drainage channels, unstable banks, roots, holes, peat, a...

3

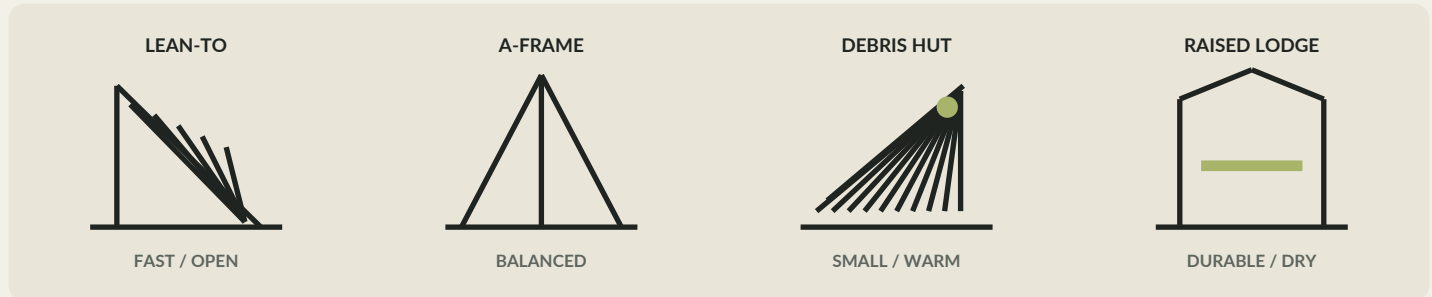
Look out: avalanche paths, storm surge, exposed ridges, funnel winds, lightning exposure, and...

RESET: roof • anchors • drainage • dry bed

SMALL ENOUGH TO HEAT, LARGE ENOUGH TO WORK

Shelter Design Logic and Fast Forms

Shelter performance comes from geometry and routine more than decoration. A compact volume reduces heat loss, a steep roof sheds weather, raised bedding separates the body from cold ground, and planned ventilation moves moisture and smoke out.



THE HEAT SHELL

- Size the sleeping core around bodies and bedding, not standing-room pride.
- Use a low profile in high wind and a steeper pitch in heavy rain or snow.
- Seal lower wind gaps while preserving deliberate high and low vents.
- Offset or shield the entry so wind and wet gear do not blow into bedding.

THE WATER SHELL

- Roof first, walls second, comforts last.
- Overlap every roofing course from the eave upward like shingles.
- Extend eaves beyond walls and entry, then add a clean drip edge.
- Route runoff around camp with shallow diversion only where legal and safe.
- Test the roof with real water before moving the sleep system inside.

DESIGN CHECK

Can it shed the forecast? Can smoke leave? Can the bed stay dry? Can every surface be inspected and repaired without dismantling half the camp?

FIELD CARD

SHELTER DESIGN LOGIC AND FAST FORMS

- 1 Size the sleeping core around bodies and bedding, not standing-room pride.
- 2 Use a low profile in high wind and a steeper pitch in heavy rain or snow.
- 3 Seal lower wind gaps while preserving deliberate high and low vents.



RESET: roof • anchors • drainage • dry bed

MATCH STRUCTURE TO WEATHER, TIME, TOOLS, AND CALORIES

Emergency and Long-Stay Shelter Choices

Emergency shelters are temporary risk controls. Long-stay shelters are repairable systems. Build the smallest reliable protection first, then upgrade after water, fire, sleep, and exit plans are stable.

FAST OPTIONS - Lean-to: fast and easy to inspect; best when one dominant weather direction can be blocked. - A-frame or low ridge: balanced protection and a strong ridge; brace before loading roof weight. - Debris hut: compact heat shell when dry insulation is abundant; labor heavy and easy to build too large. - Tarp or poncho: fastest carried-material option; protect from abrasion and retension after weather changes.	LONG-STAY CONCEPTS - Rain lodge: steep roof, deep eaves, raised bed, dry porch, and serious drainage. - Cold low-profile lodge: tight volume, protected entry, deep bedding, and optional cold sink. - Double roof: inner heat shell plus outer rain shell with a draining air gap. - Bermed or semi-subterranean: can cut wind where soil and rules allow; never trade wind for flooding or collapse. - Grow in modules: sleep shell, porch, wood annex, drying area, tool wall, and storage.
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MODULAR RULE

Every upgrade should attach to yesterday’s work. Avoid designs that require tearing out the first roof to build the second one.

FIELD CARD

EMERGENCY AND LONG-STAY SHELTER CHOICES

1

Lean-to: fast and easy to inspect; best when one dominant weather direction can be blocked.

2

A-frame or low ridge: balanced protection and a strong ridge; brace before loading roof weight.

3

Debris hut: compact heat shell when dry insulation is abundant; labor heavy and easy to build...

RESET: roof • anchors • drainage • dry bed

A ROOF IS A LOAD PATH, NOT A PILE OF BRANCHES

Frame, Bracing, Anchors, and Load

Frames fail at connections, unsupported spans, overloaded roofs, and weak anchors. Use sound straight members, short spans, triangular bracing, redundant ties, and staged load testing.

STRUCTURAL SEQUENCE - Set main anchors or uprights on firm ground; reject rotten or split structural wood. - Install the ridge or main beam, then brace it before working beneath it. - Add rafters at even spacing and keep heavy roof material close to supports. - Add diagonal bracing so the frame resists side loads, not only gravity. - Load the roof in thin even layers while watching for twist, sag, or connection movement.	CONNECTIONS AND ANCHORS - Seat poles with notches when skill and tools allow; cordage should not stop every direction of movement by itself. - Wrap and frap lashings tightly, then protect them from abrasion and water pooling. - Use long stakes in soft soil, deadman anchors in sand or snow, and rock anchors where permitted. - Angle stakes away from load and mark guy lines for night travel. - Retension after rain, thaw, wind, and temperature change.
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LOAD TEST

Push and pull the empty frame from several directions. If it racks, twists, or walks before roofing, it will not improve under load.

FIELD CARD

FRAME, BRACING, ANCHORS, AND LOAD

1

Set main anchors or uprights on firm ground; reject rotten or split structural wood.

2

Install the ridge or main beam, then brace it before working beneath it.

3

Add rafters at even spacing and keep heavy roof material close to supports.

RESET: roof • anchors • drainage • dry bed

WATER
FOLLOWS
GAPS;
COLD
FOLLOWS
CONTACT

Roofing, Drainage, Floor, and Bed

A durable shelter needs a continuous shedding roof and a dry insulated sleep platform. These two systems usually return more warmth per calorie than adding square footage.

ROOF AND DRAINAGE - Start at the eave; each higher course overlaps the one below. - Offset seams through multiple layers and secure outer material against wind lift. - Use steep pitch for rain and snow; flat roofs demand stronger framing and better membranes. - Trace leaks uphill from the drip and patch well beyond the entry point. - Maintain swales, eaves, and paths so water never pools against anchors or the bed.	FLOOR AND INSULATION - Build a stable raised platform with closely spaced poles or slabs and no sharp points. - Create resilient depth beneath hips and shoulders using pads, boughs, grass, leaves, mats, or textiles. - Protect one dry sleep set: base layer, socks, headwear, and bedding. - Separate clean sleep space from wet boots and processing gear. - Replace wet or crushed natural bedding before it becomes a cold sponge.
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WARMTH PRIORITY

Before adding a room, deepen the bed, close the wind gap, repair the roof, and protect dry sleep clothing. Square footage does not generate heat.

FIELD CARD

ROOFING, DRAINAGE, FLOOR, AND BED

1

Start at the eave; each higher course overlaps the one below.

2

Offset seams through multiple layers and secure outer material against wind lift.

3

Use steep pitch for rain and snow; flat roofs demand stronger framing and better membranes.

RESET: roof • anchors • drainage • dry bed

WARMTH WITHOUT SMOKE, SPARKS, OR CARBON MONOXIDE

Ventilation, Condensation, and Fire Separation

Breath, wet clothing, cooking, and damp ground create interior moisture. Combustion adds smoke, sparks, and carbon monoxide. Vent deliberately and keep ordinary campfires, grills, charcoal, and stoves outside enclosed shelters.

VENTILATION AND DRYING - Provide a high exhaust path and lower intake without creating a body-level draft. - Protect vents from precipitation and keep them unobstructed. - Separate wet gear from bedding and run a daily drying routine. - Place clothing near useful heat but outside flame, sparks, and fabric-melting radiant heat. - A double roof or liner may catch drips, but it does not replace ventilation.	FIRE AND CO SAFETY - Use mineral soil or an established fire area well away from roofing, bedding, roots, and overhead fuel. - Keep water and an extinguishing tool ready and an exit route clear. - Never use unvented fuel-burning devices in a tent or enclosed shelter. - Headache, dizziness, weakness, nausea, confusion, or unusual sleepiness near combustion are emergency warning signs: move to fresh air and seek help. - If the shelter requires an attended fire to remain survivable, add another layer of protection.
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CARBON MONOXIDE

Fresh air is the treatment, not a cracked door and confidence. Carbon monoxide is colorless, odorless, and capable of turning fatigue into a fatal misdiagnosis.

FIELD CARD

VENTILATION, CONDENSATION, AND FIRE SEPARATION

1

Provide a high exhaust path and lower intake without creating a body-level draft.

2

Protect vents from precipitation and keep them unobstructed.

3

Separate wet gear from bedding and run a daily drying routine.

RESET: roof • anchors • drainage • dry bed

PROTECT TONIGHT BEFORE CONSTRUCTING NEXT MONTH

Build Sequence and Energy Budget

Build order should track immediate risk and forecast. Overbuilding early can create injury and a calorie deficit before the shelter begins paying rent.

PHASE	PRIMARY WORK	STOP WHEN
First 2 hours	Scout hazards; mark flood and wind concerns; establish emergency roof; protect bedding and ignition.	Darkness, worsening weather, or fatigue makes cutting unsafe.
Day 1	Complete rain shell; build bed; establish drainage; create fire and water routines; protect dry fuel.	You have dry sleep, clean water, and enough fuel for the night.
Days 2-3	Brace frame; deepen insulation; improve entry; add wood cover, drying line, and short paths.	Each new project reduces tomorrow's work.
Week 1+	Add porch, tool wall, work table, storage, storm anchors, and modular annexes.	Maintenance, food, and recovery need the calories more.

WORK-REST RULES

- Use short cutting blocks with planned hydration and hand warming.
- Stop precision work when coordination drops.
- Stage materials before lifting or climbing so trips are not repeated.
- End every day by resetting water, tinder, bedding, and exit.

PROJECT TEST

- Does it add warmth, dryness, safety, stored fuel, or usable work capacity?
- Will it reduce daily walking, bending, or exposure?
- Can it be completed before the forecast changes?
- Can it be maintained with declining energy? If not, it may be camp theater.

FIELD CARD
BUILD SEQUENCE AND ENERGY BUDGET

- 1 Use short cutting blocks with planned hydration and hand warming.
- 2 Stop precision work when coordination drops.
- 3 Stage materials before lifting or climbing so trips are not repeated.

RESET: roof • anchors • drainage • dry bed

MAINTENANCE IS CHEAPER THAN RECONSTRUCTION

Inspection, Storm Reset, and Repair

Wind loosens anchors, rain compresses roofs, snow adds load, heat dries lashings, and foot traffic changes drainage. A two-minute daily inspection prevents dramatic failures.

DAILY CHECK - Roof: new sags, exposed seams, displaced cap material, and blocked runoff. - Frame: cracks, twist, loose lashings, moving stakes, or crushed contact points. - Floor: damp bedding, pooling water, mud migration, insects, and rodents. - Ventilation: open smoke path, manageable condensation, and separated wet gear. - Fire separation: scorched material, shifted reflector, stray fuel, and spark damage.	STORM RESET - Secure doors, tarps, roof edges, and weather-side anchors. - Move bedding, ignition, dry clothing, and critical tools to the safest position. - Clear drainage and mark guy lines before visibility collapses. - Stage protected fuel without blocking vents or exits. - Abandon for active flood, bank failure, avalanche, wildfire, major tree movement, collapse, or CO risk.
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TWO-MINUTE RULE

Inspect after waking and after strong weather. Small movement is information. Ignore it long enough and it becomes architecture.

FIELD CARD

INSPECTION, STORM RESET, AND REPAIR

1

Roof: new sags, exposed seams, displaced cap material, and blocked runoff.

2

Frame: cracks, twist, loose lashings, moving stakes, or crushed contact points.

3

Floor: damp bedding, pooling water, mud migration, insects, and rodents.

RESET: roof • anchors • drainage • dry bed

CHOOSE THE LEAST EXPENSIVE STRUCTURE THAT CONTROLS THE DOMINANT THREAT

Shelter Selection Matrix

No shelter type wins everywhere. This matrix is a planning aid; carried material, daylight, injuries, local rules, fuel, and available dry insulation can change the answer.

CONDITION	BEST FIRST CHOICE	UPGRADE PATH	COMMON FAILURE
Cold + dry + windy	Low ridge or compact A-frame	Deep bedding, wind skirt, protected entry	Oversized interior and exposed doorway
Cold + wet	Steep A-frame or rain lodge	Double roof, raised bed, porch, drying system	Shallow pitch and wet bedding
Warm + heavy rain	High-airflow tarp or steep lean-to	Deep eaves, raised floor, insect control	Sealed ventilation and trapped humidity
Heavy snow	Steep compact frame with short spans	More braces, regular shedding, marked exit	Flat roof and overloaded ridge
High wind	Low profile behind terrain windbreak	Redundant anchors and small surface area	Ridge-top or funnel placement
Short emergency	Tarp, poncho, lean-to, safe overhang	Ground insulation and wind block	Spending all daylight on a cabin

DECISION ORDER

- 1. Site hazard and exit.
- 2. Rain and snow shedding.
- 3. Wind control.
- 4. Ground insulation.
- 5. Ventilation.
- 6. Repairability.

GO / NO-GO QUESTIONS

- Would I sleep here through the forecast?
- Can I leave quickly in darkness?
- Can one bedding set stay dry?
- Can the roof and frame be inspected?
- Does fire remain safely outside?
- Will daily maintenance remain affordable?

FIELD CARD
SHELTER SELECTION MATRIX

1

1. Site hazard and exit.

2

2. Rain and snow shedding.

3

3. Wind control.

RESET: roof • anchors • drainage • dry bed

USE, INSPECT, RESET, AND VERIFY

Field Checklist and Sources

This guide consolidates the project’s long-duration ALONE-style field-manual iterations and updates high-risk claims with current public-health, fire-safety, cold-stress, and Leave No Trace guidance. Practice before relying on any skill and check current local orders at the point of use.

FINAL CHECK ❑ Site clear of immediate fall, flood, avalanche, tide, and wind-funnel hazards ❑ Roof sheds forecast precipitation and drainage clears the footprint ❑ Frame braced; anchors, lashings, and load paths inspected ❑ Bed raised; insulation and sleep clothing dry	FINAL CHECK ❑ Ventilation open; ordinary combustion kept outside ❑ Fire, fuel, food, and waste separated from sleep ❑ Storm repair kit, light, footwear, and exit route staged
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AUTHORITATIVE REFERENCES

Centers for Disease Control and Prevention: [Carbon Monoxide Poisoning](#)

Occupational Safety and Health Administration: [Cold Stress Guide](#)

National Park Service: [Leave No Trace Seven Principles](#)

USE WITH JUDGMENT

Independent educational fieldcraft reference. Not affiliated with or endorsed by the television series ALONE, its producers, broadcasters, or participants. Local rules and emergency guidance always control.

FIELD CARD

PRACTICE BEFORE DEPENDENCE

1

Site clear of immediate fall, flood, avalanche, tide, and wind-funnel hazards

2

Roof sheds forecast precipitation and drainage clears the footprint

3

Frame braced; anchors, lashings, and load paths inspected

RESET: roof • anchors • drainage • dry bed

THE FIRE SURVIVAL GUIDE

IGNITE. SUSTAIN. THRIVE.



FIRECRAFT ♦ FUEL ♦ COOKING ♦ SAFETY

CONTROL THE ELEMENTS. MASTER SURVIVAL.



IGNITE. SUSTAIN. COOK. SIGNAL.



READ THE RISK, THEN CHOOSE THE LEAST COSTLY SAFE MOVE

How to Use This Guide

Survival work is a sequence, not a shopping list. Stabilize exposure, establish a clean water routine, protect fire and sleep, then spend energy on upgrades that reduce future work. Adapt every method to local terrain, law, weather, wildfire restrictions, wildlife rules, and your actual training.

1 STOP Check injury, weather, daylight, and exit.	2 STAY DRY Rain and sweat defeat insulation quickly.	3 BUILD SYSTEMS Water, wood, sleep, repair, and sanitation reset daily.	4 SAVE CALORIES Short lanes and boring routines beat heroic chores.
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3	Fire Decisions and Legal Reality	A fire is a tool only when the site can safely hold it
4	Combustion and Fire Lays	Control heat, fuel, oxygen, and geometry
5	Tinder, Kindling, Fuelwood, and Dry Storage	Tinder lights kindling; kindling earns fuelwood
6	Ignition Methods and Redundancy	One method is a preference; three are a system
7	Wet Weather, Wind, Snow, and Cold Ground	Create dry surfaces and controlled airflow before asking for flame
8	Cooking Fire, Pot Systems, and Coal Control	Stable coals cook better than dramatic flames
9	Heat Reflectors, Shelter Separation, and Carbon Monoxide	Redirect heat without redirecting sparks into the roof
10	Firewood Processing and the 24-Hour Routine	The fire begins at the wood yard
11	Extinguishing and Troubleshooting	Cold enough to touch, cold enough to leave

IMPORTANT SAFETY NOTE
This material is educational. It does not replace hands-on instruction, emergency medical care, official water-treatment directions, local fire orders, or site-specific avalanche, flood, tree-fall, wildlife, and weather guidance.

FIELD CARD
SURVIVAL PRIORITY

1

Stabilize exposure before spending calories on upgrades.

2

Build repeatable water, fire, sleep, repair, and sanitation systems.

3

Check current local rules and verify every high-risk method.

RESET: tinder • water • fuel • cold ash

A FIRE IS A TOOL ONLY WHEN THE SITE CAN SAFELY HOLD IT

Fire Decisions and Legal Reality

Before ignition, check current fire bans, land rules, wind, overhead fuel, ground conditions, escape routes, and whether a stove or no-fire method is safer. Restrictions can change quickly. A warm meal does not justify a landscape-scale emergency.

DO NOT LIGHT WHEN • A ban or closure prohibits open flame, charcoal, or certain stoves. • Wind can carry sparks into grass, duff, branches, tents, or shelter roofing. • The ground is peat, deep organic soil, root-filled duff, or another medium that can smolder underground. • You cannot remain present with water and an extinguishing tool until the site is cold. • Fatigue, injury, intoxication, or poor coordination makes flame and tool control doubtful.	USE THE SMALLEST FIRE • Boiling water needs a stable, concentrated flame or coal bed, not a bonfire. • Cooking usually improves after bright flames settle into controllable coals. • Warmth comes from position, wind control, dry clothing, shelter, and reflector geometry - not flame height alone. • Cold meals and no-cook routines may be correct during extreme fire danger. • Carry redundant ignition even when a fire is not planned.
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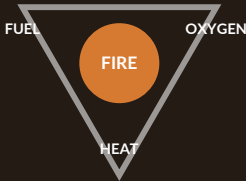
NON-NEGOTIABLE

Never leave a live fire unattended. If you cannot drown, stir, feel, and repeat until the site is cold, you did not have time to light it.

FIELD CARD

FIRE DECISIONS AND LEGAL REALITY

- 1 A ban or closure prohibits open flame, charcoal, or certain stoves.
- 2 Wind can carry sparks into grass, duff, branches, tents, or shelter roofing.
- 3 The ground is peat, deep organic soil, root-filled duff, or another medium that can smolder u...

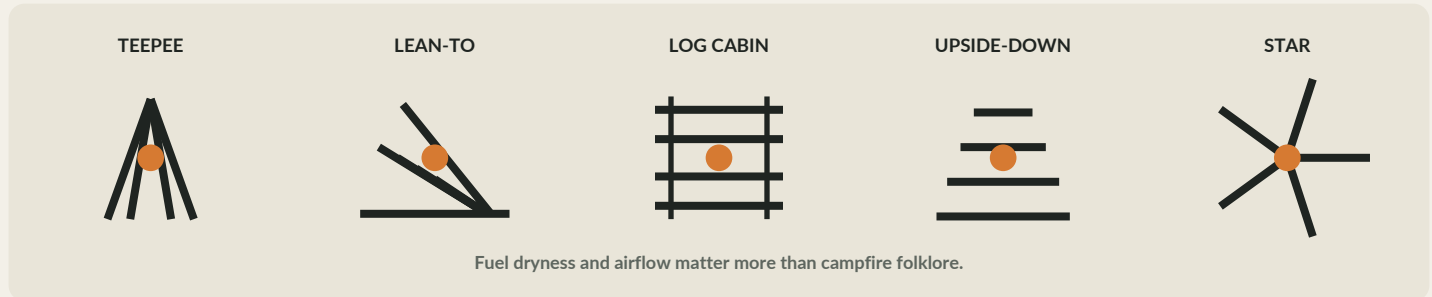


RESET: tinder • water • fuel • cold ash

CONTROL HEAT, FUEL, OXYGEN, AND GEOMETRY

Combustion and Fire Lays

When a fire fails, one side of the triangle is usually weak: insufficient heat, fuel that is too large or damp, or restricted airflow. Fire lays organize the transition from tinder to coal bed; once established, management matters more than the original shape.



FIRE TRIANGLE

- Heat: protect the first flame from wind and cold, wet ground.
- Fuel: split wood to expose dry inner surfaces and sharp catching edges.
- Oxygen: leave gaps between pieces and control wind without trapping smoke.
- Diagnose the missing side before adding more material. Smothering a weak flame with logs is burial, not persistence.

LAY SELECTION

- Teepee: fast draft and flame; can collapse and consume small fuel quickly.
- Lean-to: shields tinder from one direction and uses a support log.
- Log cabin: open, stable airflow around a central bundle.
- Upside-down: slower top-down burn when the entire stack is dry.
- Star or long fire: gradual feeding or broad heat; higher fuel and separation demands.

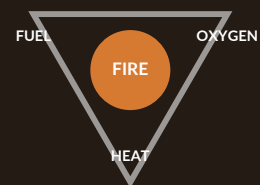
LAY RULE

Choose the smallest stable lay that produces the required flame or coals. Decorative size adds fuel consumption and risk, not competence.

FIELD CARD

COMBUSTION AND FIRE LAYS

- 1 Heat: protect the first flame from wind and cold, wet ground.
- 2 Fuel: split wood to expose dry inner surfaces and sharp catching edges.
- 3 Oxygen: leave gaps between pieces and control wind without trapping smoke.



RESET: tinder • water • fuel • cold ash

TINDER LIGHTS KINDLING; KINDLING EARNS FUELWOOD

Tinder, Kindling, Fuelwood, and Dry Storage

Reliable fire comes from preparation before ignition. Sort fuel by size, protect the driest material, and stage enough for the entire first burn. One delicate tinder nest followed by a frantic stick search is a fine way to watch a lesson go out.

TINDER AND KINDLING - Use very dry, fine, high-surface-area material: feather shavings, lawful bark fibers, dry grass, commercial tinder, cotton starters, or resinous shavings. - Prepare a loose spark-catching core and a denser outer nest that sustains flame. - Make multiple grades of kindling: matchstick, pencil, finger, then wrist size. - Split damp sticks and shave the dry center. Dead standing wood often beats material lying on wet ground. - Carry one protected tinder reserve and maintain a second dry camp reserve.	FUELWOOD SYSTEM - Sort by diameter and moisture before lighting. - Use the driest pieces to establish coals before asking the fire to dry marginal wood. - Cut and split to lengths that fit the fire lay and pot system. - Feed one or two pieces at a time so airflow remains visible. - Keep the next 24 hours of fuel under a steep roof, off the ground, and outside the spark path. - End the evening with tomorrow’s first tinder, kindling, and fuel staged dry.
---	--

WOOD RULE

A sorted, covered, reachable system is the goal. A large wet pile is still no firewood.

FIELD CARD

TINDER, KINDLING, FUELWOOD, AND DRY STORAGE

1

Use very dry, fine, high-surface-area material: feather shavings, lawful bark fibers, dry gra...

2

Prepare a loose spark-catching core and a denser outer nest that sustains flame.

3

Make multiple grades of kindling: matchstick, pencil, finger, then wrist size.

RESET: tinder • water • fuel • cold ash

ONE METHOD IS A PREFERENCE; THREE ARE A SYSTEM

Ignition Methods and Redundancy

Practice ignition in rain, wind, cold, and gloves before depending on it. Fine motor skill declines with cold and fatigue, so the best emergency method is the one that still works after dexterity has resigned.

PRIMARY METHODS • Lighter: fast and efficient; protect from water and cold, and warm it inside clothing before use. • Stormproof matches: simple visual flame; keep in a hard waterproof case with redundant strikers. • Ferrocerium rod: durable and wet-resistant; demands prepared tinder and controlled scraping. • Firesteel and char material: reliable with practice; dependent on a dry ember-catching system. • Friction fire: valuable practiced skill, not a guaranteed emergency shortcut.	TECHNIQUE AND STORAGE • Bring the spark source close to tinder and shield the work with your body without blocking oxygen. • Ignite at the base or windward edge so flame travels into the nest. • Transfer only after the tinder produces sustained flame. • Split methods across body, pack, and shelter so one loss does not remove every option. • Replace damp matches, depleted lighters, damaged rods, and contaminated tinder before the trip continues.
---	---

COLD-HAND TEST

Can you open, grip, and operate the system in gloves or with numb fingers? Packaging that wins in a living room can lose outside.

FIELD CARD

IGNITION METHODS AND REDUNDANCY

1

Lighter: fast and efficient; protect from water and cold, and warm it inside clothing before...

2

Stormproof matches: simple visual flame; keep in a hard waterproof case with redundant strikers.

3

Ferrocerium rod: durable and wet-resistant; demands prepared tinder and controlled scraping.

RESET: tinder • water • fuel • cold ash

CREATE DRY SURFACES AND CONTROLLED AIRFLOW BEFORE ASKING FOR FLAME

Wet Weather, Wind, Snow, and Cold Ground

Rain changes tinder storage, fuel selection, ground isolation, ignition shielding, and the amount of kindling required. Wind carries embers and strips heat. Snow melts into water and collapses weak fire bases.

WET-WEATHER FIRE - Find dry material inside dead standing branches, split wood, lawful bark, and protected overhangs. - Build on bark, dry wood, stone, or another stable base above saturated ground. - Make a larger tinder bundle and two to three times the fine kindling used in dry weather. - Feather the inside of split sticks and stage every fuel grade before ignition. - Build coals with the driest wood, then pre-dry marginal pieces nearby - never on top of a weak flame.	WIND, SNOW, AND SOIL - Use terrain or a nonflammable wind screen that redirects gusts while leaving exhaust open. - Lower the fire profile and extinguish if sparks leave the prepared area. - In snow, dig to mineral soil when feasible or build a thick stable platform; expect meltwater and drainage. - Keep fuel elevated, covered, and marked before snowfall. - Do not use underground fire holes in peat, roots, deep duff, permafrost, unstable soil, or restricted land.
--	--

WIND DECISION

A windbreak does not legalize a bad fire day. When containment becomes doubtful, extinguish first and debate later.

FIELD CARD

WET WEATHER, WIND, SNOW, AND COLD GROUND

1

Find dry material inside dead standing branches, split wood, lawful bark, and protected overh...

2

Build on bark, dry wood, stone, or another stable base above saturated ground.

3

Make a larger tinder bundle and two to three times the fine kindling used in dry weather.

RESET: tinder • water • fuel • cold ash

STABLE COALS COOK BETTER THAN DRAMATIC FLAMES

Cooking Fire, Pot Systems, and Coal Control

Cooking requires a stable pot support, controllable heat, clean handling, and enough fuel to finish. Build and cold-test the suspension before scarce food or boiling water hangs over flame.

POT SUPPORT • Use a stable tripod, crossbar, crane, or established grate made from sound material. • Keep handles and bail wires away from walking lanes and flame. • Test with cold water before food or treated water is involved. • Maintain a clear nonflammable place for the hot pot, lid, and utensils. • Keep hands out of the fall line and never reach across flame to rescue bad geometry.	HEAT AND FOOD CONTROL • Develop coals, then move them or the pot to control intensity. • Use small split fuel for quick adjustments and larger coals for steady simmering. • A side fire can make coals for a separate cooking bed. • Use lids, wind control, and a fire no larger than the vessel needs. • Keep raw-food tools away from cooked food and clean-water containers. • Remove grease and scraps from the fire court before wildlife finds the invitation.
--	--

POT RULE

A bail, hook, or crossbar is a load-bearing system. Test it cold. Gravity does not care that dinner is important.

FIELD CARD

COOKING FIRE, POT SYSTEMS, AND COAL CONTROL

1

Use a stable tripod, crossbar, crane, or established grate made from sound material.

2

Keep handles and bail wires away from walking lanes and flame.

3

Test with cold water before food or treated water is involved.

RESET: tinder • water • fuel • cold ash

REDIRECT HEAT WITHOUT REDIRECTING SPARKS INTO THE ROOF

Heat Reflectors, Shelter Separation, and Carbon Monoxide

Reflectors can improve radiant warmth, but they also increase heat load on every surface in front of them. Combustion can also produce carbon monoxide, a colorless, odorless gas that can mimic fatigue or illness.

REFLECTOR SAFETY - Place the reflector behind the fire, separate from the shelter. - Use sound nonflammable material where possible; avoid wet river rocks that may fracture when heated. - Angle only slightly and watch for cracking, resin, scorching, and wind shifts. - Keep roofing, bedding, guy lines, drying clothing, and stored fuel far outside radiant heat and spark paths. - Use the smallest fire length that covers the occupied area.	CO AND NIGHT MANAGEMENT - Never use charcoal grills, ordinary camp stoves, or unvented heaters in tents or enclosed shelters. - Move to fresh air immediately for headache, dizziness, weakness, nausea, confusion, or unusual sleepiness near combustion, and seek emergency help. - Do not let a warmth system depend on unconscious supervision. - Reduce to a controlled coal bed only with continuous watch; otherwise extinguish completely before sleep. - Keep water, a light, footwear, and an exit route immediately available.
--	--

SEPARATION

A reflector is not a firewall. Radiant heat can dry, char, and ignite roofing without direct flame contact.

FIELD CARD

HEAT REFLECTORS, SHELTER SEPARATION, AND CARBON MONOXIDE

1

Place the reflector behind the fire, separate from the shelter.

2

Use sound nonflammable material where possible; avoid wet river rocks that may fracture when...

3

Angle only slightly and watch for cracking, resin, scorching, and wind shifts.

RESET: tinder • water • fuel • cold ash

THE FIRE BEGINS AT THE WOOD YARD

Firewood Processing and the 24-Hour Routine

Long-duration firecraft is mostly cutting, splitting, carrying, sorting, covering, and conserving. A compact worksite and a measured daily quota reduce injury and late-night shortages.

SAFE PROCESSING • Use a flat chopping block and clear the full swing and ricochet radius. • Keep hands, knees, and feet outside the blade path. • Saw supported wood so the cut opens rather than pinches the blade. • Use long, smooth strokes and store saws folded or sheathed immediately. • Stop when grip, balance, vision, or coordination deteriorates. • Clean, dry, inspect, sharpen, and store tools after the work block.	DAILY CYCLE • Morning: restart from dry reserve, boil water, and prepare the next kindling batch. • Midday: cut and split while light and coordination are best. • Afternoon: sort and cover; refill the near-fire rack. • Evening: stage tomorrow’s ignition set before fatigue and darkness. • Use wind control, lids, coals, and shelter improvements to reduce fuel demand. • A steep dry wood roof is a calorie-saving machine.
---	--

TOOL RULE

The moment a cutting tool feels sloppy is the moment to stop. Firewood is replaceable; hands are an extremely limited spare part.

FIELD CARD

FIREWOOD PROCESSING AND THE 24-HOUR ROUTINE

1

Use a flat chopping block and clear the full swing and ricochet radius.

2

Keep hands, knees, and feet outside the blade path.

3

Saw supported wood so the cut opens rather than pinches the blade.

RESET: tinder • water • fuel • cold ash

COLD ENOUGH TO TOUCH, COLD ENOUGH TO LEAVE

Extinguishing and Troubleshooting

Extinguishing is active work: drown, stir, expose hidden heat, drown again, and verify. Ash can insulate live coals for hours, and wind can restart what looked finished.

PROBLEM	LIKELY CAUSE	CORRECTION
Spark will not catch	Tinder damp, coarse, compacted, or spark too far away	Expose dry fine fibers; enlarge nest; bring ignition closer; shield wind
Tinder flames then dies	Too little fine kindling or transition too slow	Prepare more small fuel before ignition; feed from base without crushing
Heavy smoke, weak flame	Wet fuel, low heat, or restricted airflow	Split fuel; remove oversized pieces; open gaps; rebuild on dry base
Fire races and throws sparks	Excess wind, fine dry fuel, fire too large	Lower profile; reduce fuel; control wind; extinguish if containment is doubtful
Pot boils slowly	Fire too broad, pot too high, wind loss, no lid	Concentrate coals; lower pot safely; shield wind; use lid
Ground remains warm	Heat in roots, duff, or buried coals	Dig and expose; add water; stir until cold; report an escape immediately

DROWN, STIR, FEEL

- Pour water over all coals, ash, charred wood, and surrounding heated soil.
- Stir deeply and scrape logs apart to expose hidden embers.
- Repeat until hissing stops and every surface is cool.
- Use the back of the hand near the ash before touching; do not put skin into steam.
- Never bury a live fire. Soil can hide and insulate heat.

BEFORE LEAVING

- Edges, roots, logs, and rocks checked.
- No smoke, steam, or active combustion smell.
- Cold enough to touch safely.
- Trash, foil, food, and melted plastic removed.
- If a fire escapes, call emergency services immediately and move to safety.

FINAL TEST

Warm is not out. If you would not place a bare hand near the ash, the site is not ready to leave.

FIELD CARD

EXTINGUISHING AND TROUBLESHOOTING

1

Pour water over all coals, ash, charred wood, and surrounding heated soil.

2

Stir deeply and scrape logs apart to expose hidden embers.

3

Repeat until hissing stops and every surface is cool.

RESET: tinder • water • fuel • cold ash

USE, INSPECT, RESET, AND VERIFY

Field Checklist and Sources

This guide consolidates the project’s long-duration ALONE-style field-manual iterations and updates high-risk claims with current public-health, fire-safety, cold-stress, and Leave No Trace guidance. Practice before relying on any skill and check current local orders at the point of use.

FINAL CHECK □ Current restrictions, weather, and wind checked □ Established or mineral-soil site prepared with overhead and ground clearance □ Water and extinguishing tool ready before ignition □ Tinder, kindling, and fuel staged before the first flame	FINAL CHECK □ Fire continuously attended and kept far from shelter and stored fuel □ Cooking supports cold-tested and walking lanes clear □ Drowned, stirred, exposed, felt, and verified cold before leaving
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AUTHORITATIVE REFERENCES

National Park Service: [Campfire Safety](#)

USDA Forest Service: [Fire Safety: Know Before You Go](#)

Centers for Disease Control and Prevention: [Carbon Monoxide Poisoning](#)

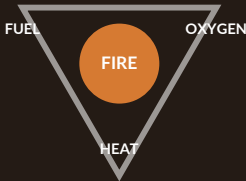
USE WITH JUDGMENT

Independent educational fieldcraft reference. Not affiliated with or endorsed by the television series ALONE, its producers, broadcasters, or participants. Local rules and emergency guidance always control.

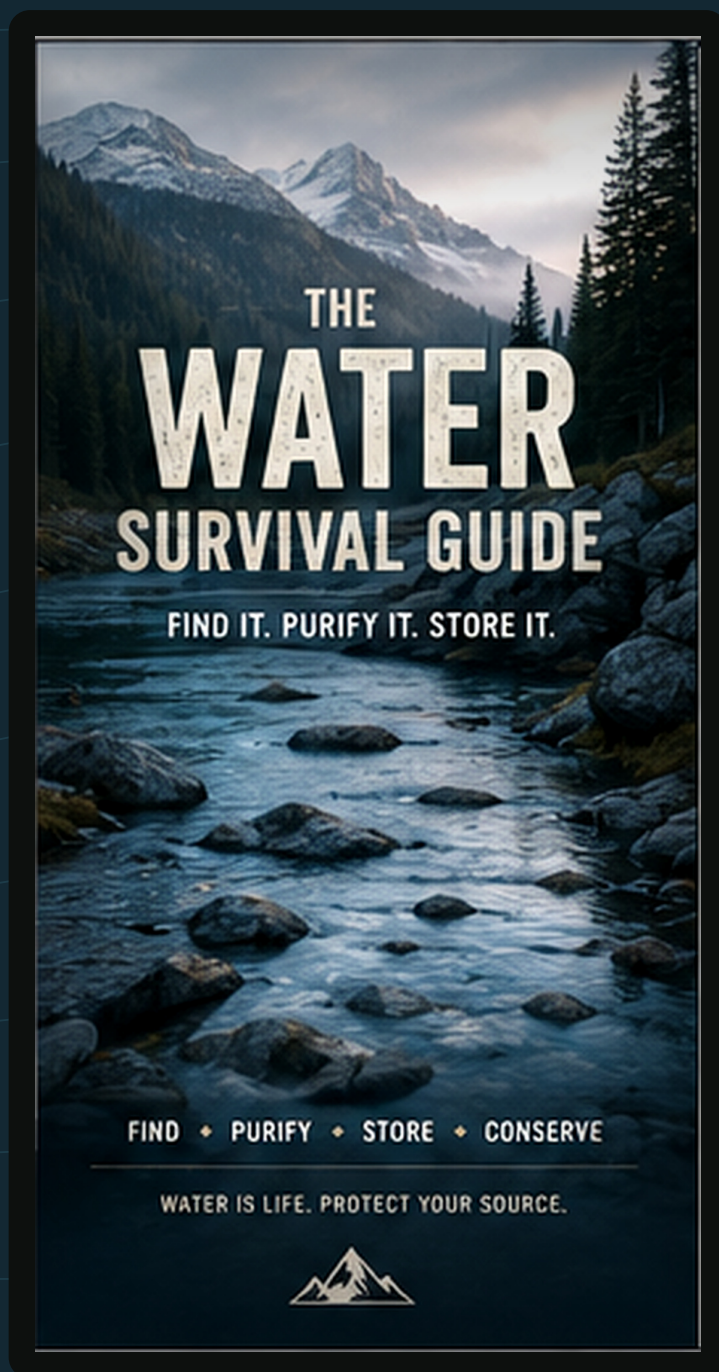
FIELD CARD

PRACTICE BEFORE DEPENDENCE

- 1 Current restrictions, weather, and wind checked
- 2 Established or mineral-soil site prepared with overhead and ground clearance
- 3 Water and extinguishing tool ready before ignition



RESET: tinder • water • fuel • cold ash



READ THE RISK, THEN CHOOSE THE LEAST COSTLY SAFE MOVE

How to Use This Guide

Survival work is a sequence, not a shopping list. Stabilize exposure, establish a clean water routine, protect fire and sleep, then spend energy on upgrades that reduce future work. Adapt every method to local terrain, law, weather, wildfire restrictions, wildlife rules, and your actual training.

1 STOP Check injury, weather, daylight, and exit.	2 STAY DRY Rain and sweat defeat insulation quickly.	3 BUILD SYSTEMS Water, wood, sleep, repair, and sanitation reset daily.	4 SAVE CALORIES Short lanes and boring routines beat heroic chores.
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CONTENTS

PAGE	SECTION	PURPOSE
3	Water Priority, Hazards, and Source Choice	Clear is a visual description, not a laboratory result
4	Collection and Dirty/Clean Separation	Most recontamination is a workflow problem
5	Treatment Options and Redundancy	Match the method to the hazard and product rating
6	Boiling and Chemical Disinfection	Use official directions, not camp mythology
7	Turbid Water, Settling, and Prefiltration	Remove particles before disinfection
8	Snow, Ice, Rainwater, and Freezing Conditions	Cold water still requires a complete system
9	Coastal Water, Salt, and Distillation	Standard filters and boiling do not remove salt
10	Storage, Sanitation, and the Daily Reserve	Treatment is wasted if storage recontaminates the water
11	Water Myths and Troubleshooting	Improvisation can support treatment, but should not impersonate it

IMPORTANT SAFETY NOTE

This material is educational. It does not replace hands-on instruction, emergency medical care, official water-treatment directions, local fire orders, or site-specific avalanche, flood, tree-fall, wildlife, and weather guidance.

FIELD CARD

SURVIVAL PRIORITY

1

Stabilize exposure before spending calories on upgrades.

2

Build repeatable water, fire, sleep, repair, and sanitation systems.

3

Check current local rules and verify every high-risk method.



RESET: clean reserve • lids • treatment • raw side

CLEAR IS A VISUAL DESCRIPTION, NOT A LABORATORY RESULT

Water Priority, Hazards, and Source Choice

Water can carry bacteria, viruses, parasites, chemicals, sediment, and toxins without obvious smell or color. Treat uncertain water, protect a clean reserve, and select the least contaminated source before asking treatment to solve the rest.

SOURCE LADDER • Best: a known treated supply or genuinely protected spring. • Good starting point: rain collected from a clean surface into a clean container. • Next: moving surface water upstream of camps, livestock, roads, and activity. • Higher concern: ponds, slow streams, floodwater, and water near dense animal use. • Avoid when possible: chemical spills, fuel sheen, mine or industrial runoff, harmful algal blooms, seawater, and downstream sewage.	READ THE WATERSHED • Look uphill and upstream for roads, grazing, waste, logging, mining, wildfire debris, dead animals, and stagnant side pools. • After storms, runoff can carry fecal matter, fuel, soil, and chemicals into familiar sources. • Fast, cold, remote, and clear water can still contain pathogens. • Boiling and disinfection do not reliably remove salt, fuel, pesticides, heavy metals, or many toxins. • If chemical contamination is plausible, find another source rather than trying to boil confidence into it.
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SOURCE TEST

Ask what enters this water before it reaches you. Source selection is the first treatment step and sometimes the only defense against chemical contamination.

FIELD CARD

WATER PRIORITY, HAZARDS, AND SOURCE CHOICE

1

Best: a known treated supply or genuinely protected spring.

2

Good starting point: rain collected from a clean surface into a clean container.

3

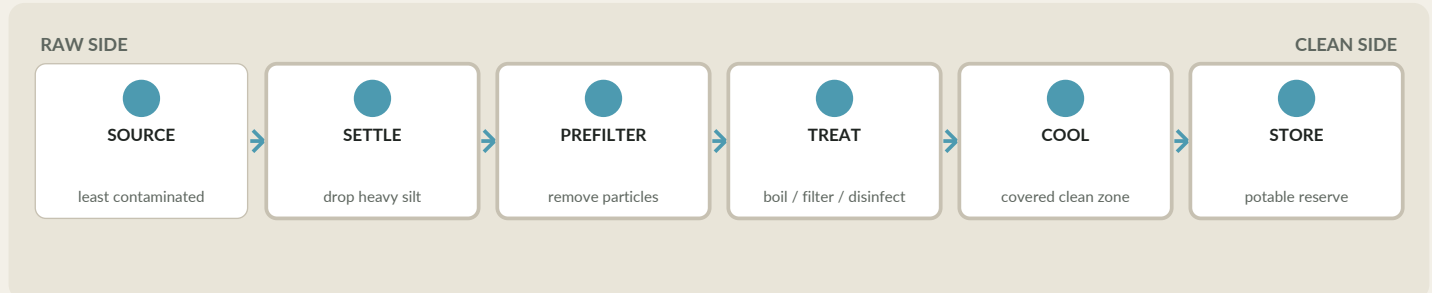
Next: moving surface water upstream of camps, livestock, roads, and activity.

RESET: clean reserve • lids • treatment • raw side

MOST RECONTAMINATION IS A WORKFLOW PROBLEM

Collection and Dirty/Clean Separation

Create a one-way line from raw source to clean storage. Hands, scoops, lids, threads, towels, and wet work surfaces can carry contamination backward in seconds.



RAW SIDE

- Use a dedicated pickup container or scoop.
- Collect upstream of bathing, laundry, food processing, latrines, and camp traffic whenever terrain allows.
- Keep raw lids, cloths, funnels, and bottle exteriors off the clean shelf.
- Carry raw water with a secure lid to prevent splash onto clean vessels.
- Let silty batches settle before they approach the treatment pot or filter.

CLEAN SIDE

- Use a covered container that has not touched raw water or dirty tools.
- Pour treated water rather than dipping hands or cups.
- Protect bottle threads and the inside of caps.
- Physically separate raw and potable containers so darkness does not create a guessing game.
- Maintain a working supply and a protected reserve.

ONE-WAY FLOW

Source -> settle -> prefilter -> treat -> covered cooling -> clean storage. Never send a clean cup backward into the raw bucket.

FIELD CARD

COLLECTION AND DIRTY/CLEAN SEPARATION

- 1 Use a dedicated pickup container or scoop.
- 2 Collect upstream of bathing, laundry, food processing, latrines, and camp traffic whenever te...
- 3 Keep raw lids, cloths, funnels, and bottle exteriors off the clean shelf.



RESET: clean reserve • lids • treatment • raw side

MATCH THE METHOD TO THE HAZARD AND PRODUCT RATING

Treatment Options and Redundancy

No method is universal. Boiling is highly reliable for disease-causing microorganisms when performed correctly. Filters vary by pore size and certification. Chemicals depend on dose, clarity, temperature, and contact time. UV requires clear water, power, and proper exposure.

METHOD	STRENGTHS	LIMITS / WATCH FOR
Boiling	Reliable against microorganisms; visually verifiable	Requires fuel and cooling; does not remove chemicals, salt, or sediment
Microfilter	Fast; removes particles and organisms according to rating	Many do not remove viruses; can freeze, clog, or crack
Chemical disinfectant	Lightweight backup; useful after filtration	Product-specific dose and contact time; weaker in cold or cloudy water
UV treatment	Fast and low taste when water is clear	Needs power, intact device, clear water, and correct exposure
Purifier device	Some target bacteria, protozoa, and viruses	Verify certification, capacity, replacement parts, and freezing risk
Improvised sand/charcoal	May improve clarity and taste as a prefilter	Not dependable disinfection; output remains raw until proven treatment

USE REDUNDANCY

- Carry at least two independent methods for critical travel.
- A filter plus chemical backup covers breakage and freezing.
- A metal pot plus ignition covers device failure where fire is legal and safe.
- Use the clearest available water to reduce fuel, clogging, and chemical demand.

READ THE RATING

- Follow manufacturer instructions for flow, backflushing, storage, chemical contact time, and freezing.
- A taste filter is not automatically a pathogen purifier.
- Many backpacking filters do not remove viruses.
- Replace a hollow-fiber filter after suspected freezing unless the manufacturer can confirm integrity.

FIELD CARD

TREATMENT OPTIONS AND REDUNDANCY

1

Carry at least two independent methods for critical travel.

2

A filter plus chemical backup covers breakage and freezing.

3

A metal pot plus ignition covers device failure where fire is legal and safe.

RESET: clean reserve • lids • treatment • raw side

USE OFFICIAL DIRECTIONS, NOT CAMP MYTHOLOGY

Boiling and Chemical Disinfection

CDC emergency guidance: bring clear water to a rolling boil for 1 minute; above 6,500 feet (about 1,981 meters), boil for 3 minutes. Let it cool in a clean, covered container. If water is cloudy, filter it through a clean cloth, paper towel, or coffee filter, or let sediment settle and draw off the clearer water first.

BOILING ROUTINE

- Start with the clearest available water.
- Use a lid when practical to reduce fuel and contamination.
- Time begins after a rolling boil is reached, not at the first bubble.
- Cool covered and never add untreated water or dirty utensils afterward.
- Store above the floor, away from raw tools, food processing, ash, and animal access.

CHEMICAL PRODUCTS

- Use only products intended or officially recommended for drinking-water disinfection.
- Household bleach concentration varies widely. Follow the current CDC chart and product label rather than memorizing one dose.
- Do not use scented, color-safe, splashless, or cleaner-added bleach for drinking water.
- Cold or cloudy water may require different preparation and contact time.
- Boiling and disinfectants do not make chemically polluted or salty water safe.

OFFICIAL RULE

Public-health directions outrank remembered campsite advice. Product concentrations and hazards change; the label and current guidance control.

FIELD CARD

BOILING AND CHEMICAL DISINFECTION

- 1 Start with the clearest available water.
- 2 Use a lid when practical to reduce fuel and contamination.
- 3 Time begins after a rolling boil is reached, not at the first bubble.



RESET: clean reserve • lids • treatment • raw side

REMOVE PARTICLES BEFORE DISINFECTION

Turbid Water, Settling, and Prefiltration

Mud and organic matter interfere with treatment, consume chemicals, clog filters, and hide microorganisms. Prefiltration improves clarity but is not complete microbiological treatment.

SETTLE AND DECANT

- Fill a raw container and let heavy sediment drop without disturbance.
- Decant the clearer upper water into the prefilter stage.
- Use multiple vessels so one batch can settle while another is treated.
- Remove sediment from pots and raw containers away from the clean shelf.
- Repeat if water remains visibly loaded.

PREFILTER AND PROTECT

- Use a clean tightly woven cloth, paper towel, or coffee filter where official guidance permits.
- Fold layers for finer sediment, but expect slower flow.
- Keep the cloth on the raw side and clean or replace it regularly.
- Sand, gravel, and charcoal may improve appearance but can also add contamination.
- Treat every improvised-filter output as raw water and follow with proven treatment.

PREFILTER RULE

Better-looking water is easier to treat. It is not automatically safe to drink.

FIELD CARD

TURBID WATER, SETTLING, AND PREFILTRATION

- 1 Fill a raw container and let heavy sediment drop without disturbance.
- 2 Decant the clearer upper water into the prefilter stage.
- 3 Use multiple vessels so one batch can settle while another is treated.



RESET: clean reserve • lids • treatment • raw side

COLD WATER STILL REQUIRES A COMPLETE SYSTEM

Snow, Ice, Rainwater, and Freezing Conditions

Snow is mostly air and can consume substantial fuel. Ice and rainwater can carry soot, salt, animal waste, roof contamination, and windblown debris. Melt, clarify, and treat uncertain water just as you would liquid surface water.

SNOW AND ICE - Begin snowmelt with a small amount of liquid water to prevent scorching. - Add clean snow gradually and compress it as it melts. - Choose upper clean layers away from roads, camps, roofs, trails, and obvious contamination. - Clear blue ice usually yields more water per volume than fresh snow, but source risk still matters. - Do not eat large amounts of snow as a hydration method; it cools the body and provides little liquid.	RAIN AND FREEZE CONTROL - Use the cleanest catchment surface and discard the first dirty runoff when practical. - Cover storage immediately and treat when contamination is possible. - Keep a working bottle insulated and inverted so ice forms away from the cap. - Fill reserves before dark and protect freeze-sensitive filters according to manufacturer directions. - Never let the only clean reserve freeze into a solid block overnight.
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WINTER RULE

Water planning belongs to the evening, not to the coldest minute before dawn.

FIELD CARD

SNOW, ICE, RAINWATER, AND FREEZING CONDITIONS

1

Begin snowmelt with a small amount of liquid water to prevent scorching.

2

Add clean snow gradually and compress it as it melts.

3

Choose upper clean layers away from roads, camps, roofs, trails, and obvious contamination.

RESET: clean reserve • lids • treatment • raw side

STANDARD FILTERS AND BOILING DO NOT REMOVE SALT

Coastal Water, Salt, and Distillation

Do not drink seawater. It worsens dehydration. Boiling seawater without capturing and condensing vapor leaves salt behind and can concentrate it. Coastal routes need a deliberate desalination plan before the emergency.

DESALINATION REALITY • Use a properly rated reverse-osmosis/desalination device or a correctly built distillation system. • A distiller needs a safe heat source, clean vapor path, condenser, and clean collection vessel. • Standard microfilters do not remove dissolved salt. • Boiling alone does not create freshwater from the ocean. • Improvised solar stills often produce little water for the labor and should not be the primary plan.	CHEMICAL LIMITS • Some volatile chemicals can travel with steam; distillation is not a universal chemical-removal guarantee. • Avoid water exposed to fuel, solvents, industrial runoff, harmful algal blooms, or unknown spills. • In tidal areas, account for salt intrusion and changing current direction. • Carry spare seals, maintenance parts, and prefiltration for desalination equipment. • Practice the actual device before the route.
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COASTAL RULE

A metal pot and fire do not automatically create drinking water from the ocean. Desalination is a separate process.

FIELD CARD

COASTAL WATER, SALT, AND DISTILLATION

1

Use a properly rated reverse-osmosis/desalination device or a correctly built distillation sy...

2

A distiller needs a safe heat source, clean vapor path, condenser, and clean collection vessel.

3

Standard microfilters do not remove dissolved salt.

RESET: clean reserve • lids • treatment • raw side

TREATMENT IS WASTED IF STORAGE RECONTAMINATES THE WATER

Storage, Sanitation, and the Daily Reserve

A useful camp carries water in stages: raw reserve, water being treated, clean working supply, and a protected emergency reserve. Covered containers reduce ash, insects, debris, and accidental dipping.

CONTAINER ROLES - Raw bucket: collection and settling only. - Treatment pot: boiling and hot-water production. - Clean working bottle: daily drinking and cooking. - Emergency reserve: sealed, protected, and left alone unless needed. - Utility water: washing tools and dirty work, clearly separate from potable storage.	SANITATION AND RESERVE - Wash hands after toileting, handling raw meat or fish, touching animals, and before managing clean water. - Do not wash dishes, clothing, bodies, or fish directly in the source. - Pour rather than dip; protect lids, threads, and clean cups. - Treat water while the fire or device is already active instead of waiting for the reserve to vanish. - Increase the reserve before storms, freezing nights, travel, and heavy work.
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RESERVE RULE

One clean bottle in the hand is a supply. A protected second container is a system.

FIELD CARD

STORAGE, SANITATION, AND THE DAILY RESERVE

1

Raw bucket: collection and settling only.

2

Treatment pot: boiling and hot-water production.

3

Clean working bottle: daily drinking and cooking.

RESET: clean reserve • lids • treatment • raw side

IMPROVISATION CAN SUPPORT TREATMENT, BUT SHOULD NOT IMPERSONATE IT

Water Myths and Troubleshooting

Many popular methods improve clarity or produce small amounts of water but do not reliably make contaminated water safe. Use this matrix to correct failures before the clean reserve disappears.

PROBLEM	LIKELY CAUSE	CORRECTION
Water remains cloudy	Insufficient settling or coarse prefilter	Settle longer; decant; use finer clean cloth; then treat
Filter flow slows	Sediment load, poor cleaning, or freeze damage	Prefilter; clean/backflush; replace if integrity is doubtful
Treated water tastes smoky	Open cooling near fire, dirty pot, ash contamination	Cool covered in clean zone; clean pot; move away from smoke
Reserve keeps running out	No batch rhythm, too few containers, route too long	Add vessels; treat during existing heat; shorten route; set minimum reserve
Bottle freezes at cap	Stored upright and exposed	Insulate and invert; keep working bottle warm without leakage
Repeated stomach illness	Cross-contamination, inadequate treatment, unsafe source	Stop using source; review workflow; seek medical care

DO NOT TRUST ALONE

- Charcoal, sand, moss, and cloth: particle prefilters, not dependable disinfection.
- Solar disinfection: dependent on clear water, bottle, sun, temperature, and exact guidance.
- Dew and plant bags: low yield and possible plant toxins.
- Drinking urine: adds salts and waste and can worsen dehydration.
- Eating snow: cools the body and bypasses treatment.
- A clear fast stream: still uncertain until treated or officially confirmed safe.

SERIOUS RED FLAGS

- Chemical spill, fuel sheen, algal bloom, floodwater, saltwater, or dead animal at source.
- Bloody diarrhea, high fever, confusion, fainting, very little urination, or inability to keep fluids down.
- No reliable treatment method or container integrity.
- Find another source, reduce exertion, signal, navigate to help, or seek rescue/medical care.

MYTH FILTER

A method is not reliable because it is old, natural, dramatic, or repeated online. Ask what hazard it removes, how that was verified, and what it leaves behind.

FIELD CARD

WATER MYTHS AND TROUBLESHOOTING

1

Charcoal, sand, moss, and cloth: particle prefilters, not dependable disinfection.

2

Solar disinfection: dependent on clear water, bottle, sun, temperature, and exact guidance.

3

Dew and plant bags: low yield and possible plant toxins.



RESET: clean reserve • lids • treatment • raw side

USE, INSPECT, RESET, AND VERIFY

Field Checklist and Sources

This guide consolidates the project’s long-duration ALONE-style field-manual iterations and updates high-risk claims with current public-health, fire-safety, cold-stress, and Leave No Trace guidance. Practice before relying on any skill and check current local orders at the point of use.

FINAL CHECK □ Safest practical source selected and upstream hazards assessed □ Raw and clean containers, lids, cloths, and work surfaces separated □ Sediment settled or prefiltered before treatment □ Boil time, chemical contact time, or device procedure completed correctly	FINAL CHECK □ Treated water cooled and stored covered in the clean zone □ Working supply and protected reserve filled before dark or weather □ Filter protected from freezing, cracking, clogging, and cross-contamination
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AUTHORITATIVE REFERENCES

Centers for Disease Control and Prevention: [Make Water Safe During an Emergency](#)

Centers for Disease Control and Prevention: [Prevent Diarrheal Illness After a Disaster](#)

USE WITH JUDGMENT

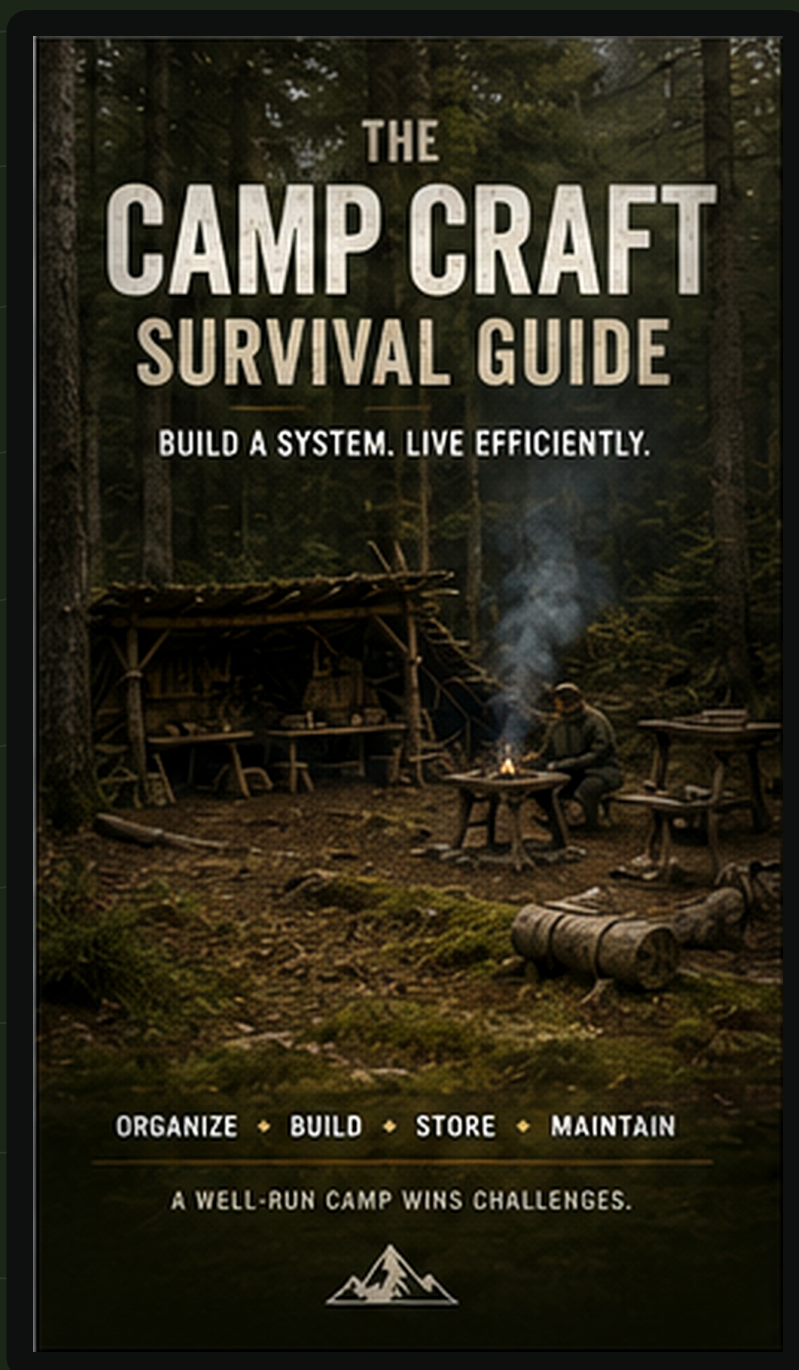
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FIELD CARD

PRACTICE BEFORE DEPENDENCE

- 1
- Safest practical source selected and upstream hazards assessed
- 2
- Raw and clean containers, lids, cloths, and work surfaces separated
- 3
- Sediment settled or prefiltered before treatment





READ THE RISK, THEN CHOOSE THE LEAST COSTLY SAFE MOVE

How to Use This Guide

Survival work is a sequence, not a shopping list. Stabilize exposure, establish a clean water routine, protect fire and sleep, then spend energy on upgrades that reduce future work. Adapt every method to local terrain, law, weather, wildfire restrictions, wildlife rules, and your actual training.

1 STOP Check injury, weather, daylight, and exit.	2 STAY DRY Rain and sweat defeat insulation quickly.	3 BUILD SYSTEMS Water, wood, sleep, repair, and sanitation reset daily.	4 SAVE CALORIES Short lanes and boring routines beat heroic chores.
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CONTENTS

PAGE	SECTION	PURPOSE
3	Camp as a System	A compact worksite beats a collection of projects
4	Zoning, Paths, and Weather Flow	Put each job where its mess, heat, water, and scent belong
5	Tool Safety and Workstations	Make the safe motion the easy motion
6	Knots, Lashings, and Cordage Discipline	Use the knot that fits the load and can still be untied
7	Core Camp Builds	Simple structures that return labor every day
8	Wood System, Containers, and Small Tools	More vessels and better staging create cleaner systems
9	Kitchen, Food Processing, and Storage	Separate raw, hot, clean, and waste
10	Sanitation, Wildlife, Repair, and Morale	Clean camp and a functioning person are both survival infrastructure
11	Build Phases and Maintenance Rhythm	Front-load risk reduction, then shift to calorie-smart maintenance

IMPORTANT SAFETY NOTE

This material is educational. It does not replace hands-on instruction, emergency medical care, official water-treatment directions, local fire orders, or site-specific avalanche, flood, tree-fall, wildlife, and weather guidance.

FIELD CARD

SURVIVAL PRIORITY

- 1 Stabilize exposure before spending calories on upgrades.
- 2 Build repeatable water, fire, sleep, repair, and sanitation systems.
- 3 Check current local rules and verify every high-risk method.



RESET: tools • water • wood • food • paths

A COMPACT WORKSITE BEATS A COLLECTION OF PROJECTS

Camp as a System

Long-duration camp should reduce movement, protect dry resources, separate clean from dirty work, and make the correct action easy even in darkness. The best camp is organized, slightly boring, and profitable in calories.

CORE SYSTEMS - Shelter and dry sleep. - Fire, fuel, and cooking. - Raw-to-clean water. - Food processing and storage. - Tool use and repair. - Sanitation, waste, and wildlife. - Weather monitoring and emergency exit.	DESIGN GOALS - Short travel lanes with no hidden stumps, hooks, blades, or guy lines. - Every tool has a dry assigned home. - Wet gear can dry without entering bedding. - Food scents and waste stay away from shelter and clean water. - The camp can be reset in a few minutes before sleep or bad weather. - Every major build reduces future walking, bending, drying time, fuel use, or risk.
---	---

CAMP RULE

Build systems, not moments: a wood system, water system, drying system, storage system, sanitation system, and work-rest rhythm.

FIELD CARD

CAMP AS A SYSTEM

1

Shelter and dry sleep.

2

Fire, fuel, and cooking.

3

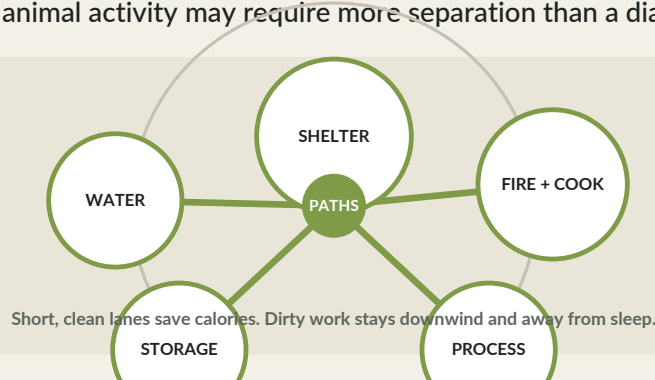
Raw-to-clean water.

RESET: tools • water • wood • food • paths

PUT EACH JOB WHERE ITS MESS, HEAT, WATER, AND SCENT BELONG

Zoning, Paths, and Weather Flow

Zones should be distinct enough to control contamination and wildlife, but close enough to reduce energy. Terrain, wind, drainage, local rules, and animal activity may require more separation than a diagram can show.



CLEAN CORE

- Sleeping platform, dry clothing, bedding, repair kit, emergency ignition, clean water shelf, and one clean sitting area.
- No raw fish, bait, greasy tools, waste, or dirty boots inside the sleep zone.
- Keep an exit line, light, footwear, and first-aid supplies easy to reach.
- Place the wet-gear entry on the dirty side of shelter.

DIRTY PERIMETER AND LANES

- Food processing, latrine, fish gear, hide work, and scent-heavy storage stay downwind and away from sleep.
- Route roof runoff away from paths, fire, water storage, and work surfaces.
- Build pole, bark, or stone walkways through mud where permitted.
- Mark stakes and guy lines; orient tools and footwear consistently for night use.
- Keep wood processing near enough to carry but outside living and walking space.

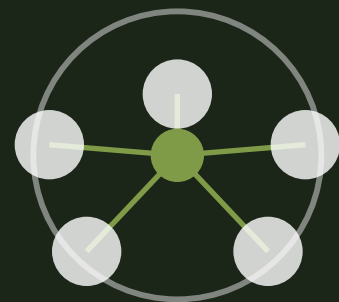
PATH RULE

A good camp lane remains safe in rain, snow, darkness, and fatigue. Fix the stump today; it has a meeting with your shin tonight.

FIELD CARD

ZONING, PATHS, AND WEATHER FLOW

- 1 Sleeping platform, dry clothing, bedding, repair kit, emergency ignition, clean water shelf,...
- 2 No raw fish, bait, greasy tools, waste, or dirty boots inside the sleep zone.
- 3 Keep an exit line, light, footwear, and first-aid supplies easy to reach.



RESET: tools • water • wood • food • paths

MAKE THE SAFE MOTION THE EASY MOTION

Tool Safety and Workstations

A stable chopping block, clear saw lane, controlled carving posture, and assigned tool wall reduce injury and lost gear. Most camp injuries are not cinematic. They are tired hands, poor footing, dull tools, and one careless cut too many.

PROCESSING STATIONS - Chopping: use a flat stable block and clear the full swing, ricochet, and rolling-round radius. - Sawing: support the work so the cut opens rather than pinches the blade. - Carving: sit with back support, brace work on a bench, cut away from the body, and keep the off-hand behind the edge. - Use a sharp tool; dull edges demand dangerous force. - Stop when cold, fatigue, poor light, or frustration reduces control.	TOOL WALL AND RESET - Assign a hook or slot for axe, saw, knife, gloves, cordage, pot gripper, repair kit, and light. - Mount under the driest eave and above mud splash. - Store cutting edges sheathed and handles oriented consistently. - Count tools at the end of each work block. - Clean pitch and dirt, dry metal, inspect handles and pivots, sharpen as needed, and return every item. - A tool on the ground is not stored; it is a future search party.
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STOP RULE

When a tool starts feeling wrong, stop. Fatigue is not a character test; it is a loss-of-control forecast.

FIELD CARD

TOOL SAFETY AND WORKSTATIONS

1

Chopping: use a flat stable block and clear the full swing, ricochet, and rolling-round radius.

2

Sawing: support the work so the cut opens rather than pinches the blade.

3

Carving: sit with back support, brace work on a bench, cut away from the body, and keep the o...

RESET: tools • water • wood • food • paths

USE THE KNOT THAT FITS THE LOAD AND CAN STILL BE UNTIED

Knots, Lashings, and Cordage Discipline

Cordage is a limited structural resource. Protect it from abrasion, heat, sharp edges, unnecessary cutting, and permanent knots. Practice with the actual rope and gloves used in the field.

USE	GOOD CHOICE	WHY
Fixed loop	Bowline or figure-eight loop	Stable anchor loop; inspect loading direction and tail
Adjustable guy line	Taut-line hitch, trucker-style tensioning, or hardware	Retensions after rain, wind, and temperature changes
Temporary pole position	Clove hitch backed up when needed	Fast positioning; not a universal critical-load knot
Join similar ropes	Appropriate bend or double fisherman	Choose for material and leave adequate tails
Square-frame structure	Square lashing with tight fraps	Controls crossing poles when geometry is sound
Tripod	Tripod lashing	Creates controlled splay for pot stands and racks

CORDAGE MANAGEMENT

- Cut only when a shorter reusable piece will serve long term.
- Coil by length and assign locations.
- Pad rock and bark contact points.
- Keep cordage away from sparks, knives, saw teeth, and hot cookware.
- Mark structural lines so no one mistakes them for a clothesline.

INSPECTION

- Check glazing, fuzzing, cuts, melted fibers, crushed sections, and knot creep.
- Retire damaged cord from structural use and reserve it for light ties or markers.
- Retension after wetting, freezing, and load changes.
- Never trust an unfamiliar knot with a suspended person or critical load.
- Cordage cannot repair bad geometry; brace the frame first.

FIELD CARD

KNOTS, LASHINGS, AND CORDAGE DISCIPLINE

1

Cut only when a shorter reusable piece will serve long term.

2

Coil by length and assign locations.

3

Pad rock and bark contact points.

RESET: tools • water • wood • food • paths

SIMPLE STRUCTURES THAT RETURN LABOR EVERY DAY

Core Camp Builds

A drying rack, tool wall, work table, seat, pot system, and wood roof can return more value than a dramatic cabin addition. Build from sound material, brace every structure, and test it cold and unloaded.

DRYING AND STORAGE - Place a drying rack near useful heat but outside sparks and scorching. - Use a high garment tier and a separate lower kindling tier only with generous clearances. - Space items for airflow and rotate them. - Build tool pegs, line winders, shelves, and a repair box under the driest eave. - Keep clean-water and food surfaces separate from hide, bait, and dirty tool work.	TABLES, SEATS, AND WOOD ROOF - Build one flat prep surface and one backed seat under cover. - A stable seated posture saves calories during carving, mending, food prep, and line work. - Use a nonflammable hot-pot landing area and lid rest. - Build a steep wood roof with raised floor and open sides for airflow. - Reserve the driest bay for tinder, kindling, and the next 24 hours of fuel. - Level, brace, load-test, then use. Rustic is a material choice, not permission for wobble.
--	---

BUILD RULE

Every project must have a job, a safe load path, a maintenance plan, and a measurable return.

FIELD CARD

CORE CAMP BUILDS

1

Place a drying rack near useful heat but outside sparks and scorching.

2

Use a high garment tier and a separate lower kindling tier only with generous clearances.

3

Space items for airflow and rotate them.

RESET: tools • water • wood • food • paths

MORE VESSELS AND BETTER STAGING CREATE CLEANER SYSTEMS

Wood System, Containers, and Small Tools

The wood yard should convert raw rounds into sorted dry fuel with the fewest steps. Containers support water settling, dry storage, gathering, processing, repair, and inventory.

WOOD FLOW - Raw fuel arrives at the processing edge. - Saw to fire length on stable supports, then split on a dedicated block. - Sort tinder, kindling, feed wood, steady fuel, and marginal drying stock. - Move the daily reserve under cover and off the ground. - Carve sound hardwood wedges and a wooden mallet for difficult splitting and construction. - Use wind control, lids, and coals to reduce the amount of wood the system demands.	CONTAINERS AND SMALL EQUIPMENT - Folded bark trays for dry goods and processing; woven baskets for gathering and airflow. - Carved spoons, cups, ladles, toggles, pegs, pot hooks, lid rests, net needles, measuring sticks, and tally sticks. - Build smooth edges, stable bases, glove-sized handles, and lids where insects or ash matter. - Know the material: some woods, bark, resin, dyes, and treated lumber are unsafe for food or hot liquid. - Assign raw-water, raw-food, clean-storage, and tool roles by shape or location.
--	--

CONTAINER RULE

Assign a job before building the vessel. A beautiful mystery bowl is still a project looking for a problem.

FIELD CARD

WOOD SYSTEM, CONTAINERS, AND SMALL TOOLS

1

Raw fuel arrives at the processing edge.

2

Saw to fire length on stable supports, then split on a dedicated block.

3

Sort tinder, kindling, feed wood, steady fuel, and marginal drying stock.

RESET: tools • water • wood • food • paths

SEPARATE RAW, HOT, CLEAN, AND WASTE

Kitchen, Food Processing, and Storage

A camp kitchen is a sanitation system. Stable supports, clean water, raw-food separation, protected storage, and a clear waste route reduce illness and wildlife conflict.

COOK AND PROCESS • Use a stable pot suspension, lid rest, clean utensil pegs, dry fuel, and a nonflammable hot-pot landing area. • Keep clean water above mud and separate from raw collection. • Create a washable processing surface away from shelter and the water source. • Keep hooks, knives, bait, blood, hides, and scraps contained. • Process promptly and move food to cooking, smoking, drying, cooling, or approved storage. • Never clean fish at the shelter threshold.	STORAGE AND WASTE • Follow current local wildlife rules and use approved bear-resistant containers or methods where required. • Store attractants away from sleep and downwind when feasible. • Keep dry goods covered, raised, and inspected for moisture, mold, insects, and animal damage. • Move scraps and gray water according to land-manager and Leave No Trace rules. • Never leave grease, bones, foil, food, or synthetic trash in the fire ring. • Secure scent-heavy clothing and gloves away from bedding.
---	--

KITCHEN RULE

Raw side, hot side, clean side, waste route. When those four overlap, illness and wildlife both get a vote.

FIELD CARD

KITCHEN, FOOD PROCESSING, AND STORAGE

1

Use a stable pot suspension, lid rest, clean utensil pegs, dry fuel, and a nonflammable hot-p...

2

Keep clean water above mud and separate from raw collection.

3

Create a washable processing surface away from shelter and the water source.

RESET: tools • water • wood • food • paths

CLEAN CAMP AND A FUNCTIONING PERSON ARE BOTH SURVIVAL INFRASTRUCTURE

Sanitation, Wildlife, Repair, and Morale

Poor sanitation can undo shelter, water, and food work through illness and wildlife conflict. Long nights and bad weather can still support low-risk repair, planning, and morale work.

SANITATION AND WILDLIFE • Use toilets where provided; follow local rules for cat holes or packing out human waste. • Keep sanitation far from water, camp, trails, and food zones. • Strain food particles from wash water and pack them out. • Never feed wildlife, intentionally or through sloppy storage. • Secure food, trash, toothpaste, bait, greasy cookware, and scented items according to current local rules. • Complete a clean sweep before dusk.	REPAIR AND HUMAN SYSTEM • Maintain needles, thread, patches, tape, cordage, spare laces, seam sealer, awl, and sharpening tools. • Repair cuffs, knees, elbows, pack straps, boot seams, and shelter tie-outs before damage spreads. • Use darkness for low-risk mending, inventory, line preparation, planning, and simple seated carving. • Build one dry place to sit, eat, and repair. • Small morale projects - a carved spoon, tally stick, game, journal, or doorway trim - can support patience and routine. • Stop work before exhaustion becomes the camp foreman.
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MORALE

A well-run camp creates small evidence that tomorrow is manageable. That is not decoration. It is operational resilience.

FIELD CARD

SANITATION, WILDLIFE, REPAIR, AND MORALE

1

Use toilets where provided; follow local rules for cat holes or packing out human waste.

2

Keep sanitation far from water, camp, trails, and food zones.

3

Strain food particles from wash water and pack them out.

RESET: tools • water • wood • food • paths

FRONT-LOAD RISK REDUCTION, THEN SHIFT TO CALORIE-SMART MAINTENANCE

Build Phases and Maintenance Rhythm

Construction intensity should decline as camp becomes functional. By the second phase, only projects that improve warmth, dryness, food, water, safety, or morale should survive the budget meeting.

PHASE	OBJECTIVES
Days 1-3	Scout; emergency shelter; dry bed; water treatment; legal safe fire; dry fuel; clean/dirty zones; tool inventory.
Days 4-10	Durable roof; drainage; porch; wood cover; drying rack; tool wall; table; sanitation route; food-storage compliance.
Days 11-30	Improve insulation; shorten paths; expand fuel reserve; add containers; refine cooking and processing; establish repair rhythm.
Days 31+	Maintain more than build; simplify routes; preserve clothing; improve passive systems; prepare for worsening weather and lower energy.

DAILY CLOSE - Clean water full. - Tomorrow's ignition staged. - Wood under cover. - Tools counted and dry. - Food and waste secured. - Paths clear and night hazards marked. - Bedding protected and weather checked.	WEEKLY RESET - Inspect shelter, racks, anchors, and drainage. - Sharpen and maintain tools. - Wash and dry storage vessels. - Repair clothing, cordage, and footwear. - Reassess wildlife signs and food storage. - Remove projects that no longer earn their space.
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FIELD CARD

BUILD PHASES AND MAINTENANCE RHYTHM

1

Clean water full.

2

Tomorrow's ignition staged.

3

Wood under cover.

RESET: tools • water • wood • food • paths

USE, INSPECT, RESET, AND VERIFY

Field Checklist and Sources

This guide consolidates the project’s long-duration ALONE-style field-manual iterations and updates high-risk claims with current public-health, fire-safety, cold-stress, and Leave No Trace guidance. Practice before relying on any skill and check current local orders at the point of use.

FINAL CHECK ❑ Short, clear paths connect shelter, fire, clean water, wood, and work areas ❑ Tools assigned, counted, dry, sharp, and stored with edges protected ❑ Raw food, clean water, sleep, sanitation, waste, and wildlife attractants separated ❑ Dry fuel, tinder, clothing, and bedding protected from rain, sparks, and mud	FINAL CHECK ❑ Cooking supports, tables, racks, and seats stable and load-tested ❑ Food storage and human-waste practice comply with current local rules ❑ Daily close and weekly repair/inspection rhythm completed
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AUTHORITATIVE REFERENCES

National Park Service: [Leave No Trace Seven Principles](#)

USDA Forest Service: [Fire Safety: Know Before You Go](#)

Centers for Disease Control and Prevention: [Make Water Safe During an Emergency](#)

USE WITH JUDGMENT

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FIELD CARD

PRACTICE BEFORE DEPENDENCE

1

Short, clear paths connect shelter, fire, clean water, wood, and work areas

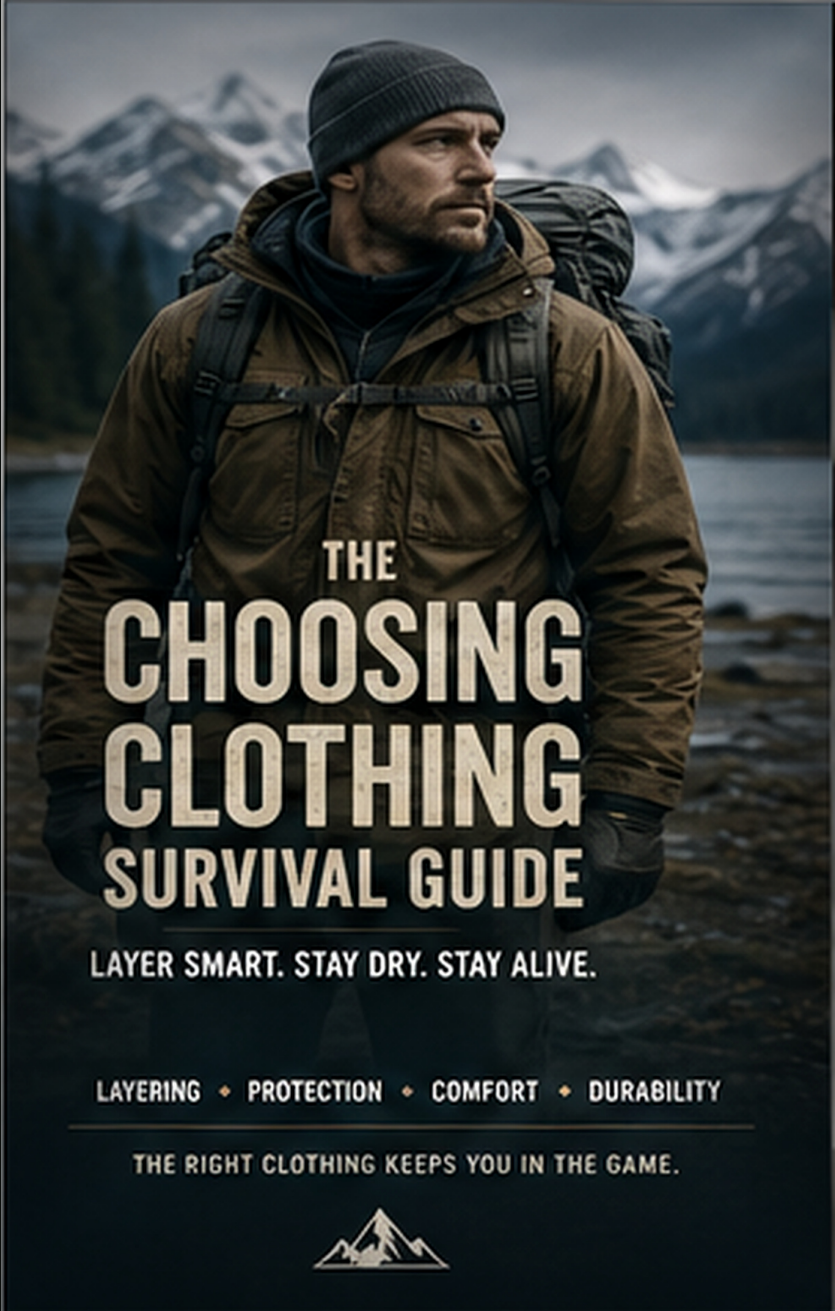
2

Tools assigned, counted, dry, sharp, and stored with edges protected

3

Raw food, clean water, sleep, sanitation, waste, and wildlife attractants separated

RESET: tools • water • wood • food • paths



THE
**CHOOSING
CLOTHING
SURVIVAL GUIDE**

LAYER SMART. STAY DRY. STAY ALIVE.

LAYERING ♦ PROTECTION ♦ COMFORT ♦ DURABILITY

THE RIGHT CLOTHING KEEPS YOU IN THE GAME.



READ THE RISK, THEN CHOOSE THE LEAST COSTLY SAFE MOVE

How to Use This Guide

Survival work is a sequence, not a shopping list. Stabilize exposure, establish a clean water routine, protect fire and sleep, then spend energy on upgrades that reduce future work. Adapt every method to local terrain, law, weather, wildfire restrictions, wildlife rules, and your actual training.

1 STOP Check injury, weather, daylight, and exit.	2 STAY DRY Rain and sweat defeat insulation quickly.	3 BUILD SYSTEMS Water, wood, sleep, repair, and sanitation reset daily.	4 SAVE CALORIES Short lanes and boring routines beat heroic chores.
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CONTENTS

PAGE	SECTION	PURPOSE
3	Clothing as a Survival System	Regulate heat before clothing becomes wet insulation
4	Layering Architecture	Move moisture outward and keep weather outside
5	Fabric Selection	Choose by climate, output, drying time, and failure mode
6	Base Layers and Active Midlayers	Warm enough to move, breathable enough to stay dry
7	Insulation Layers	Trap air during rest without trapping water
8	Shells, Rain Protection, and Lower Body	Weatherproof enough outside, breathable enough inside
9	Head, Hands, and Feet	Fast controls for heat, dexterity, circulation, and skin
10	Moisture Management by Activity	Change the system before the activity changes you
11	Drying, Repair, Rotation, and Selection	Clothing only performs when the maintenance system does
12	Climate and Activity Selection Matrix	Build for the worst credible transition, not the average forecast

IMPORTANT SAFETY NOTE

This material is educational. It does not replace hands-on instruction, emergency medical care, official water-treatment directions, local fire orders, or site-specific avalanche, flood, tree-fall, wildlife, and weather guidance.

FIELD CARD

SURVIVAL PRIORITY

- 1 Stabilize exposure before spending calories on upgrades.
- 2 Build repeatable water, fire, sleep, repair, and sanitation systems.
- 3 Check current local rules and verify every high-risk method.

VENT • LAYER • DRY



RESET: vent • dry • repair • protect sleep set

REGULATE HEAT BEFORE CLOTHING BECOMES WET INSULATION

Clothing as a Survival System

Clothing must move moisture, trap air, block weather, fit without restricting circulation, and remain repairable. The goal is not maximum warmth at all times. It is controlled warmth across hard work, rest, wind, rain, and sleep.

OPERATING RULES - Start slightly cool before hard movement and vent early. - Add insulation before stopping, not after shivering begins. - Protect one dry sleep set whenever conditions allow. - Keep rain and wind layers accessible, not buried beneath camp. - Dry, repair, and rotate clothing as a daily system. - Treat hats, neckwear, gloves, and vents as fast temperature controls.	FIT AND SYSTEM CHECK - Layers need room to trap air without compressing loft. - Boots and gloves must allow circulation and liner changes. - Cuffs, waistbands, harnesses, and pack straps should not create pressure points. - Test the full system while bending, chopping, kneeling, climbing, and wearing a pack. - Make zippers, hoods, cuffs, and pockets usable in gloves. - Keep loose fabric away from flame, saws, axes, and rotating equipment.
--	--

CLOTHING RULE

The warmest garment is the one that still has loft, and the driest layer is the one you did not sweat through.

FIELD CARD

CLOTHING AS A SURVIVAL SYSTEM

1

Start slightly cool before hard movement and vent early.

2

Add insulation before stopping, not after shivering begins.

3

Protect one dry sleep set whenever conditions allow.

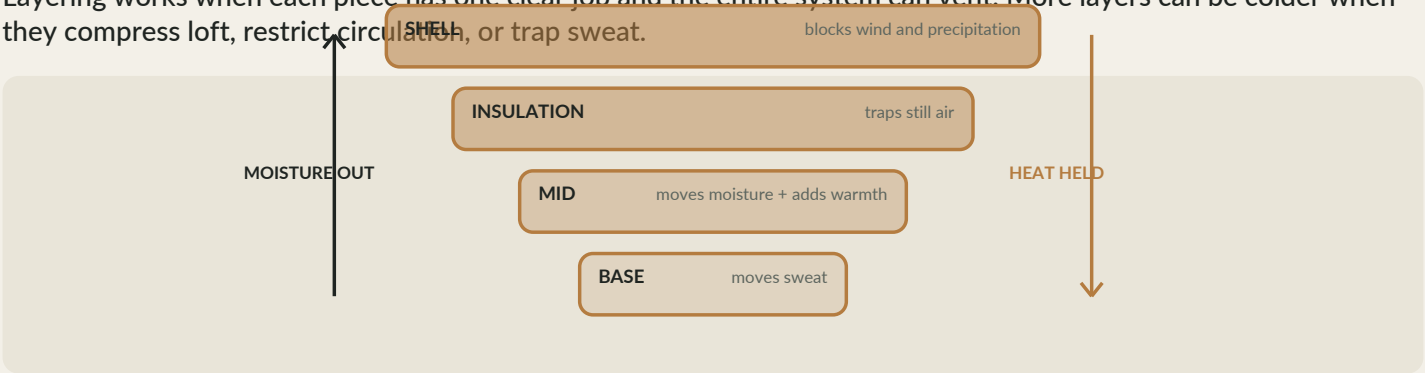
VENT • LAYER • DRY

RESET: vent • dry • repair • protect sleep set

MOVE MOISTURE OUTWARD AND KEEP WEATHER OUTSIDE

Layering Architecture

Layering works when each piece has one clear job and the entire system can vent. More layers can be colder when they compress loft, restrict circulation, or trap sweat.



BASE TO SHELL • Base: manages sweat and reduces clammy skin contact. • Active mid: transports moisture and adds flexible warmth. • Insulation: traps still air during low output and cold exposure. • Shell: blocks wind, rain, and snow while vents release excess heat. • Head, hands, feet, and lower body need the same modular logic.	SYSTEM CONTROLS • Front zip, pit zips, side zips, cuffs, hood, waist, and hem are temperature controls. • Open before sweating; close before chilling. • Use removable hat, neck, and hand layers for fast adjustment. • Do not expect a waterproof membrane to transport unlimited vapor during hard work. • Add an overlayer at the first minute of a stop while the body is still warm.
--	--

VENT EARLY

Moisture management begins before sweat is visible. Once insulation is wet, the drying bill arrives with interest.

FIELD CARD

LAYERING ARCHITECTURE

1

Base: manages sweat and reduces clammy skin contact.

2

Active mid: transports moisture and adds flexible warmth.

3

Insulation: traps still air during low output and cold exposure.

VENT • LAYER • DRY

RESET: vent • dry • repair • protect sleep set

CHOOSE BY CLIMATE, OUTPUT, DRYING TIME, AND FAILURE MODE

Fabric Selection

Materials trade warmth, drying speed, odor, durability, flame sensitivity, bulk, and cost. Good systems blend materials rather than treating one fabric as a religion.

MATERIAL	BEST AT	WATCH FOR
Wool	Odor control, warmth when damp, broad comfort range	Slow drying in heavy weights; abrasion
Synthetic knit or fleece	Fast drying, hard activity, lower cost	Odor retention; melts near sparks and radiant heat
Down	Highest warmth-to-weight when kept dry	Major performance loss when soaked
Synthetic insulation	Reliable damp-weather loft	Bulk and gradual loft loss from compression
Cotton	Hot, dry camp comfort only	Holds water and chills in cold or wet conditions
Leather	Durable hand and foot protection	Needs slow drying, conditioning, and fit room

WOOL AND BLENDS

- Merino works well next to skin; heavier woven wool offers durable midlayer protection.
- Wool remains useful when damp and generally tolerates sparks better than many synthetics.
- Thick wool can become heavy and slow to dry after saturation.
- Protect elbows, cuffs, shoulders, knees, and seat from abrasion.

SYNTHETICS, DOWN, AND FLAME

- Synthetic knits and fleece dry quickly and perform well for high output.
- Many synthetic fabrics melt or shrink near flame. Keep them away from sparks, stoves, and radiant heat.
- Down is excellent when moisture can be controlled; synthetic insulation is often safer in persistent wet.
- Choose the material by the consequence of getting it wet, not by catalog adjectives.

FIELD CARD

FABRIC SELECTION

1

Merino works well next to skin; heavier woven wool offers durable midlayer protection.

2

Wool remains useful when damp and generally tolerates sparks better than many synthetics.

3

Thick wool can become heavy and slow to dry after saturation.

VENT • LAYER • DRY

RESET: vent • dry • repair • protect sleep set

WARM ENOUGH TO MOVE, BREATHABLE ENOUGH TO STAY DRY

Base Layers and Active Midlayers

Base layers should fit close without binding and move moisture. Active midlayers handle moderate output in cool weather. Weight and ventilation should match the work, not the morning temperature alone.

BASE LAYERS • Use merino, synthetic, or a tested blend; avoid cotton in cold and wet conditions. • Choose flat seams, a nonrestrictive waist, and a top with a deep venting zip. • Use lighter weights for hard movement and heavier weights for low activity or sleep. • Change into a dry sleep base layer before bedding. • Rotate, air, or rinse work layers when drying conditions exist. • Patch holes early with flat stitches that do not rub skin.	ACTIVE MIDLAYERS • Fleece, grid fleece, wool shirts, and breathable synthetic jackets are common options. • Choose full or deep front zips and low-bulk cuffs and shoulders. • Protect delicate fleece with a durable work layer in brush or around tools. • A light wind shirt can reduce convective loss with less condensation than a full rain shell. • If the midlayer is drenched at every stop, vent earlier or wear less insulation. • Add the static layer immediately when output ends.
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BASE RULE

A base layer is a moisture tool, not an insulation contest. The wrong weight can soak every layer above it.

FIELD CARD

BASE LAYERS AND ACTIVE MIDLAYERS

1

Use merino, synthetic, or a tested blend; avoid cotton in cold and wet conditions.

2

Choose flat seams, a nonrestrictive waist, and a top with a deep venting zip.

3

Use lighter weights for hard movement and heavier weights for low activity or sleep.

VENT • LAYER • DRY

RESET: vent • dry • repair • protect sleep set

TRAP AIR DURING REST WITHOUT TRAPPING WATER

Insulation Layers

Insulation is most valuable during low activity, wind exposure, camp chores, and emergencies. Put it on before cooling. Keep it dry, preserve loft, and select fill by the likelihood and consequence of saturation.

DOWN AND SYNTHETIC - Down: excellent warmth-to-weight and compressibility; demands disciplined moisture protection. - Synthetic: retains more useful warmth when damp and often dries faster; bulkier and gradually loses loft. - Store lofted garments uncompressed when possible. - Use durable shell protection around brush, sparks, grease, and sharp tools. - Choose an over-jacket cut that fits over active layers without crushing them.	WOOL, PILE, AND USE - Wool and pile are breathable, repairable, and tolerant of damp; they are heavy when saturated. - Full or two-way zips and large arm openings improve use over work clothing. - Add insulation at the first minute of every rest stop. - Remove it before hard movement restarts. - Use a dry sitting pad or bench so the garment is not asked to insulate against wet ground. - Protect static insulation as carefully as the sleeping bag.
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STOP LAYER

The correct time to add insulation is while you are still warm enough to warm the garment.

FIELD CARD

INSULATION LAYERS

1

Down: excellent warmth-to-weight and compressibility; demands disciplined moisture protection.

2

Synthetic: retains more useful warmth when damp and often dries faster; bulkier and gradually...

3

Store lofted garments uncompressed when possible.

VENT • LAYER • DRY

RESET: vent • dry • repair • protect sleep set

WEATHERPROOF ENOUGH OUTSIDE, BREATHABLE ENOUGH INSIDE

Shells, Rain Protection, and Lower Body

A shell manages wind and precipitation while mechanical vents manage the vapor the body produces. Fit, hood design, closures, durability, and venting matter as much as membrane marketing.

SHELL FEATURES - Adjustable hood with useful brim and head movement. - Pit or side zips for real heat dumping. - Cuffs large enough for gloves but sealable against runoff. - Hem and waist compatible with rain pants or bibs. - Reinforced shoulders, elbows, knees, seat, and lower legs where abrasion is constant. - Repairable face fabric and access to patches or seam tape.	LOWER-BODY SYSTEM - Use a wicking base, durable active pant, and rain or wind protection. - Articulated knees and a gusseted crotch improve movement. - Vents reduce sweat during climbing and wood work. - Full or long side zips allow rain pants over boots. - Bibs improve overlap but complicate sanitation and venting. - Avoid tight thighs, waistbands, and stacked layers that restrict circulation.
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SHELL REALITY

A shell is not a climate-controlled room. It is weather armor with zippers. Use the zippers.

FIELD CARD

SHELLS, RAIN PROTECTION, AND LOWER BODY

1

Adjustable hood with useful brim and head movement.

2

Pit or side zips for real heat dumping.

3

Cuffs large enough for gloves but sealable against runoff.

VENT • LAYER • DRY

RESET: vent • dry • repair • protect sleep set

FAST CONTROLS FOR HEAT, DEXTERITY, CIRCULATION, AND SKIN

Head, Hands, and Feet

Headwear, neckwear, gloves, socks, boots, and gaiters are modular systems. Protect at least one dry hand and foot reserve, and inspect skin before small problems alter movement.

HEAD AND HANDS • Use a light wicking cap for movement and a warm hat for stops and sleep. • Add a hood for wind and precipitation; use neckwear that can vent and dry quickly. • Hand system: liner glove, durable work glove, insulated glove or mitt, and waterproof overmitt. • Mitts are warmer; gloves provide dexterity. Use both rather than forcing one pair to do everything. • Dry gloves from the inside out and keep leather away from hard heat. • Store one dry liner or mitt system with sleep clothing.	SOCKS, BOOTS, AND GAITERS • Use a tested merino or synthetic sock system without folds or excessive stacking. • Boots need toe room, heel hold, swelling allowance, and circulation with the intended socks. • Remove and dry insoles daily when possible. • Use insulating insoles to reduce ground conduction. • Gaiters block snow, mud, rain, and brush at the cuff; inspect straps and buckles. • Check feet daily for hot spots, blisters, maceration, numbness, discoloration, and circulation.
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FOOT RULE

Warm feet require room. Adding socks until the boot becomes tight can make the feet colder by reducing circulation.

FIELD CARD

HEAD, HANDS, AND FEET

1

Use a light wicking cap for movement and a warm hat for stops and sleep.

2

Add a hood for wind and precipitation; use neckwear that can vent and dry quickly.

3

Hand system: liner glove, durable work glove, insulated glove or mitt, and waterproof overmitt.

VENT • LAYER • DRY

RESET: vent • dry • repair • protect sleep set

CHANGE THE SYSTEM BEFORE THE ACTIVITY CHANGES YOU

Moisture Management by Activity

The same clothing should not be worn the same way while hiking, chopping, sitting, sleeping, and standing in rain. Adjust at transitions, not twenty minutes afterward.

ACTIVITY	STARTING SYSTEM	TRANSITION ACTION
Fast travel / climbing	Light base, breathable mid or wind layer, vents open	Slow down or remove layers before heavy sweat
Wood processing	Durable work layer, eye and hand protection, minimal insulation	Add warm overlayer immediately when stopping
Steady rain travel	Base + light mid + vented shell; rain pants as needed	Open mechanical vents; protect dry camp insulation
Camp chores	Drier active layers; wind protection; task gloves	Rotate wet items to rack; keep sleep set untouched
Long rest / glassing	Static insulation, weather shell, dry seat	Protect hands, feet, and head before cooling
Sleep	Dry base, dry socks, clean compatible insulation	Vent moisture; keep wet work clothing outside bedding

START COOL

- Begin movement slightly cool, especially uphill or under load.
- Use hat, gloves, neckwear, and vents as quick controls before removing core layers.
- Keep rain protection accessible for sudden exposure.
- Reduce pace when the system cannot move moisture fast enough.

STOP WARM

- Add insulation before cooling begins.
- Replace wet gloves, socks, and headwear.
- Open the shell briefly to vent vapor when precipitation allows.
- Eat and hydrate before shivering starts.
- Move wet layers to a rack rather than into bedding.

FIELD CARD

MOISTURE MANAGEMENT BY ACTIVITY

1

Begin movement slightly cool, especially uphill or under load.

2

Use hat, gloves, neckwear, and vents as quick controls before removing core layers.

3

Keep rain protection accessible for sudden exposure.

VENT • LAYER • DRY

RESET: vent • dry • repair • protect sleep set

CLOTHING ONLY PERFORMS WHEN THE MAINTENANCE SYSTEM DOES

Drying, Repair, Rotation, and Selection

Drying uses airflow, mild heat, time, and rotation. Hard heat can melt synthetics, shrink leather, damage membranes, destroy adhesives, and ignite fabric. Repair small failures before weather turns them into equipment loss.

DRY, ROTATE, REPAIR - Press water from wool and insulation rather than aggressive wringing. - Open zips, pockets, cuffs, boots, and removable liners. - Hang with airflow and rotate inside-out. - Maintain work set, camp recovery set, and protected sleep reserve. - Carry needles, strong thread, patches, repair tape, seam sealer, spare laces, cord locks, and safety pins. - Clean and dry surfaces before adhesive repair; round patch corners and extend beyond damage.	SELECTION AND FIT TEST - Choose for the coldest rest, wettest work, highest output, and longest drying time expected. - Test all layers together without compressing insulation. - Raise arms, squat, kneel, and wear the actual pack. - Test boots with intended socks after feet have warmed and swollen. - Operate hoods, vents, zips, cuffs, gloves, and pockets with cold hands. - Nothing should create pressure points, snag tools, or expose delicate fabric to sparks.
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REPAIR HOUR

Small tears become major losses when cold and wet have a vote. Schedule repair before the item forces the meeting.

FIELD CARD

DRYING, REPAIR, ROTATION, AND SELECTION

1

Press water from wool and insulation rather than aggressive wringing.

2

Open zips, pockets, cuffs, boots, and removable liners.

3

Hang with airflow and rotate inside-out.

VENT • LAYER • DRY

RESET: vent • dry • repair • protect sleep set

BUILD FOR THE WORST CREDIBLE TRANSITION, NOT THE AVERAGE FORECAST

Climate and Activity Selection Matrix

Use the matrix as a planning start, then adjust for physiology, shelter, trip length, rescue access, and the actual drying environment.

CONDITION	PRIORITY	SYSTEM EMPHASIS
Cold + dry	Loft and wind control	Wicking base; breathable mid; high-loft insulation; windproof shell; warm mitts and boots
Cold + wet	Dry reserve and damp-tolerant materials	Multiple bases; fleece or wool; synthetic insulation; durable rain shell; overmitts; gaiters
Warm + wet	Ventilation and skin management	Light base; minimal mid; highly vented rain shell; quick-dry pants; foot rotation
High wind	Seal gaps without sweating	Wind layer or shell; adjustable hood, cuffs, hem; face and hand protection
Low activity	Insulate before cooling	Oversized static layer; insulated lower body; dry seat; mitts; warm headwear
Heavy work	Moisture escape and durability	Light base; vents; abrasion layer; task gloves; immediate stop layer

CORE CHECKLIST

- Base layers and dry sleep reserve.
- Active midlayer and static insulation.
- Rain shell and lower-body weather protection.
- Work pants and durable task layer.
- Light and warm headwear; neck protection.
- Liners, work gloves, insulated mitts or overmitts.
- Multiple sock systems, boots, gaiters, insulating insoles.
- Repair and drying kit.

RED FLAGS

- Cotton or saturated insulation in cold wet exposure.
- Tight boots, gloves, waistbands, or stacked socks.
- No dry sleep set or backup hand system.
- Shell buried where sudden weather cannot be reached.
- Hard drying heat or unattended clothing near flame.
- Numbness, confusion, uncontrollable shivering, loss of coordination, or unusual behavior: stop exposure and seek emergency care.

FIELD CARD

CLIMATE AND ACTIVITY SELECTION MATRIX

1

Base layers and dry sleep reserve.

2

Active midlayer and static insulation.

3

Rain shell and lower-body weather protection.

VENT • LAYER • DRY

RESET: vent • dry • repair • protect sleep set

USE, INSPECT, RESET, AND VERIFY

Field Checklist and Sources

This guide consolidates the project’s long-duration ALONE-style field-manual iterations and updates high-risk claims with current public-health, fire-safety, cold-stress, and Leave No Trace guidance. Practice before relying on any skill and check current local orders at the point of use.

FINAL CHECK ❑ Full system fits without compressing insulation or circulation ❑ Vents, zips, hoods, cuffs, pockets, and pack interfaces work with gloves ❑ Dry sleep base, socks, headwear, and emergency insulation protected ❑ Hands and feet have modular task, insulation, and weather layers	FINAL CHECK ❑ Rain and wind protection accessible before conditions change ❑ Wet items drying with airflow and safe heat separation ❑ Damage, hot spots, numbness, and fit problems corrected before the next work block
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AUTHORITATIVE REFERENCES

Occupational Safety and Health Administration: [Cold Stress Guide](#)
Centers for Disease Control and Prevention: [Carbon Monoxide Poisoning](#)

USE WITH JUDGMENT

Independent educational fieldcraft reference. Not affiliated with or endorsed by the television series ALONE, its producers, broadcasters, or participants. Local rules and emergency guidance always control.

FIELD CARD

PRACTICE BEFORE DEPENDENCE

1

Full system fits without compressing insulation or circulation

2

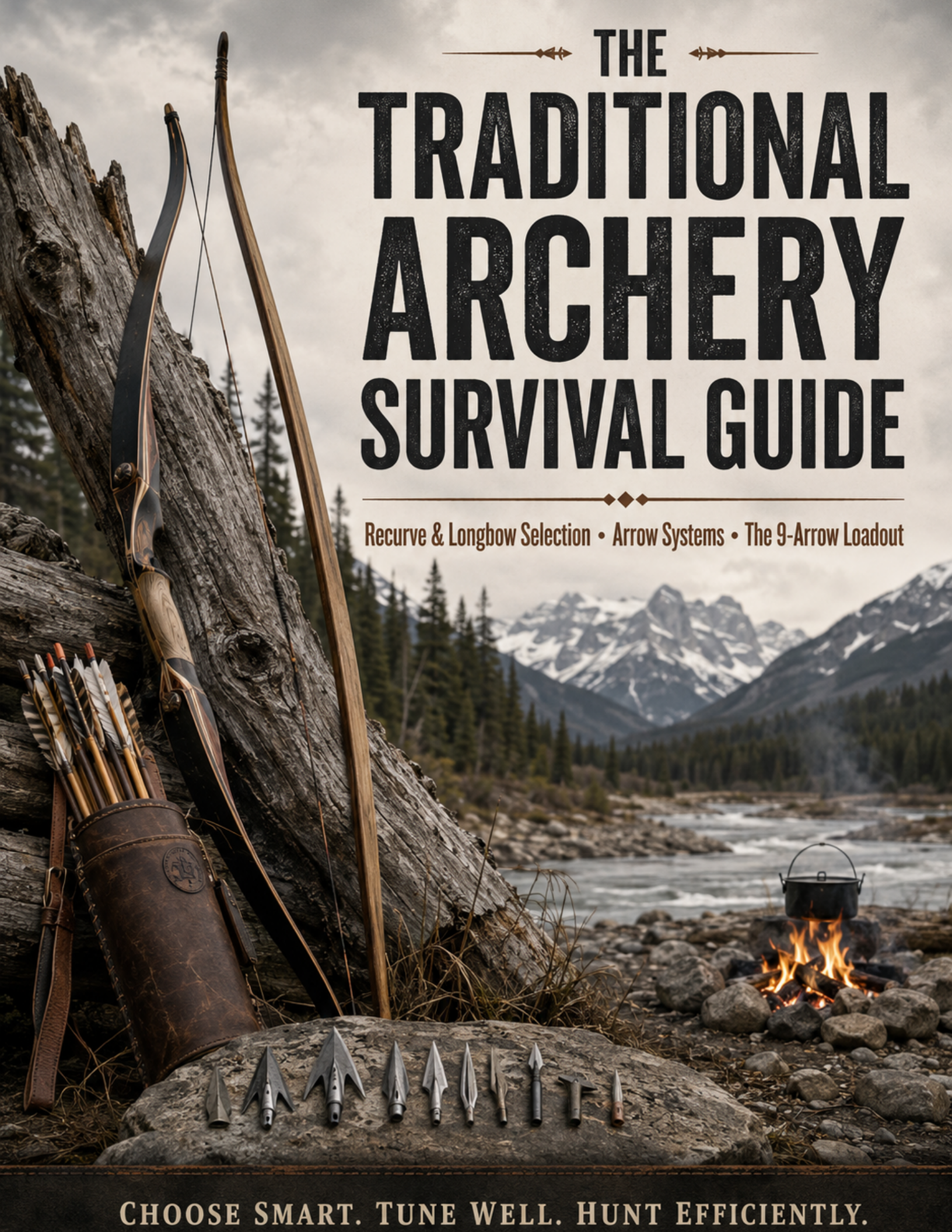
Vents, zips, hoods, cuffs, pockets, and pack interfaces work with gloves

3

Dry sleep base, socks, headwear, and emergency insulation protected

VENT • LAYER • DRY

RESET: vent • dry • repair • protect sleep set



THE TRADITIONAL ARCHERY SURVIVAL GUIDE

Recurve & Longbow Selection • Arrow Systems • The 9-Arrow Loadout

CHOOSE SMART. TUNE WELL. HUNT EFFICIENTLY.

SYSTEM PRIORITIES

START WITH THE SYSTEM

Choose a bow you can shoot when cold, tired and compressed by terrain

Traditional archery rewards simplicity, but only after disciplined setup. The useful survival bow is the one that draws smoothly in layers, carries safely through cover, and launches every field arrow with predictable impact.

1 Core principles

- Accuracy and repeatability outrank maximum draw weight. A bow that breaks form is too heavy for the job.
- Select the complete system - bow length, draw weight, string, shelf or rest, shaft spine, point weight, and fletching.
- Favor simple, repairable components that can be inspected and serviced with a compact field kit.
- Tune broadheads and small-game heads before deployment; never assume field-point accuracy transfers automatically.
- Conserve arrows through close-range shot selection, a reliable backstop, visible cresting, and deliberate recovery.

A romantic bow that cannot be drawn cleanly after a week of cold work is expensive firewood.

2 First-hour priorities

- Confirm local law and the current competition equipment brief before choosing the bow or arrowheads.
- Measure actual draw length in the clothing and shooting posture you expect to use.
- Shoot the candidate bow repeatedly from kneeling, seated, and uneven-ground positions.
- Build and number a matched shaft set, then record total mass, balance point, brace height, and nocking point.
- Prove broadhead and small-game impact at realistic distances before locking the nine-arrow mix.

The official Season 12 gear list currently published by HISTORY specifies one primitive recurve or longbow and nine arrows. Verify the current season brief.

FIELD RULE

Bring the bow only when you can already shoot it well. In a long-duration challenge, accuracy and arrow recovery matter more than impressive specifications.

RECURVE VERSUS LONGBOW SELECTION MATRIX

CHOOSE DELIBERATELY

Recurve versus longbow selection matrix

Both styles can work. Score the bow against your body, shooting skill, shelter space, brush density, repair plan, and likely shot opportunities.

Factor	Recurve	Longbow	Field decision
Overall length	Often shorter for equivalent draw length	Usually longer and more gradual	Favor the bow that moves safely through local cover and stores without limb pressure.
Draw character	Can feel sharper near full draw	Often smooth and progressive	Choose the curve that preserves anchor and release under fatigue.
Portability	Compact models travel well	Long limbs can snag or crowd shelter	Practice carrying, sitting, kneeling and entering camp.
Forgiveness	Good when tuned; sensitive to grip torque	Often stable with a clean release	Shoot both from field positions, not only a flat range.
Stringing	May require a bow stringer and method practice	Stringing method varies by design	Use the manufacturer-approved method and carry repair material.
Cold-weather use	Compact limbs may clear bulky clothing better	Longer geometry may feel smoother	Test with gloves, shell, hood and low light.
Repairability	Take-down parts may be replaceable but add joints	One-piece simplicity, fewer interfaces	Inspect tips, fades, limb surfaces, grip and string daily.
Best choice	The one that groups reliably	The one that groups reliably	Skill and fit decide; labels do not.

Decision note: Use a controlled trial: identical target, realistic clothing, five cold-start shots, kneeling and seated strings, and a fatigue round after camp work.

BOW AND ARROW TUNING WORKFLOW

REPEATABLE BEATS HEROIC

Bow and arrow tuning workflow

Change one variable at a time and record the result. Tuning is a controlled diagnosis, not a séance involving feathers and optimism.

1

ESTABLISH THE BOW BASELINE

Set brace height and nocking point inside the maker's recommended range. Confirm string condition, limb alignment, shelf or rest, silencers, and serving.

2

MATCH THE SHAFT FAMILY

Use shafts of the same model, spine, length and insert system. Number them, weigh them, spin-test them, and reject damaged components.

3

TUNE WITH SAFE PRACTICE POINTS

Compare bare-shaft or controlled field-point groups at short range. Adjust nocking point, brace height, center shot or shaft dynamic spine in small steps.

4

CONFIRM HUNTING-HEAD FLIGHT

Install sharpened or practice-matched heads safely. Compare impact and orientation with field points. Broadhead flight must be proven, not assumed.

5

LOCK AND DOCUMENT

Record final brace height, nocking point, shaft mass, point mass, fletching, balance, and observed impact. Recheck after string or component changes.

ARROW SYSTEM AND COMPONENT BUILD

ONE TUNED FAMILY

Build arrows as a matched system

Shaft spine, total mass, point weight, nock fit, and fletching must work together. A mixed-purpose quiver still needs common impact behavior and predictable recovery.

1 Arrow build order

- Select one shaft family and cut every shaft to the same measured length.
- Match spine to actual draw weight at actual draw length, not the number printed on the bow alone.
- Use secure inserts or adapters and verify every point seats square to the shaft.
- Set nock fit so the arrow clicks securely yet leaves the string without excessive pinch.
- Fletch consistently: same feather length, profile, orientation, offset or helical, and index position.
- Weigh and spin-test finished arrows; group close-mass shafts for the most critical heads.
- Number and crest shafts so flight history, damage and recovery are easy to track.

2 Head and fletching roles

- Cut-on-contact two-blade broadheads: maximum penetration and simple resharpening for lawful big-game opportunities.
- Judo or spring small-game heads: snag vegetation and reduce loss on ground-level shots.
- Solid blunts: durable impact for stump practice and suitable small-game applications where lawful.
- Flu-flu fletching: high drag and visible recovery for short bird opportunities; test point-of-impact separately.
- Three 5-inch shield feathers: stable broadhead control and visibility at realistic distances.
- Three 4-inch parabolic feathers: quicker, lower-drag small-game shafts where flight remains stable.
- Four low-profile feathers: durable blunt setup with strong steering and compact clearance.

3 Nine-arrow principle

- Four broadhead-capable arrows preserve large-game opportunity while leaving room for daily-calorie tools.
- Two judo or small-game arrows handle brush-edge targets and are easier to recover than broadheads.
- Two durable blunt arrows support practice, stump checks and lawful small-game work.
- One flu-flu bird arrow provides high visibility and short flight; it must be tuned as its own system.
- All nine should share compatible shaft and nock architecture so repairs, observations and impact remain predictable.

A practical starting mix: arrows 1-3 broadheads, 4-5 judo or small-game heads, 6-7 blunts, 8 flu-flu bird arrow, 9 spare broadhead-capable hunter. Adapt to local species and law.

THE 9-ARROW LOADOUT

A practical mixed quiver for Alone-style traditional hunting.

#	PURPOSE & TARGETS	HEAD TYPE	FLETCHING
1	 BIG GAME	 125-145 GRAIN TWO-BLADE BROADHEAD	 3 x 5 IN SHIELD FEATHERS
2	 BIG GAME	 125-145 GRAIN TWO-BLADE BROADHEAD	 3 x 5 IN SHIELD FEATHERS
3	 BIG GAME	 125-145 GRAIN TWO-BLADE BROADHEAD	 3 x 5 IN SHIELD FEATHERS
4	 SMALL GAME / BRUSH	 125 GRAIN JUDO OR SMALL-GAME HEAD	 3 x 4 IN PARABOLIC FEATHERS
5	 SMALL GAME / BRUSH	 125 GRAIN JUDO OR SMALL-GAME HEAD	 3 x 4 IN PARABOLIC FEATHERS
6	 BLUNT HITTER	 BLUNT OR SMALL-GAME BLUNT	 4 x 3 IN LOW-PROFILE FEATHERS
7	 BLUNT HITTER	 BLUNT OR SMALL-GAME BLUNT	 4 x 3 IN LOW-PROFILE FEATHERS
8	 BIRD ARROW	 BLUNT OR JUDO HEAD	 FLU-FLU FLETCHING
9	 SPARE HUNTER	 125-145 GRAIN TWO-BLADE BROADHEAD	 3 x 5 IN SHIELD FEATHERS

WHY THIS MIX WORKS



Preserves several broadheads for larger opportunities.



Gives multiple small-game options.



Includes one dedicated bird arrow.



Keeps one spare hunting arrow.

MARK YOUR ARROWS



NUMBER SHAFTS

Label 1-9 for quick ID.



USE VISIBLE CRESTING

Make each type easy to see.



SEPARATE BROADHEADS FROM BLUNTS

Avoid mix-ups in the moment.

LEGEND: HEAD & FLETCHING COMBINATIONS



125-145 GRAIN
TWO-BLADE
BROADHEAD



125 GRAIN
JUDO OR
SMALL-GAME HEAD



BLUNT OR
SMALL-GAME
BLUNT



BLUNT OR
JUDO HEAD



3 x 5 IN
SHIELD
FEATHERS



3 x 4 IN
PARABOLIC
FEATHERS



4 x 3 IN
LOW-PROFILE
FEATHERS



FLU-FLU
FLETCHING

CHOOSE SMART. TUNE WELL. HUNT EFFICIENTLY.

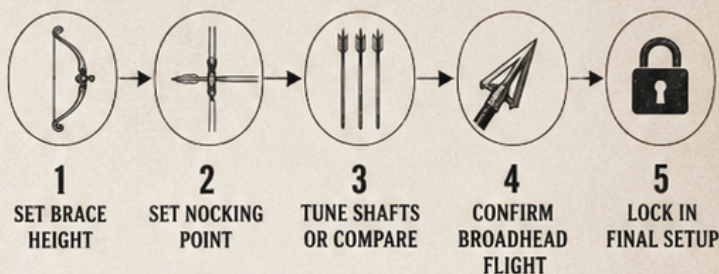
TUNING, PRACTICE & FIELD MAINTENANCE

Confidence comes from repeatability before the first shot in camp.

1 SIMPLE TUNING SEQUENCE

- 1 Set Brace Height**
Adjust to the bowyer's recommended range for your bow. Small changes matter.
- 2 Set Nocking Point**
Start at the manufacturer's recommendation or a proven baseline.
- 3 Tune Bare Shafts or Compare Field Points and Broadheads**
Ensure both fly the same. Adjust rest center, nocking point, or spine as needed.
- 4 Confirm Broadhead Flight**
Shoot fixed or mechanical heads and confirm consistent impact with field points.
- 5 Lock in Final Setup**
Recheck all settings. Mark measurements. Record arrow specs and results.

TUNING WORKFLOW



2 PRACTICE PRIORITIES

- ▶ Kneeling shots – stable under stress and uneven ground.
- ▶ Seated shots – simulate real hunting positions.
- ▶ Cold-weather shooting in layers – maintain draw, anchor, and follow-through.
- ▶ Stump shooting – draw from natural rest points.
- ▶ Short-range accuracy – focus on clean hits inside 20–30 yards under calm form.

3 ARROW RECOVERY & CONSERVATION

- ▶ Watch your arrow's flight and mark the hit location.
- ▶ Always check behind the target before moving in.
- ▶ Carry bright cresting for easier visual recovery.
- ▶ Conserve arrows—take only high-probability shots.
- ▶ A recovered arrow is a future meal.

4 FIELD MAINTENANCE

- ▶ Dry feathers fully after rain, dew, or damp conditions.
- ▶ Check nocks for cracks or looseness.
- ▶ Inspect broadheads for damage or bends.
- ▶ Touch up edges lightly with a stone.
- ▶ Rotate arrows to balance wear and prolong life.

5 CAMP REPAIR KIT IDEAS



Spare Nocks



Serving Material



Glue



Feather Repair Tape



Small Sharpening Tool



String Wax

FINAL ADVICE

Bring the bow only if you can already shoot it well.
On Alone, skill and arrow conservation matter
more than romantic ideas about archery.

FIELD SHOOTING AND CONSERVATION SCENARIOS

ADAPT BEFORE CONDITIONS FORCE IT

Field shooting and conservation scenarios

The best field shot is not the one you can imagine making. It is the one that remains ethical, recoverable and repeatable under actual conditions.

1 Cold start in heavy layers

- Warm fingers and shoulders before drawing.
- Clear the string path from sleeve, chest strap and loose fabric.
- Use a conservative draw cycle; do not force a cold limb or body.
- Take a known-distance stump or target check only when safe and arrow recovery is certain.
- Stop if anchor, release or balance changes.

2 Small game in brush

- Confirm the target and a safe backstop.
- Use a judo or blunt head suited to the animal and legal method.
- Shorten distance until the vital area is a high-confidence target.
- Watch the complete flight and mark the impact location.
- Search methodically before abandoning the arrow.

3 Larger game opportunity

- Use only a proven broadhead arrow.
- Wait for angle, range and body position you have practiced.
- Do not shoot through uncertain cover or toward water, rock or skyline.
- Observe impact, direction of travel and landmark references.
- Follow local legal and ethical recovery requirements.

4 Daily camp maintenance

- Unstring only as recommended for the specific bow and storage plan.
- Dry feathers and string; keep gear away from direct fire heat.
- Inspect nocks, shafts, inserts, heads, serving, limb tips and grip.
- Touch up broadhead edges carefully and protect them in the quiver.
- Rotate arrows so wear does not concentrate on one shaft.

FAILURE MODES AND CORRECTIONS

DIAGNOSE THE SYSTEM

Failure modes and corrections

Most archery failures announce themselves through changed sound, impact, feel or visible damage. Stop before a small defect becomes a broken bow or injured hand.

Failure signal	Likely cause	Best correction
Groups open suddenly	Fatigue, clothing contact, loose nock or rest, brace-height drift	Stop. Inspect equipment, shoot a close controlled group, and correct one variable at a time.
One arrow flies differently	Bent shaft, damaged feather, loose point or nock, mass mismatch	Quarantine the numbered shaft; spin-test and repair or retire it.
Broadheads plane or miss field points	Poor tune, excessive steering demand, unsquared components	Return to shaft tune, component alignment and verified broadhead practice.
String frays or serving separates	Abrasion, dry fibers, bad nock fit, limb-tip damage	Do not shoot. Repair or replace the string and inspect every contact point.
Bow develops crack, lift or unusual creak	Limb damage, delamination, impact or unsafe heat exposure	Unstring safely if appropriate and retire the bow pending expert inspection.
Arrows repeatedly disappear	Poor backstop, low-visibility cresting, excessive range or rushed recovery	Change the shooting location and head type; shorten distance and mark every impact.

FIELD CARD, RED FLAGS AND SOURCES

CARRY THE STANDARD

Archery deployment and daily inspection card

A nine-arrow kit is a finite resource. Protect the bow, protect the shafts, and refuse shots that trade long-term capability for hope.

FIELD CHECKLIST

- ☐ Current rules and local hunting regulations verified.
- ☐ Bow draw weight proven from field positions in full clothing.
- ☐ Brace height and nocking point measured and recorded.
- ☐ String, serving, silencers and limb tips inspected.
- ☐ All shafts numbered, weighed, spin-tested and damage-free.
- ☐ Nocks fit consistently and inserts are secure.
- ☐ Broadhead arrows group with practice references.
- ☐ Small-game and flu-flu arrows have separate impact records.
- ☐ Broadheads sharpened, protected and separated from blunts.
- ☐ Quiver carries securely without crushing feathers.
- ☐ Repair kit includes compatible nocks, serving, adhesive, feather repair material, wax and sharpening tool.
- ☐ Every shot has a safe backstop and a recovery plan.

STOP / REASSESS

Cracked shaft, loose insert or nock, lifted splinter, damaged carbon or unexplained vibration.

Limb crack, delamination, twisted limb, damaged tip or new creaking sound.

Inability to reach anchor cleanly while cold or fatigued.

Target, background, legal status or recovery route is uncertain.

Broadhead impact is not verified with the current setup.

AUTHORITATIVE STARTING POINTS

HISTORY - published Alone gear list
<https://www.history.com/shows/alone/articles/gear-list>

USA Archery - education and safety
<https://www.usarchery.org/>

National Bowhunter Education Foundation
<https://www.nbef.org/>

U.S. Fish and Wildlife Service
<https://www.fws.gov/>

Archery and hunting involve serious risk. Follow local law, certified instruction, safe-range rules and ethical recovery standards. Never shoot without a positively identified target and safe background.

FISHING AND HANDLINE SURVIVAL GUIDE

Line selection, hook systems, natural bait, water reading, landing, recovery and preservation.



07

CATCH

CLEAN

PRESERVE

EVERY

CALORIE

CATCH CLEAN. PRESERVE EVERY CALORIE.

SYSTEM PRIORITIES

START WITH THE SYSTEM

Turn limited line and hooks into a controlled food system

A handline is simple only in appearance. Success comes from organizing line, matching hooks to bait and target size, placing presentations where fish actually travel, and recovering every reusable component.

1 Core principles

- Protect line from abrasion, knots, heat, hooks and careless storage; line is both food tool and finite inventory.
- Use the smallest practical terminal system. Extra hardware creates failure points and may violate the current rules.
- Match hook gap, wire strength, bait size and presentation depth to the water and likely species.
- Fish high-probability structures and feeding windows rather than soaking effort everywhere.
- Plan landing, dispatch, processing and storage before the first bait enters the water.

The official published Season 12 list allows 300 yards of single-filament line up to 30 lb and 25 assorted barbed hooks. Confirm the current season rules.

2 First-hour priorities

- Verify fishing regulations, permitted methods and the current challenge equipment list.
- Inventory and label line by diameter or breaking strength; isolate damaged sections.
- Sort hooks by gap, wire, eye and purpose in a dry puncture-resistant wallet.
- Tie and test the few knots you can execute with cold fingers.
- Scout safe access, current, depth transitions, cover, inlet and outlet activity, and a clean processing zone.

Never wrap a loaded handline around a finger, hand or wrist. A running fish can cut deeply before you can react.

FIELD RULE

Every rig needs four answers: where the bait will travel, how the bite will be detected, how the fish will be landed, and how the line and hook will be recovered.

PRACTICAL 25-HOOK ASSORTMENT

CHOOSE DELIBERATELY

Practical 25-hook assortment

The exact mix depends on local fish. This balanced planning example favors replaceable bait hooks and a smaller number of stronger hooks for larger opportunities.

Qty	Hook role	Typical use	Reason for inclusion
6	Small bait hooks	Small fish, delicate bait, shallow margins	High bite conversion when forage and mouths are small.
6	Medium bait hooks	General lake and river work	Core inventory for worms, insects, fish pieces and mixed species.
4	Strong medium hooks	Current, larger bait, tougher fish	Extra wire strength without oversized bait presentation.
3	Large strong hooks	Larger fish where lawful and realistic	Preserves a few opportunities without overloading the kit.
3	Long-shank hooks	Baits that need easier handling or tooth clearance	Useful for removal and some bait styles; verify species fit.
2	Wide-gap hooks	Bulky natural bait	Improves gap exposure when bait fills a standard bend.
1	Reserve pattern	Replacement for the most productive local hook	Hold dry until field evidence identifies the highest-value role.

Decision note: Do not treat the assortment as universal. Research legal species, common mouth size, bait, habitat and seasonal behavior before deployment.

HANDLINE FISHING WORKFLOW

REPEATABLE BEATS HEROIC

Handline fishing workflow

A repeatable sequence reduces tangles, wasted bait, lost hooks and dangerous improvisation on wet rocks.

1

SCOUT BEFORE RIGGING

Observe current seams, depth changes, submerged cover, rising fish, bait movement, safe footing and a landing route.

2

BUILD ONE CLEAN RIG

Cut only the line needed. Tie the simplest suitable knot, trim safely, test under steady load and keep spare line dry.

3

PRESENT WITH CONTROL

Lower, drift or swing bait into the target zone without throwing loose coils. Maintain contact appropriate to the method.

4

DETECT, SET AND LAND

Respond to line movement without wrapping the line around the body. Guide fish toward a prepared shallow landing point.

5

RECOVER AND RESET

Dispatch and process lawfully, recover hook and usable line, inspect abrasion, refresh bait and record place, depth and time.

WATER TYPES AND PRESENTATIONS

ADAPT BEFORE CONDITIONS FORCE IT

Water types and presentations

The best rig is the lightest legal system that reaches the feeding zone without sacrificing control or recovery.

1 Lake shore

- Target points, drop-offs, inflows, windward food lanes and shade.
- Use a clean hand spool to control coils.
- Adjust bait depth before changing location.
- Keep line off brush and sharp rocks.
- Prepare a shallow landing pocket before the bite.

2 River and stream

- Fish current seams, eddies, undercut edges and pool transitions.
- Use enough weight or bait mass to reach the lane, not anchor indiscriminately.
- Stand downstream of loose coils.
- Avoid high water, unstable banks and entanglement hazards.
- Retie after repeated rock contact.

3 Cold water or ice

- Treat ice strength as unknown unless locally verified.
- Protect line from sharp edges and freezing coils.
- Use short controlled drops and organized slack.
- Keep hands dry and restore insulation immediately.
- Never let fishing compromise cold-injury prevention.

4 Natural bait system

- Collect bait lawfully and only from uncontaminated areas.
- Match bait size to hook gap; leave the point appropriately exposed.
- Store bait cool and separate from drinking water and food.
- Rotate bait when washed out or inactive.
- Record which bait, depth and time produce results.

FAILURE MODES AND CORRECTIONS

DIAGNOSE THE SYSTEM

Failure modes and corrections

Fishing failures are often system failures: poor placement, damaged line, mismatched hook, uncontrolled coils or no landing plan.

Failure signal	Likely cause	Best correction
Frequent break-offs	Abrasion, old knot, excessive force or line too light	Cut above damage, retie, reduce sharp angles and adjust line strength or landing method.
Bait disappears without fish	Hook buried, bait too soft, small fish or delayed response	Downsize bait, expose gap, change attachment and improve bite contact.
Fish throws the hook	Slack line, poor hook penetration, mismatched hook or rough handlining	Maintain controlled tension and use a hook size and set suited to the target.
Repeated tangles	Loose coils, wind, brush, mixed wet and dry line	Use a dedicated spool, deploy only needed line and rewind under light tension.
No activity in good-looking water	Wrong depth, time, temperature, presentation or no fish present	Change one variable, move to a new structure and record results.
Hook injuries or line cuts	Exposed points, unsafe coil handling or line wrapped on skin	Stop, control the hook, use tools where available and seek medical care for serious injury.

FIELD CARD, RED FLAGS AND SOURCES

CARRY THE STANDARD

Fishing deployment and line-conservation card

Organize the kit so one wet, cold mistake cannot turn the entire line supply into a translucent bird nest.

FIELD CHECKLIST

- ☐ Current fishing license, season, species and method rules verified.
- ☐ Safe shoreline, footing, weather and water level assessed.
- ☐ Main line labeled by strength and inspected for age or abrasion.
- ☐ Hook wallet dry, counted and arranged by size and purpose.
- ☐ Known knots can be tied and tested with cold or wet hands.
- ☐ Hand spool has smooth edges and secure line retention.
- ☐ Natural bait source is lawful and uncontaminated.
- ☐ Landing area and dispatch tool prepared before fishing.
- ☐ Processing zone separated from clean water and sleeping area.
- ☐ Reusable line and hooks recovered, cleaned and dried.
- ☐ Catch, location, depth, bait, time and weather recorded.
- ☐ Food storage plan ready before a productive session.

STOP / REASSESS

Line is wrapped around fingers, wrist, body or fixed gear while under load.

Lightning, unstable ice, flooding, surf or unsafe bank conditions.

Hook is deeply embedded in the face, eye, joint, tendon area or near a major vessel.

Unknown regulation, species, size limit or prohibited method.

Fish cannot be cooled, cooked or preserved safely after capture.

AUTHORITATIVE STARTING POINTS

HISTORY - published Alone gear list
<https://www.history.com/shows/alone/articles/gear-list>

U.S. Fish and Wildlife Service
<https://www.fws.gov/>

National Park Service - fishing
<https://www.nps.gov/subjects/fishing/index.htm>

NOAA - weather and water safety
<https://www.noaa.gov/education/resource-collections/weather-atmosphere>

Fishing laws and permitted methods vary by jurisdiction and season. Water, weather, hooks and line can cause serious injury. Use lawful methods, safe access and conservative handling.

FOOD PROCESSING AND PRESERVATION SURVIVAL GUIDE

From harvest to clean processing, cooking, drying, smoking, storage and spoilage control.



08

FROM

HARVEST

TO

STORAGE

FROM HARVEST TO STORAGE.

SYSTEM PRIORITIES

START WITH THE SYSTEM

Protect the calories after the harvest

Food value can be lost through contamination, heat, moisture, insects, scavengers and poor workflow. The preservation system begins before processing: clean tools, a defined dirty zone, rapid cooling and a storage plan matched to weather.

1 Core principles

- Separate dirty work, clean meat, drinking water, sleeping gear and waste. Camp convenience is not a sanitation plan.
- Cool edible portions quickly. Large warm masses hold heat and spoil faster than thin, ventilated pieces.
- Cook hazardous foods thoroughly and protect cooked food from raw surfaces and hands.
- Drying and smoking require thin uniform pieces, airflow, weather protection and repeated inspection.
- Use every lawful edible portion that can be handled safely, but discard food showing credible spoilage or contamination.

A productive day can become a medical problem overnight when processing and storage are improvised after dark.

2 First-hour priorities

- Prepare knife, clean surface, water, hanging or cooling location, waste route and storage before processing.
- Move the harvest from sun, standing water, soil and insects as quickly as practical.
- Remove contamination with controlled trimming rather than spreading it through rinsing or dirty cloth.
- Divide large portions so heat can escape; protect them from animals while cooling.
- Choose immediate cooking, short-term cooling, drying, smoking or another lawful method based on weather and volume.

When refrigeration is unavailable, small batches and rapid decisions are safer than assuming smoke alone preserves anything.

FIELD RULE

Harvest is not complete until the food is clean, cooled or cooked, protected, inventoried and scheduled for inspection.

PRESERVATION METHOD DECISION MATRIX

CHOOSE DELIBERATELY

Preservation method decision matrix

No single method fits every food or weather pattern. Choose by food thickness, ambient conditions, fuel, airflow, time and animal pressure.

Method	Best conditions	Strength	Main risk
Immediate cooking	Small harvest; uncertain weather; food needed now	Fastest path to safe consumption when cooked thoroughly	Leftovers still require protection and timely use.
Boiling or stewing	Tough tissue, bones, small pieces, reliable pot and fuel	Captures broth, fat and soluble nutrients	Fuel intensive; cooked food remains perishable.
Roasting	Controlled heat and manageable portions	Simple, palatable and fast for direct meals	Outside can char while interior remains undercooked.
Drying	Low humidity, steady airflow, thin uniform strips	Lightweight storage with no ongoing fuel	Moist centers, insects, dew and rehydration from weather.
Hot smoking	Reliable fuel, controlled smoke and heat, close supervision	Adds heat and surface drying	Smoke is not a guarantee of shelf stability; uneven heating is common.
Cold storage	Stable near-freezing conditions and animal-secure location	Preserves fresh quality with little processing	Temperature swings, freezing damage, scavengers and hidden warm pockets.
Rendering fat	Clean fat, controlled pot heat and dry storage vessel	Concentrates high-value calories	Water, tissue residue and overheating accelerate spoilage.

Decision note: Use conservative holding times. Without measured refrigeration and validated processing controls, preserved food needs frequent inspection and prompt consumption.

HARVEST-TO-STORAGE WORKFLOW

REPEATABLE BEATS HEROIC

Harvest-to-storage workflow

The sequence protects both food and camp. Set zones first; then move the material in one direction from dirty to clean.

1

PLAN THE ZONES

Choose a processing area downhill and away from sleeping and clean-water work. Prepare clean surfaces, tools, hanging points and waste containment.

2

STABILIZE AND COOL

Move food into shade and air. Open large masses, separate portions and prevent stacking that traps heat.

3

PROCESS CLEANLY

Use deliberate cuts, keep hair, feathers, soil, digestive material and dirty tools away from edible portions, and wash hands appropriately.

4

COOK OR PRESERVE

Select a method suited to thickness, fuel and weather. Standardize piece size and record when each batch began.

5

PROTECT AND INSPECT

Store off the ground or in approved animal-resistant systems. Inspect smell, surface, texture, moisture, temperature and pest evidence on schedule.

PROCESSING AND STORAGE SCENARIOS

ADAPT BEFORE CONDITIONS FORCE IT

Processing and storage scenarios

The system changes with harvest size, humidity, temperature and scavenger pressure. Sanitation does not.

1 Small fish or small game

- Process promptly and keep portions shaded.
- Cook whole only when internal tissues can reach safe doneness.
- Use bones and trimmings for broth when lawful and safe.
- Dry small pieces on clean racks with insect protection.
- Remove waste before it becomes a camp attractant.

2 Large harvest

- Prioritize rapid cooling before detailed trimming.
- Divide work into clean labeled batches.
- Protect hanging meat from rain, sun, insects and animals.
- Preserve only what the system can supervise safely.
- Increase inspection frequency as weather warms.

3 Wet or humid weather

- Do not count on air drying.
- Use smaller batches and more direct cooking.
- Keep smokehouse or drying area ventilated rather than sealed with moisture.
- Bring products under cover before dew and rain.
- Discard pieces that remain warm, wet and questionable.

4 Cold-weather cache

- Verify temperatures are consistently cold enough.
- Protect from sun exposure and warm-air pockets.
- Use animal-resistant containment and visible inventory labels.
- Separate raw from cooked food.
- Inspect after every thaw, storm or wildlife visit.

FAILURE
 MODES
 AND
 CORRECTIONS

DIAGNOSE
 THE
 SYSTEM

Failure
 modes
 and
 corrections

Spoilage, cross-contamination and wildlife loss rarely come from one dramatic error. They come from small sanitation and inspection failures repeated together.

Failure signal	Likely cause	Best correction
Meat stays warm after processing	Pieces too thick, stacked, poor airflow or warm site	Separate, thin, ventilate and move to a cooler protected location immediately.
Drying surface but soft center	Slices too thick or airflow/humidity inadequate	Recut if safe, increase airflow and heat control, or cook promptly.
Rancid or bitter rendered fat	Water or tissue contamination, overheating, light or warm storage	Discard suspect fat; render clean dry material gently and store sealed, cool and dark.
Animals repeatedly approach storage	Odor, residue, weak containment or food zone too close	Stop food handling, clean camp, upgrade storage and follow local wildlife guidance.
Cooked food contacts raw area	Cross-contaminated tools, hands or surfaces	Re-cook when appropriate, sanitize the workflow and separate clean equipment.
Uncertain odor, slime, swelling or mold	Spoilage or contamination	Do not taste-test. Discard conservatively and review storage conditions.

FIELD CARD, RED FLAGS AND SOURCES

CARRY THE STANDARD

Processing, preservation and storage control card

Food safety in the field depends on conservative judgment. Hunger is persuasive; bacteria are unimpressed.

FIELD CHECKLIST

- ☐ Processing, clean-food, water, sleeping and waste zones separated.
- ☐ Hands, knife, pot and clean surfaces ready before the harvest arrives.
- ☐ Food moved to shade and cooled quickly.
- ☐ Digestive contents, soil, hair, feathers and dirty water kept away from edible portions.
- ☐ Pieces cut to uniform thickness for the chosen method.
- ☐ Batch start time and method recorded.
- ☐ Cooked food protected from raw tools and surfaces.
- ☐ Drying or smoking system has heat, airflow and weather control.
- ☐ Storage is animal-resistant and follows local requirements.
- ☐ Inventory is rotated; oldest or most vulnerable food used first.
- ☐ Food inspected after weather changes and wildlife activity.
- ☐ Questionable food discarded without tasting.

STOP / REASSESS

Food has remained warm for an extended, unknown period.

Foul, sour or unusual odor; slime; gas; swelling; unexpected mold or discoloration.

Digestive contamination cannot be removed cleanly.

Wildlife has accessed or contaminated food storage.

Vomiting, severe diarrhea, fever, confusion or dehydration after eating.

AUTHORITATIVE STARTING POINTS

USDA Food Safety and Inspection Service
<https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation>

CDC - Food Safety
<https://www.cdc.gov/food-safety/>

National Park Service - food and bear safety
<https://www.nps.gov/articles/bearsafetyfood.htm>

USDA Complete Guide to Home Canning
<https://nchfp.uga.edu/resources/category/usda-guide>

Field preservation without controlled refrigeration or validated processing carries risk. This guide does not establish guaranteed shelf life. Use official food-safety guidance and conservative disposal decisions.

CUTTING TOOLS AND SHARPENING SURVIVAL GUIDE

Axe, hatchet, saw, knife and multitool selection, safe work systems, edge care and repair.



09

THE

RIGHT

EDGE

EVERY

TIME

THE RIGHT EDGE. EVERY TIME.

KNOWLEDGE. SKILL. DISCIPLINE. SURVIVAL.

SYSTEM PRIORITIES

START WITH THE SYSTEM

Choose tools by work accomplished per calorie and per injury risk

Cutting tools multiply labor, but they also concentrate force near hands and legs. A strong system assigns each tool a narrow job, creates stable work positions, protects edges from abuse, and restores sharpness before performance collapses.

1 Core principles

- Select a complementary tool set; duplication is expensive when every item must earn its place.
- Sharp, controlled tools are usually safer than dull tools forced through material.
- Build a defined cutting zone with stable footing, a clear swing arc and no bystanders.
- Match technique to grain, diameter, tension and tool geometry; wood can split, roll or spring unexpectedly.
- Inspect, clean, dry, sharpen and store tools on a schedule rather than after failure.

A larger tool may finish one task faster but cost more calories to carry, more space to store and more control to swing.

2 First-hour priorities

- List the real workload: felling, limbing, bucking, splitting, carving, food processing and repair.
- Choose handle length and mass you can control late in the day, not just during a fresh test swing.
- Practice safe kneeling, low-block and supported cutting positions before field use.
- Carry a sharpening method matched to every edge profile in the kit.
- Create blade covers, a dry storage location and a rule that no exposed edge lies in camp traffic.

Gloves do not make an unsafe swing safe. Distance, body position and a controlled stop do.

FIELD RULE

Before every cut, identify the tool path, the wood response, the stop point and every body part that must remain outside all four.

CUTTING-TOOL
ROLE
MATRIX

CHOOSE DELIBERATELY

Cutting-tool role matrix

Judge the kit as a system. The strongest combinations minimize overlap while covering daily wood, shelter, food and repair work.

Tool	Best jobs	Advantages	Limits and risks
Full-size axe	Felling, limbing and splitting larger wood	High energy per swing and useful reach	Heavy; requires clear arc, skill and disciplined storage.
Hatchet	Kindling, small splitting, shelter joinery	Compact and versatile around camp	Short handle puts hands and legs closer to the miss path.
Folding or bow saw	Bucking dry or green wood across grain	Efficient, quieter and precise	Blade binds under compression; frames and teeth need protection.
Fixed-blade knife	Food, carving, notches, fine splitting	Precise and always available	Not a substitute for an axe on large wood; tip and edge can be abused.
Multitool	Repairs, pliers, small cutting and hardware	High repair value in one compact item	Compromise blade and ergonomics; moving parts trap grit and moisture.
Drawknife or adze	Shaping poles, flattening and specialized woodworking	High productivity for a practiced user	Specialized, exposed edge and potentially high skill demand.
Sharpening stone/file	Edge restoration and maintenance	Extends every cutting tool's value	Wrong angle or pressure can damage an edge quickly.

Decision note: Score each candidate for work coverage, calories saved, carry cost, safety, maintenance, repairability and your verified skill. A tool you cannot control is not an asset.

SAFE CUTTING AND SHARPENING WORKFLOW

REPEATABLE BEATS HEROIC

Safe cutting and sharpening workflow

Set the work before applying force. The same sequence prevents most misses, rolling logs, pinched saws and damaged edges.

1

PREPARE THE ZONE

Clear overhead and ground hazards. Establish footing, lighting, a stable block or support, and a tool-free spectator distance.

2

READ THE MATERIAL

Identify grain, knots, rot, compression, tension, slope, rebound and where the piece may move after separation.

3

CHOOSE THE NARROW JOB

Use saw for controlled crosscuts, axe or hatchet for suited splitting and chopping, and knife for precision work.

4

CUT WITH A PLANNED STOP

Keep body parts outside the path, use controlled force, reset when alignment changes and never catch a falling edge.

5

SERVICE BEFORE STORAGE

Remove sap and moisture, inspect head and handle, sharpen or touch up, protect the edge and store where it cannot fall or be stepped on.

TOOL SYSTEMS FOR COMMON CAMP WORK

ADAPT BEFORE CONDITIONS FORCE IT

Tool systems for common camp work

Work position and sequence matter as much as the blade. Design the process to keep force moving away from the body.

1 Firewood production

- Select standing dead or lawful down wood appropriate to conditions.
- Bucking cuts need support that will not close on the saw.
- Split on a stable block below knee height when possible.
- Process in batches to reduce repeated setup and walking.
- Stack by size under cover with airflow.

2 Shelter construction

- Use straight poles and minimize unnecessary cuts.
- Notches should remove only enough material to seat the joint.
- Support work rather than holding near the edge.
- Inspect lashings and joints before loading.
- Reserve the sharpest knife edge for precision tasks.

3 Fine carving and repair

- Sit or kneel in a stable position.
- Cut away from the support hand and femoral area.
- Use shallow controlled slices rather than levering the tip.
- Secure small workpieces with a clamp, notch or bench system.
- Stop when hands become numb or fatigued.

4 Edge maintenance

- Clean the edge before diagnosing damage.
- Use the established bevel and light repeatable strokes.
- Remove burrs deliberately and protect fingers.
- Test on appropriate material, not skin.
- Oil or protect metal as material and food-use requirements allow.

FAILURE MODES AND CORRECTIONS

DIAGNOSE THE SYSTEM

Failure modes and corrections

Poor tool performance usually traces to dullness, loose components, bad work support, wrong technique or fatigue. Continuing harder makes each problem more dangerous.

Failure signal	Likely cause	Best correction
Axe glances or sticks	Poor aim, twisted grain, dull profile or unstable target	Reset support, shorten the swing, sharpen appropriately and change the cut plan.
Saw binds repeatedly	Kerf closing, unsupported wood, bent blade or wrong tooth pattern	Reposition supports, use wedges when appropriate and inspect blade tension.
Handle loosens or cracks	Drying, impact, bad fit or overstrike	Stop using the tool; repair or replace the handle and verify head security.
Knife rolls or chips	Edge too thin, hard contact, twisting or poor heat treatment	Restore the bevel if minor; retire badly damaged tools and change technique.
Sharpening makes cutting worse	Inconsistent angle, excessive pressure or incomplete burr removal	Mark the bevel, slow down, use a guide if needed and finish both sides evenly.
Near misses increase late day	Fatigue, cold hands, dim light or rushed quota	Stop cutting, warm and rest, improve lighting and resume only with full control.

FIELD CARD, RED FLAGS AND SOURCES

CARRY THE STANDARD

Cutting-zone and daily tool inspection card

The best edge is the sharp one still attached to an intact tool and used by a person who has not become the workpiece.

FIELD CHECKLIST

- ☐ Tool roles and workload defined before selection.
- ☐ Cutting zone has stable footing, lighting and a clear swing radius.
- ☐ Wood support prevents rolling, pinching and unpredictable separation.
- ☐ Handle, head, pins, fasteners, frame and blade inspected.
- ☐ Edge is sharp enough for controlled work and protected in transit.
- ☐ Body position keeps hands, knees and legs outside the miss path.
- ☐ Saw kerf and compression/tension considered before cutting.
- ☐ No cutting while numb, exhausted, distracted or in unsafe weather.
- ☐ Sap, dirt and moisture removed after work.
- ☐ Sharpening angle and method recorded for each tool.
- ☐ Rust control and dry storage maintained.
- ☐ First-aid supplies remain accessible during tool work.

STOP / REASSESS

Loose axe head, cracked handle, damaged saw frame or missing fastener.

Numb hands, uncontrolled shivering, dizziness or impaired judgment.

Cut path crosses a leg, hand, rope, shelter wall or another person.

Wood is under uncertain tension or positioned to roll or spring.

Deep cut, uncontrolled bleeding, loss of motion or sensation after an injury.

AUTHORITATIVE STARTING POINTS

HISTORY - published Alone gear list
<https://www.history.com/shows/alone/articles/gear-list>

U.S. Forest Service - tools and safety
<https://www.fs.usda.gov/>

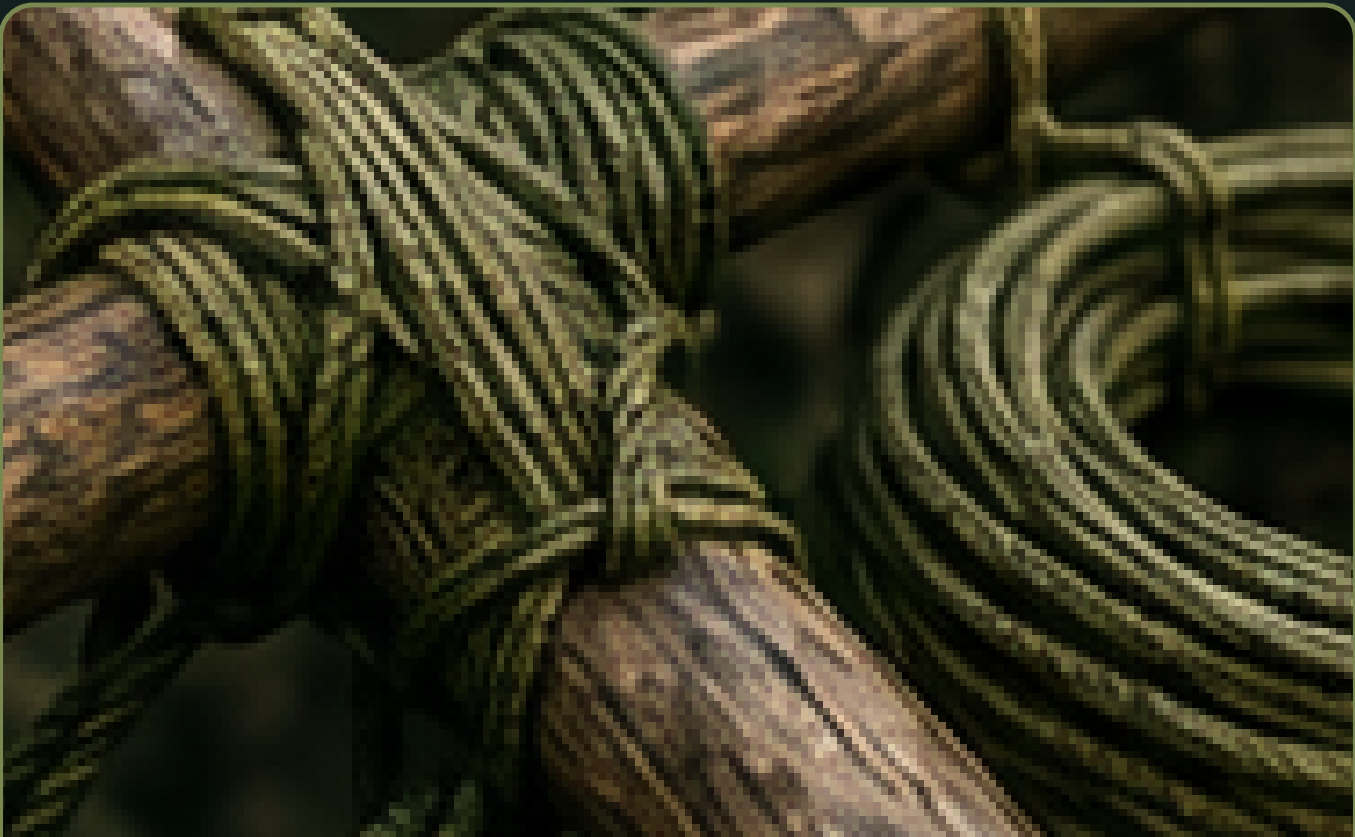
OSHA - hand and power tools
<https://www.osha.gov/hand-power-tools>

American Red Cross - first aid
<https://www.redcross.org/take-a-class/first-aid/performing-first-aid/first-aid-steps>

Axes, saws and knives can cause catastrophic injury. Seek qualified instruction, use manufacturer guidance, maintain an emergency plan and stop work when control or conditions deteriorate.

CORDAGE, KNOTS AND LASHINGS SURVIVAL GUIDE

Material selection, essential knots, tension systems, structural lashings, repairs and inventory control.



10

TIE

IT

TRUST

IT

INSPECT

TIE IT. TRUST IT. INSPECT IT.

SYSTEM PRIORITIES

START WITH THE SYSTEM

Treat cordage as engineered inventory, not disposable string

Cordage saves construction time and permits adjustment, repair and suspension. Its value depends on selecting the right material, tying a knot for the actual load, protecting fibers from abrasion, and inspecting every loaded system.

1 Core principles

- Know the material: strength, stretch, water response, abrasion resistance, heat sensitivity and knot-holding behavior.
- Use the simplest knot that reliably performs the role and can be inspected and untied when necessary.
- Loaded shelter and lifting systems need redundancy, suitable anchors and protection from sharp edges.
- Leave tails, dress knots cleanly and load them in the direction for which they were selected.
- Inventory cordage by length and condition; retire damaged sections from critical loads.

Every knot reduces usable strength. Unknown material, wet fibers, tight bends and abrasion can reduce it further.

2 First-hour priorities

- Separate structural rope, general-purpose line, bank line, repair cord and short offcuts.
- Practice a compact set: fixed loop, adjustable loop, bend, hitch, tensioner and lashing.
- Mark critical lines and avoid cutting full lengths until a repeated need is proven.
- Build smooth anchors and edge protection before tensioning.
- Create a daily walk-around for shelter ridgelines, hanging loads, trip hazards and animal damage.

Never trust a life-safety load to improvised cordage, unknown knots or field assumptions. This guide is for camp systems, not climbing or rescue.

FIELD RULE

A trustworthy cordage system is identifiable, correctly loaded, protected from abrasion, easy to inspect and backed up where failure would matter.

CORDAGE
AND
KNOT
ROLE
MATRIX

CHOOSE
DELIBERATELY

Cordage
and
knot
role
matrix

Choose material and knot together. A perfect knot in the wrong line is still the wrong system.

Role	Useful option	Why it fits	Inspection focus
Fixed loop	Bowline or verified fixed-loop knot	Creates a non-sliding loop around an anchor or object	Tail length, dressing, loading direction and movement.
Adjustable loop	Taut-line style hitch or trucker system	Allows shelter tension and re-tensioning	Slippage on slick line, wet behavior and anchor abrasion.
Join equal lines	Sheet bend, double sheet bend or suitable bend	Connects line without bulky hardware	Diameter mismatch, tails and cyclic loading.
Attach to pole	Clove hitch backed up, constricting hitch or two half hitches	Fast positioning for lashings and camp fixtures	Rolling, end security and pole taper.
High tension	Trucker hitch or mechanical-advantage arrangement	Creates controllable tension with ordinary line	Anchor capacity, trapped fingers and excessive load.
Tripod or shear	Tripod, square or diagonal lashing as geometry requires	Distributes load across poles without cutting joints	Wrap tightness, fraps, pole movement and wet settling.
Temporary repair	Whipping, sewing, binding or splice-like wrap	Stabilizes handles, packs, racks and textiles	Heat, sharp edges, loosening and whether repair is load-critical.

Decision note: Names vary between traditions. Judge a knot by verified structure and function, not by what someone called it beside a campfire.

BUILD AND VERIFY A CORDAGE SYSTEM

REPEATABLE BEATS HEROIC

Build and verify a cordage system

A knot is only one component. The anchor, line path, edge contact, load direction and inspection schedule complete the system.

1

DEFINE THE LOAD

Identify force direction, expected movement, weather, consequences of failure and whether adjustment or release is needed.

2

SELECT MATERIAL AND ANCHOR

Choose line with suitable properties and an anchor that is sound, smooth, correctly oriented and strong enough.

3

TIE, DRESS AND SET

Form the knot correctly, remove crossings, leave adequate tails and apply a controlled test load.

4

PROTECT AND BACK UP

Pad sharp edges, prevent flame and heat exposure, separate moving lines and add redundancy where failure threatens shelter, food or people.

5

INSPECT AND RECLAIM

Check after wind, rain, freezing, load changes and animal contact. Dry, coil, label and return reusable cordage to inventory.

HIGH-VALUE CAMP CORDAGE SYSTEMS

ADAPT BEFORE CONDITIONS FORCE IT

High-value camp cordage systems

Cordage has its highest return when it creates repeatable camp infrastructure without becoming a web of trip hazards.

1 Shelter ridgeline

- Use sound anchors outside likely drainage.
- Keep tension within material and anchor limits.
- Protect bark and line at contact points.
- Add adjustable sections reachable from shelter cover.
- Inspect after wind, rain and temperature change.

2 Tripod and rack

- Select poles with matching strength and safe feet.
- Tie the lashing at the correct hinge geometry.
- Spread legs gradually under control.
- Test with a light load before pots, food or tools.
- Keep fire heat and sharp hardware away from line.

3 Pack and tool repair

- Remove sharp edges before binding.
- Use whipping or lashing that cannot slide toward a taper.
- Back up temporary repairs where failure could cause injury.
- Reserve clean cord for food and medical applications.
- Schedule replacement rather than forgetting the temporary fix.

4 Inventory and reclamation

- Store long lengths separately from short utility pieces.
- Coil without kinks and dry before sealing.
- Mark damaged line for noncritical uses only.
- Untie systems no longer producing value.
- Record repeated lengths to improve future cutting decisions.

FAILURE MODES AND CORRECTIONS

DIAGNOSE THE SYSTEM

Failure modes and corrections

Cordage failures usually begin at an edge, knot, anchor or overlooked change in load. Frequent inspection costs almost nothing compared with rebuilding a collapsed system.

Failure signal	Likely cause	Best correction
Knot slips under load	Wrong knot, slick material, poor dressing or short tail	Unload safely, select a better knot and retest with adequate tails.
Line fuzzes or flattens	Abrasion, overload, heat or repeated bending	Remove from critical service, protect the contact and reroute the line.
Shelter loses tension	Wet stretch, anchor movement, knot creep or fabric settling	Re-anchor, use an adjustable system and inspect after weather changes.
Lashing rotates	Incorrect lashing, loose wraps, no fraps or tapered poles	Unload, rebuild for the actual geometry and add anti-slip features.
Anchor pulls or damages tree	Weak soil, dead wood, bad direction or excessive tension	Choose a sound anchor, reduce load and use protective padding.
Camp becomes tangled	Too many permanent lines, poor height or no traffic plan	Reroute, mark, elevate or remove low-value lines and define walkways.

FIELD CARD, RED FLAGS AND SOURCES

CARRY THE STANDARD

Knot, lashing and cordage inspection card

A clean knot is inspectable. An inspectable knot is maintainable. A mysterious knot-shaped lump is merely suspense.

FIELD CHECKLIST

- ☐ Load, direction and failure consequence defined.
- ☐ Material properties and condition are known.
- ☐ Anchor is sound, correctly oriented and protected.
- ☐ Knot matches the role and is tied from memory under realistic conditions.
- ☐ Knot is dressed, set and has adequate tails.
- ☐ Sharp edges, heat, flame and moving parts are isolated.
- ☐ Critical loads have suitable backup or redundancy.
- ☐ Shelter lines can be adjusted without unsafe exposure.
- ☐ Trip hazards are marked, elevated or removed.
- ☐ Cordage inspected after weather and load changes.
- ☐ Wet line dried before storage.
- ☐ Damaged line labeled and removed from structural use.

STOP / REASSESS

Unknown cordage or knot is carrying a person, suspended heavy load or critical shelter.

Melted, glazed, cut, heavily abraded or chemically contaminated fibers.

Dead tree, loose rock or shallow stake used as a critical anchor.

Line crosses fire, stove, blade path or primary walkway.

Knot changes shape, slips or cannot be inspected while loaded.

AUTHORITATIVE STARTING POINTS

HISTORY - published Alone gear list
<https://www.history.com/shows/alone/articles/gear-list>

Cordage Institute
<https://www.ropecord.com/>

Animated Knots - reference library
<https://www.animatedknots.com/>

U.S. Forest Service
<https://www.fs.usda.gov/>

This guide does not cover climbing, rescue, fall arrest or human suspension. Life-safety rope systems require certified equipment, qualified instruction and applicable standards.

TRACKING, TRAPPING AND SMALL-GAME SURVIVAL GUIDE

Read sign, identify productive habitat, plan lawful small-game effort and protect energy returns.



11

FIND

IT

UNDERSTAND

IT

USE

FIND IT. UNDERSTAND IT. USE JUDGMENT.

KNOWLEDGE. SKILL. DISCIPLINE. SURVIVAL.

SYSTEM PRIORITIES

START WITH THE SYSTEM

Read the landscape before spending calories on it

Tracking is evidence-based observation. The goal is not to name every footprint; it is to determine what animal passed, how recently, what it was doing, whether it is likely to return, and whether a lawful pursuit can produce more energy than it costs.

1 Core principles

- Confirm multiple features - track pattern, stride, size, substrate, scat, feeding sign, hair, feathers and habitat.
- Distinguish fresh sign from old sign before building a plan around it.
- Focus on travel funnels, food, water, cover edges and repeated routes rather than random wandering.
- Use only legal, humane and species-appropriate methods; avoid non-target animals and unnecessary suffering.
- Set an energy and time limit, then stop when evidence does not justify continued effort.

A single track is a clue. A trail with repeated fresh sign, food and cover is a system.

2 First-hour priorities

- Verify hunting and trapping law, seasons, species, equipment and inspection requirements.
- Walk a slow evidence loop near water, cover transitions, feeding areas and natural funnels.
- Photograph or sketch track shape and pattern before disturbing it.
- Mark fresh sign, wind, time, weather and route on a camp map.
- Choose observation, tracking, lawful trapping or no action based on probability and calorie return.

This guide intentionally avoids detailed lethal-trap construction. Designs, laws and humane requirements vary, and professional instruction is essential.

FIELD RULE

Do not let fascination with sign turn into an unbounded hike. Every tracking loop needs a turnaround time, return route and objective success threshold.

EVIDENCE AND DECISION MATRIX

CHOOSE DELIBERATELY

Evidence and decision matrix

Combine evidence. Confidence rises when independent signs agree and the habitat explains why the animal was there.

Evidence	What to examine	Useful inference	Common error
Tracks	Toe count, pad, claws, symmetry, stride and trail width	Species group, gait, direction and approximate recency	Naming from one distorted print.
Scat	Shape, contents, moisture, color and placement	Diet, size class, route use and freshness	Handling without hygiene or assuming age from color alone.
Feeding sign	Cut stems, browse height, shells, cones, digs and caches	Food source and repeated use	Confusing weather or tool marks with animal work.
Beds and cover	Flattened vegetation, hair, tunnels, entrances and escape routes	Resting habitat and approach constraints	Entering the core area and destroying the pattern.
Hair and feathers	Color, length, structure, attachment point and context	Possible species and recent contact site	Using one fragment without tracks or habitat.
Trail pattern	Funnels, crossings, rubs, repeated prints and obstacle choices	Habitual route and likely observation point	Assuming every trail is current.
Weather overlay	Snow, rain, wind, sun and freeze-thaw since passage	Recency window and detection quality	Ignoring substrate-specific aging.

Decision note: Use a confidence scale: possible, probable, confirmed. Change the label only when additional evidence supports it.

TRACK-TO-DECISION WORKFLOW

REPEATABLE BEATS HEROIC

Track-to-decision workflow

Observation should narrow decisions, not merely produce miles. Record evidence, predict the next feature and test the prediction.

1

PAUSE AND PRESERVE

Stop before stepping on the sign. View from multiple angles, note light and substrate, and mark the cleanest example.

2

CLASSIFY THE PATTERN

Identify walking, hopping, bounding or galloping pattern; estimate direction, size and whether multiple animals are present.

3

BUILD THE HABITAT STORY

Connect sign to food, water, cover, weather, terrain and likely time of activity.

4

TEST A PREDICTION

Move to the next expected funnel, crossing or feeding site without contaminating the route. Look for confirming evidence.

5

CHOOSE THE ACTION

Observe, return later, use a lawful method, or stop. Record energy spent, result and what evidence would justify another attempt.

SMALL-GAME STRATEGY SCENARIOS

ADAPT BEFORE CONDITIONS FORCE IT

Small-game strategy scenarios

Small game can provide regular calories, but only when routes and methods fit the animal, law and inspection capacity.

1 Snow tracking

- Use gait pattern before individual print detail.
- Check weather history to estimate track age.
- Look for snow thrown by movement and sharpness of edges.
- Avoid following into dangerous terrain or dense bedding cover.
- Set a hard turnaround time before leaving camp.

2 Forest edge and brush

- Watch transitions between dense cover and food.
- Look for clipped vegetation, tunnels, droppings and repeated crossings.
- Use wind and concealment without entering core cover.
- Choose safe backstops and lawful tools.
- Return at the activity window rather than waiting all day.

3 Lawful trapping plan

- Confirm species, device, placement, marking and inspection rules.
- Select a route with repeated fresh target sign.
- Design for non-target avoidance and humane function.
- Map every set and inspect at legally required intervals or more often.
- Remove ineffective systems before they become hazards.

4 Recovery and processing

- Approach carefully and confirm the animal is dispatched humanely.
- Use gloves or barrier methods when disease risk exists.
- Process away from clean water and sleeping areas.
- Inspect for abnormal lesions or contamination.
- Store food and dispose of waste according to wildlife guidance.

FAILURE
 MODES
 AND
 CORRECTIONS

DIAGNOSE
 THE
 SYSTEM

Failure
 modes
 and
 corrections

Tracking effort fails when evidence is weak, assumptions outrun observation, or travel costs become invisible. Set stopping rules before leaving camp.

Failure signal	Likely cause	Best correction
Trail disappears	Substrate change, old sign, wrong direction or animal left route	Return to last confirmed sign, widen methodically and stop at the time limit.
Repeated empty observation	Wrong activity window, wind, route changed or sign is old	Reassess freshness and habitat; move only with new evidence.
Non-target sign dominates	Placement or method does not discriminate	Remove or relocate the system and revise species identification.
Energy cost exceeds return	Long travel, low encounter rate, difficult terrain	Shorten loops, target closer resources or suspend the strategy.
Sign is misidentified	Distorted print, overlapping animals or confirmation bias	Use pattern, multiple prints, measurements and independent sign.
Animal handling raises disease concern	Abnormal behavior, lesions, parasites or contamination	Avoid consumption and contact; follow public-health and wildlife-agency guidance.

FIELD CARD, RED FLAGS AND SOURCES

CARRY THE STANDARD

Tracking loop and lawful small-game field card

Good tracking converts uncertainty into a decision. Bad tracking converts breakfast into a long walk.

FIELD CHECKLIST

- ☐ Current species, season, method and inspection laws verified.
- ☐ Route, turnaround time, weather and emergency return plan defined.
- ☐ Freshness evaluated using weather and multiple signs.
- ☐ Track pattern recorded before individual-print identification.
- ☐ Food, water, cover and travel funnels mapped.
- ☐ Wind and approach route protect observation quality.
- ☐ Non-target species and people are protected.
- ☐ Every lawful device or observation point is mapped and inspected.
- ☐ Energy cost and result recorded.
- ☐ Recovery, sanitation and processing supplies ready.
- ☐ Abnormal animal appearance or behavior triggers caution.
- ☐ Unproductive systems removed rather than forgotten.

STOP / REASSESS

Unknown or prohibited species or method.

Device could capture people, pets, protected wildlife or unintended animals.

Route crosses avalanche, thin ice, flood, cliff or navigation hazard.

Animal behaves abnormally or shows concerning lesions or contamination.

Tracking continues beyond the planned energy, daylight or weather margin.

AUTHORITATIVE STARTING POINTS

U.S. Fish and Wildlife Service
<https://www.fws.gov/>

Association of Fish and Wildlife Agencies
<https://www.fishwildlife.org/>

CDC - wildlife and zoonotic disease
<https://www.cdc.gov/healthy-pets/about/wild-animals.html>

HISTORY - published Alone gear list
<https://www.history.com/shows/alone/articles/gear-list>

Hunting and trapping laws, humane standards and permitted devices vary. Obtain qualified instruction, follow current regulations and avoid non-target capture. Do not consume abnormal or contaminated animals.

WILD FOODS AND FORAGING SURVIVAL GUIDE

Positive identification, seasonal planning, look-alike control, preparation, preservation and calorie return.



12

KNOW

IT

GATHER

IT

PREPARE

KNOW IT. GATHER IT. PREPARE IT.

SYSTEM PRIORITIES

START WITH THE SYSTEM

Positive identification is the first preparation step

Wild food can diversify a diet, but confident guessing is not identification. A safe foraging system uses regional training, multiple independent features, known habitat and season, legal harvest, careful preparation, and a strict stop rule when any feature conflicts.

1 Core principles

- Eat only species positively identified through multiple diagnostic features and reliable regional references.
- Learn dangerous look-alikes before collecting the edible species they resemble.
- Avoid contaminated sites, roadside runoff, industrial areas, treated landscapes, flood deposits and questionable water.
- Measure energy return: abundant low-calorie plants can still cost more effort than they provide.
- Harvest conservatively so the patch, habitat and future food supply remain productive.

This guide excludes mushroom consumption without expert, region-specific instruction. Fungal look-alikes and toxins are too consequential for generalized field guidance.

2 First-hour priorities

- Build a short regional list of high-confidence species before deployment; do not attempt to learn everything at once.
- For each species, record leaf arrangement, stem, flower or fruit, root or bark, habitat, season and look-alikes.
- Verify collecting permission and restrictions for public, private, protected and Indigenous lands.
- Carry separate containers for confirmed food, unknown specimens and dirty roots.
- Process and label batches individually so one identification error cannot contaminate the entire harvest.

A universal edibility test is not a reliable substitute for positive identification and can expose the user to serious toxins.

FIELD RULE

When a required feature is missing, the habitat is wrong, the season conflicts, or a look-alike cannot be excluded, the correct harvest quantity is zero.

FORAGING VALUE AND RISK MATRIX

CHOOSE DELIBERATELY

Foraging value and risk matrix

Prioritize foods with high identification confidence, reasonable abundance, useful calories or nutrients, simple preparation and low contamination risk.

Food group	Potential value	Main controls	Common failure
Nuts and seeds	Often calorie dense and storable	Species, maturity, shell condition, pests and required leaching	Gathering empty, moldy or unripe material.
Berries and fruits	Water, sugars, vitamins and immediate food	Fruit structure, leaf/stem features, seed pattern and toxic look-alikes	Identifying only by berry color.
Roots and tubers	Possible starch and substantial calories	Whole-plant ID, lawful digging, preparation and contamination	Harvesting after aerial parts disappear or confusing roots.
Greens and shoots	Often abundant and quick to cook	Growth stage, leaf arrangement, sap, habitat and repeated-water needs	Assuming young plants are always safer.
Inner bark or cambium	Emergency starch from selected species	Exact tree ID, sustainable harvest and careful preparation	Ring-barking or using toxic or resinous species.
Sea vegetables	Minerals and bulk in coastal settings	Tide, water quality, species, attachment and legal harvest	Collecting from polluted water or confusing washed-up debris.
Fungi	Potential food but high consequence	Expert local instruction and specimen-level confirmation	Relying on one feature, app or folk rule.

Decision note: Build a personal confidence list: Level A - independently verified and practiced; Level B - known but needs reference; Level C - observe only. Eat only Level A species.

POSITIVE-IDENTIFICATION AND HARVEST WORKFLOW

REPEATABLE BEATS HEROIC

Positive-identification and harvest workflow

The process is designed to fail safely. Every stage can stop the harvest before an uncertain specimen reaches the food pot.

1

OBSERVE IN PLACE

Record habitat, growth pattern, neighboring species, season, abundance and the whole plant before collecting.

2

CONFIRM DIAGNOSTIC FEATURES

Check multiple independent traits using region-specific references and training. Photograph leaves, stems, fruit, flowers and roots where lawful.

3

EXCLUDE LOOK-ALIKES

Name the dangerous alternatives and identify the feature that rules each one out. If that cannot be done, stop.

4

HARVEST AND SEGREGATE

Take a sustainable amount, keep species and batches separate, protect clean food from soil and unknown specimens, and label time and location.

5

PREPARE, OBSERVE AND RECORD

Use the validated preparation method. Introduce only known foods conservatively and record tolerance, yield and labor for future decisions.

SEASONAL FORAGING SCENARIOS

ADAPT BEFORE CONDITIONS FORCE IT

Seasonal foraging scenarios

Season determines what features are visible, what parts are useful and whether a plant can be identified safely.

1 Spring shoots and greens

- Use mature-feature knowledge; juvenile plants can look alike.
- Prefer patches with confirmed adult remnants or repeated observation.
- Harvest tender portions without destroying the crown.
- Cook species that require heat or water changes.
- Do not mix unidentified greens into a shared pot.

2 Summer berries and fruits

- Check leaf arrangement, stem, fruit cluster and seed structure.
- Avoid mold, bird fouling and polluted runoff.
- Use breathable containers to reduce crushing and fermentation.
- Process quickly in warm weather.
- Map productive patches for return visits.

3 Autumn nuts and roots

- Assess shell fill, insect holes, mold and rancidity.
- Know which nuts require leaching or cooking.
- Dig only where lawful and where whole-plant ID is certain.
- Replace soil and minimize patch damage.
- Dry or store only clean sound material.

4 Coastal and wetland foods

- Verify tides, water quality and harvest closures.
- Identify attachment and habitat, not only washed-up appearance.
- Avoid stagnant or contaminated sediment.
- Rinse with appropriately clean water and process promptly.
- Plan safe access before the tide changes.

FAILURE
 MODES
 AND
 CORRECTIONS

DIAGNOSE
 THE
 SYSTEM

Failure
 modes
 and
 corrections

Foraging errors are driven by confirmation bias, mixed batches, missing seasonal features, contamination and poor return on effort. The system must make uncertainty visible.

Failure signal	Likely cause	Best correction
Plant matches only a photo	Key structure, scale, habitat or season not verified	Do not eat; use a regional key or qualified expert and inspect the whole plant.
Collected species become mixed	Similar leaves or berries placed together	Discard the mixed batch; segregate and label at collection.
Food causes mouth, stomach or neurologic symptoms	Misidentification, allergy, toxin or contamination	Stop eating, retain a specimen safely and contact poison control or emergency services.
Patch yield is tiny	Wrong season, overharvest, poor habitat or low-value species	Stop spending calories and redirect to a higher-confidence resource.
Stored nuts or roots mold	Moisture, damaged material or poor airflow	Discard contaminated food; sort, dry and inspect smaller batches.
Waterfront food is abundant but unsafe	Advisory, harmful bloom, sewage, industry or unknown contamination	Do not harvest; use official water-quality and closure information.

FIELD CARD, RED FLAGS AND SOURCES

CARRY THE STANDARD

Positive-identification and harvest control card

Foraging should reduce uncertainty and increase food. When it does the reverse, stop collecting.

FIELD CHECKLIST

- ☐ Species is on a pre-trained regional confidence list.
- ☐ Whole plant and habitat observed before collection.
- ☐ Multiple diagnostic features confirmed.
- ☐ Dangerous look-alikes named and excluded.
- ☐ Season and growth stage support the identification.
- ☐ Harvest is lawful and site is uncontaminated.
- ☐ Confirmed food separated from unknown specimens and dirty roots.
- ☐ Required cooking, leaching or other preparation is known.
- ☐ Batch is labeled by species, place and time.
- ☐ Harvest amount leaves the patch productive.
- ☐ Energy return is recorded honestly.
- ☐ Any symptom triggers immediate stop and professional guidance.

STOP / REASSESS

Identification depends on color, smell, one photograph or a phone application alone.

Mushroom or unknown fungus is being considered without expert confirmation.

Bitter, burning, numbing or otherwise unusual oral sensation.

Collection site has runoff, chemical use, sewage, harmful bloom or harvest closure.

Vomiting, diarrhea, confusion, weakness, breathing difficulty or neurologic symptoms after eating.

AUTHORITATIVE STARTING POINTS

USDA PLANTS Database
<https://plants.usda.gov/>

National Park Service - plant guidance
<https://www.nps.gov/subjects/plants/index.htm>

Poison Control
<https://www.poison.org/>

U.S. Food and Drug Administration - natural toxins
<https://www.fda.gov/food/chemical-contaminants-pe-sticides/natural-toxins-food>

Wild-food identification errors can cause severe poisoning or death. Use expert regional instruction and current local references. Do not consume mushrooms or uncertain plants based on this guide.

TEN-ITEM SELECTION STRATEGY WORKBOOK

Score equipment by survival value, skill fit, calorie return, redundancy, repairability and biome.



13

CHOOSE

WISELY

PRESERVE

OPTIONS

CHOOSE WISELY. PRESERVE OPTIONS.

SYSTEM PRIORITIES

START WITH THE SYSTEM

Select an operating system, not ten attractive objects

A strong loadout covers exposure, water, food, cutting, cooking, repair and recovery while matching the participant's tested skills. The workbook makes tradeoffs explicit so sentiment and gear mythology do not occupy scarce slots.

1 Core principles

- Start with threats and workloads in the specific biome, season and rule set.
- Score the value you can actually extract with proven skill, not theoretical capability.
- Favor items that save repeated calories, create food opportunities or prevent catastrophic failure.
- Map overlap and dependency: a tool may require fuel, line, sharpening, containers or compatible accessories.
- Stress-test the final ten through simulations, then revise based on evidence rather than loyalty.

Ten items do not mean ten independent systems. A pot may support water treatment, cooking, food preservation, storage and heat management.

2 First-hour priorities

- Download and date the current official gear list; the published HISTORY page is labeled Season 12.
- List the top local failure modes: wet cold, wind, fuel scarcity, fishing access, animal pressure, terrain and daylight.
- Inventory your verified skills and rate each as novice, functional, reliable or expert under stress.
- Score every candidate using the same weighted model.
- Run a 72-hour and multi-week simulation with the proposed ten and record missing functions.

The official participant brief governs. Web summaries, older seasons and fan lists are not substitutes for the current rules supplied by production.

FIELD RULE

Choose the item for the repeated problem it solves, the calories it saves and the failure it prevents - then prove that value under realistic conditions.

WEIGHTED SELECTION SCORECARD

CHOOSE DELIBERATELY

Weighted selection scorecard

Score each factor 0-5, multiply by the suggested weight, then compare candidates. Adjust weights only after documenting the biome-specific reason.

Factor	Weight	Score question	Evidence required
Catastrophic-risk control	x5	Does it prevent exposure, injury, unsafe water or total system failure?	Timed drills in severe but controlled conditions.
Repeated calorie savings	x4	How much daily labor does it eliminate?	Measured task time and effort across several days.
Food-production value	x4	Does it create realistic, lawful opportunities in this location?	Regional species research and practiced catch or harvest data.
Multi-system coverage	x3	How many essential functions does it perform well?	Specific tasks, not vague claims of versatility.
Repairability	x3	Can it be maintained with carried skills and materials?	Repair drill, spare parts and failure analysis.
Skill reliability	x4	Can you use it cold, tired, wet and under time pressure?	Simulation results, not range-day confidence.
Dependency burden	x-3	Does it need consumables, accessories or ideal conditions?	Complete dependency map and replenishment plan.
Carry and storage cost	x-2	Does mass, bulk or shelter space impair other systems?	Packed carry test and camp layout trial.

Decision note: A high score is not enough if the candidate duplicates another item or leaves an essential function uncovered. Review the complete system after ranking individual tools.

TEN-ITEM DECISION WORKFLOW

REPEATABLE BEATS HEROIC

Ten-item decision workflow

Use a gated process. An item does not advance because it is beloved; it advances because it survives comparison and simulation.

1

LOCK THE RULE SET

Save the official allowed and prohibited lists, clothing rules, consumable limits and any season-specific notes.

2

DEFINE THE THREAT MODEL

Describe climate, terrain, water, fuel, species, travel, daylight, expected duration and medical constraints.

3

GENERATE CANDIDATES

List several ways to solve each required function before assigning items. Include no-item skill solutions where realistic.

4

SCORE AND MAP OVERLAP

Apply weights, identify dependencies, flag duplicates and confirm every critical function has coverage.

5

SIMULATE AND DECIDE

Run realistic exercises, log failures and energy cost, then freeze the final ten only after corrections are tested.

LOADOUT STRATEGY PROFILES

ADAPT BEFORE CONDITIONS FORCE IT

Loadout strategy profiles

Profiles are starting hypotheses, not prescriptions. The correct loadout depends on local opportunity and the user's strongest repeatable skills.

1 Fishing-led profile

- Prioritizes pot, line and hooks, cutting, fire, shelter and repair.
- Requires legal and accessible fish populations.
- Needs line organization and food preservation plan.
- May sacrifice an additional heavy cutting tool.
- Simulation must include poor fishing days.

2 Hunting-led profile

- Allocates a slot to bow and finite arrows.
- Requires advanced shooting, recovery and legal opportunity.
- Adds maintenance and storage demands.
- Needs complementary daily-calorie strategy.
- Must prove the bow still earns its slot in bad weather.

3 Builder-led profile

- Prioritizes axe, saw or other labor-saving construction system.
- Can create durable shelter and fuel margin quickly.
- Risks overbuilding and delayed food effort.
- Needs a stopping rule for camp improvements.
- Score tools by weeks of repeated work, not first-day excitement.

4 Balanced generalist

- Covers shelter, fire, water, cooking, cutting, fishing and repair.
- Reduces dependence on one food source.
- May lack maximum efficiency in a single specialty.
- Benefits from strong systems discipline.
- Requires honest assessment of which item is merely comforting.

FAILURE MODES AND CORRECTIONS

DIAGNOSE THE SYSTEM

Failure modes and corrections

Loadouts fail when selection is based on identity, novelty, one dramatic scenario or untested claims. The correction is measured practice and ruthless dependency analysis.

Failure signal	Likely cause	Best correction
Too many tools, weak food system	Selection favored building and comfort over calorie production	Replace overlapping tools with a proven food or preservation system.
Item never leaves storage	Low local opportunity, high setup cost or weak skill	Rescore with actual use data and replace if it does not earn repeated value.
One failure disables several systems	Hidden dependency or no repair path	Add redundancy through skills, compatible parts or a different item mix.
Simulation feels easy but field fails	Training omitted cold, wet, fatigue, darkness or scarcity	Repeat under controlled stress and score only reliable performance.
High-value item damages other gear	Poor carry, edge protection or shelter storage	Redesign packing and camp layout; include storage cost in the score.
Final ten change constantly	No decision criteria or emotional attachment	Freeze weights, document evidence and change only after a defined test.

FIELD CARD, RED FLAGS AND SOURCES

CARRY THE STANDARD

Final selection audit and workbook prompts

The scorecard does not make the decision. It prevents the decision from hiding behind enthusiasm.

FIELD CHECKLIST

- ☐ Official current allowed and prohibited lists saved.
- ☐ Biome, season, duration and threat model written.
- ☐ Every candidate tied to a specific repeated function.
- ☐ Skill rating supported by realistic practice evidence.
- ☐ Catastrophic-risk controls covered.
- ☐ Water treatment and cooking workflow complete.
- ☐ Shelter, fire, cutting, repair and food systems integrated.
- ☐ Dependencies and consumables mapped.
- ☐ Overlap and single points of failure reviewed.
- ☐ Packing, storage and maintenance tested.
- ☐ 72-hour and multi-week simulations completed.
- ☐ Final ten signed, dated and justified in one sentence each.

STOP / REASSESS

Selection relies on an outdated season list or unofficial summary.

Item value depends on a skill never performed under field conditions.

No treatment path for water or no safe cooking vessel.

Food plan depends on one uncertain species or opportunity.

A single break, loss or consumable shortage collapses several essential systems.

AUTHORITATIVE STARTING POINTS

HISTORY - published Alone gear list
<https://www.history.com/shows/alone/articles/gear-list>

HISTORY - Alone series overview
<https://www.history.com/shows/alone>

National Weather Service
<https://www.weather.gov/safety/>

National Park Service - planning and safety
<https://www.nps.gov/subjects/healthandsafety/index.htm>

This workbook is independent and not affiliated with HISTORY or A+E Global Media. Official production documents and current local law always control equipment and activity decisions.

COLD WEATHER, SLEEP AND HYPOTHERMIA SURVIVAL GUIDE

Heat-loss control, ground insulation, sleep systems, drying routines, cold injury and emergency decisions.



14

SLEEP

WARM

STAY

ALERT

SLEEP WARM. STAY ALERT.

SYSTEM PRIORITIES

START WITH THE SYSTEM

Protect the body's heat faster than the environment removes it

Cold stress is a systems problem involving shelter, clothing, food, hydration, workload, wind, moisture, ground contact and sleep. The safest plan prevents heat loss early and treats persistent shivering or altered thinking as operational emergencies.

1 Core principles

- Stay dry from precipitation and sweat; moisture strips insulation and accelerates heat loss.
- Insulate from the ground as aggressively as from the air. Compressed bedding loses performance.
- Block wind while preserving enough ventilation to control condensation and combustion hazards.
- Eat, hydrate and schedule work so the body can produce heat without soaking clothing.
- Recognize cold injury early and seek emergency care for severe or worsening symptoms.

Warm air is not enough. Wind, wet clothing and ground contact can overwhelm a small fire and a good attitude with equal efficiency.

2 First-hour priorities

- Establish a dry sleeping platform and deep ground insulation before improving comfort elsewhere.
- Create dry and working clothing categories; protect sleep layers from sweat and rain.
- Stage fire-starting, water, light and footwear so a nighttime problem does not require disorganized exposure.
- Set a pre-sleep routine: eat, drink, urinate, dry feet, adjust layers and inspect shelter ventilation.
- Create clear thresholds for stopping work, rewarming, requesting help or evacuating.

Do not use open flame or unsafe combustion inside an enclosed shelter. Carbon monoxide is colorless, odorless and deadly.

FIELD RULE

Persistent shivering, clumsiness, confusion, slurred speech, unusual behavior or declining consciousness are not endurance tests; they are reasons to stop, shelter, rewarm and seek emergency help.

HEAT-LOSS CONTROL MATRIX

CHOOSE DELIBERATELY

Heat-loss control matrix

Control all major paths of heat loss. Improving one while ignoring another can create a false sense of safety.

Heat pathway	Field example	Primary control	Inspection question
Conduction	Sleeping on cold ground, wet logs or metal	Deep dry ground insulation and raised platform	Is bedding compressed, damp or too thin under hips and shoulders?
Convection	Wind stripping warm boundary air	Windproof shell, tight shelter skin and protected entrance	Where can moving air reach clothing or sleep system?
Evaporation	Sweat, wet clothing, breath and damp bedding	Pace work, vent layers and dry equipment	Did work create moisture faster than the system can remove it?
Radiation	Heat lost from exposed body and large shelter volume	Insulation, hat, smaller protected space and reflector used safely	Is unnecessary volume being heated?
Respiration	Cold dry air and high exertion	Moderate pace, face protection that does not obstruct breathing	Is heavy breathing driven by avoidable overwork?
Fuel deficit	Insufficient food and dehydration	Regular calories, warm fluids and planned reserves	Is declining warmth actually an energy problem?
Sleep disruption	Cold spots, wet feet, fire tending and anxiety	Reliable bedding, dry layers and a nighttime plan	Can the system maintain safe rest without constant crisis work?

Decision note: Test the sleep system in controlled conditions colder, wetter and windier than expected, with the clothing and body position you will actually use.

COLD-NIGHT SLEEP WORKFLOW

REPEATABLE BEATS HEROIC

Cold-night sleep workflow

A safe night is built before darkness. Sequence the work so shelter, bedding, fuel and dry clothing are protected while energy is still available.

1

SECURE THE SHELTER ENVELOPE

Repair leaks and drafts, manage drainage, protect ventilation and reduce unnecessary interior volume.

2

BUILD THE GROUND SYSTEM

Create a dry platform and enough loft to prevent hips and shoulders from compressing insulation to the ground.

3

DRY AND STAGE

Change out of wet work layers, dry feet, protect sleep clothing and stage boots, light, water and fire tools.

4

FUEL THE BODY AND CAMP

Eat an appropriate meal, hydrate, prepare safe fuel and eliminate tasks that would force unnecessary nighttime exposure.

5

MONITOR AND RESPOND

Check cold spots, moisture, shivering, thinking and partner behavior. Rewarm early and activate emergency plans when symptoms progress.

COLD-WEATHER OPERATING SCENARIOS

ADAPT BEFORE CONDITIONS FORCE IT

Cold-weather operating scenarios

Different cold problems need different corrections. Wind, wetness, ground contact and metabolic fatigue are not interchangeable.

1 Wet cold near freezing

- Prioritize rain protection and sweat control.
- Change or dry wet base layers before rest.
- Increase airflow around bedding while keeping precipitation out.
- Use smaller work cycles to avoid soaking insulation.
- Treat persistent dampness as a shelter failure.

2 Dry extreme cold

- Protect exposed skin and extremities.
- Manage breath moisture near sleep insulation.
- Use deep loft and minimize compression.
- Warm tools and boots carefully without fire damage.
- Schedule frequent self-checks for numb or pale tissue.

3 Wind event

- Inspect anchors, roof, entrance and tree hazards early.
- Move work and storage into protected zones.
- Eliminate loose clothing and gear that can snag.
- Reduce trips outside.
- Maintain ventilation even while sealing drafts.

4 Nighttime decline

- Stop and assess shivering, speech, coordination and thinking.
- Replace wet clothing and add insulation from ground and wind.
- Use warm sweet fluids only when the person is alert and can swallow safely.
- Handle gently and avoid unsafe direct heat.
- Request emergency help for severe or worsening symptoms.

FAILURE
 MODES
 AND
 CORRECTIONS

DIAGNOSE
 THE
 SYSTEM

Failure
 modes
 and
 corrections

Cold systems often fail gradually: a damp layer, compressed bed, low food intake and one windy hour combine until judgment declines. Early correction is far easier than rescue.

Failure signal	Likely cause	Best correction
Cold hips or shoulders at night	Compressed or insufficient ground insulation	Add dry loft under pressure points and widen the insulated platform.
Bedding becomes damp	Sweat, breath, ground moisture, leaks or poor ventilation	Identify the moisture source, vent, dry and protect the sleep system.
Hands or feet stay cold	Wetness, constriction, low activity, poor insulation or systemic cooling	Dry, loosen, insulate and rewarm; assess for cold injury.
Shivering returns despite fire	Wind, wet clothing, ground loss, low fuel or progressing hypothermia	Move to shelter, replace wet layers, insulate fully and seek emergency help.
Morning gear is frozen	Moisture trapped in boots, gloves or clothing	Dry earlier, store strategically and keep critical items from saturating.
Thinking and coordination decline	Cold stress, exhaustion, dehydration or hypothermia	Stop work, shelter, rewarm, communicate and activate evacuation criteria.

FIELD CARD, RED FLAGS AND SOURCES

CARRY THE STANDARD

Cold-night readiness and symptom card

The purpose of the sleep system is not merely comfort. It preserves judgment, coordination, immunity, recovery and tomorrow's work capacity.

FIELD CHECKLIST

- ☐ Weather, wind, precipitation and overnight low reviewed.
- ☐ Shelter leaks, drainage, ventilation and overhead hazards checked.
- ☐ Ground insulation remains deep and dry.
- ☐ Sleep clothing is clean enough, dry and protected.
- ☐ Wet work layers separated and drying safely.
- ☐ Food and hydration completed before bed.
- ☐ Fire and combustion plan is safe and ventilated.
- ☐ Boots, light, water and emergency gear staged.
- ☐ Hands, feet, face and skin inspected for cold injury.
- ☐ Shivering, speech, coordination and thinking assessed.
- ☐ Night checks and partner checks scheduled when appropriate.
- ☐ Evacuation and communication thresholds remain clear.

STOP / REASSESS

Persistent or violent shivering, or shivering that stops despite continued cold.

Confusion, apathy, slurred speech, stumbling, poor coordination or unusual behavior.

Waxy, pale, hard, numb or blistered skin.

Unsafe indoor flame, stove or combustion with inadequate ventilation.

Person cannot swallow safely, becomes drowsy or loses consciousness.

AUTHORITATIVE STARTING POINTS

CDC - hypothermia and cold weather
<https://www.cdc.gov/winter-weather/about/about-hypothermia.html>

National Weather Service - cold safety
<https://www.weather.gov/safety/cold>

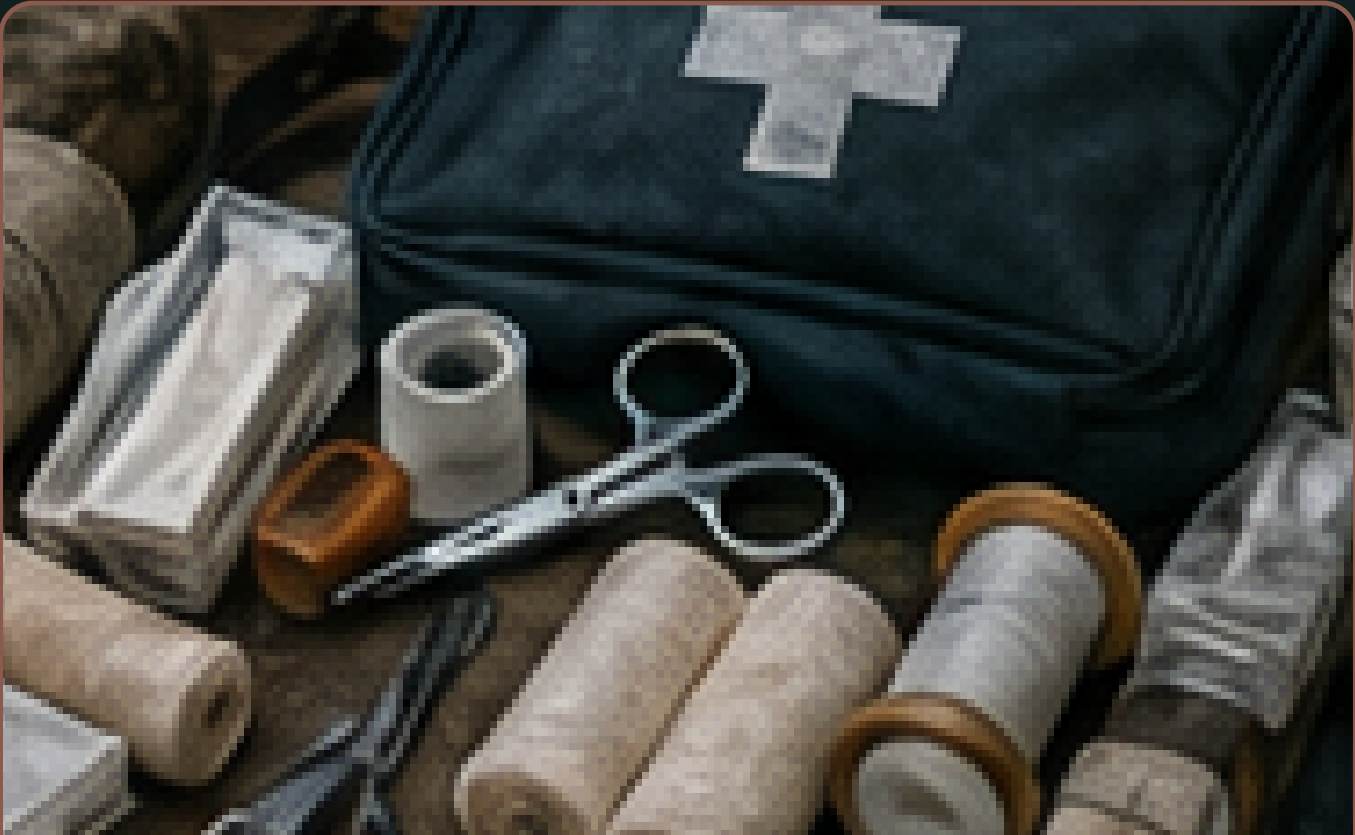
Wilderness Medical Society
<https://wms.org/>

American Red Cross - first aid
<https://www.redcross.org/take-a-class/first-aid/performing-first-aid/first-aid-steps>

Cold injury and hypothermia are medical emergencies. This guide supports prevention and recognition but does not replace emergency services, medical assessment or professional wilderness-medicine training.

WILDERNESS FIRST AID AND INJURY PREVENTION GUIDE

Prevention, scene safety, bleeding, wounds, burns, injuries, environmental illness and evacuation decisions.



15

PREVENT

ASSESS

GET

HELP

PREVENT. ASSESS. GET HELP.

SYSTEM PRIORITIES

START WITH THE SYSTEM

Prevent the injury, recognize the emergency and avoid making it worse

Remote first aid begins with scene safety and early communication. The goal is not improvised heroics; it is to control immediate threats, protect breathing and circulation, prevent further harm, monitor changes and reach professional care.

1 Core principles

- Check scene safety before contact. Fire, unstable trees, thin ice, wildlife, tools and water can create additional patients.
- Activate emergency communication early for serious illness, major trauma or deteriorating condition.
- Address life threats first: responsiveness, breathing, severe bleeding and environmental exposure.
- Use clean technique, simple immobilization and frequent reassessment rather than aggressive field procedures.
- Document time, mechanism, symptoms, treatment and changes for rescuers and medical professionals.

A medical kit without practiced decision-making is a pouch of optimistic inventory.

2 First-hour priorities

- Train through a recognized first-aid or wilderness first-aid course before remote travel.
- Build a kit around realistic hazards, personal medications, wound care, bleeding control, burns and immobilization.
- Carry two communication or signaling paths where possible and share the emergency plan.
- Review allergies, medical conditions, medications and evacuation triggers before deployment.
- Run drills for severe bleeding, cold exposure, burns, eye injury, fractures and loss of communication.

Follow the training you have received and the directions of emergency dispatch. Do not perform invasive procedures beyond your qualification.

FIELD RULE

When symptoms are severe, worsening, unexplained or beyond training, protect the patient and seek professional help early rather than waiting for certainty.

PRIORITY ASSESSMENT MATRIX

CHOOSE DELIBERATELY

Priority assessment matrix

Use a structured scan. Findings in the highest-priority rows override camp tasks, schedules and equipment concerns.

Priority	Look for	Immediate objective	Escalation
Scene safety	Fire, water, falling objects, weapons, electricity, wildlife, traffic or unstable terrain	Remove or control the hazard without creating another casualty	Call for rescue when safe access or removal is not possible.
Responsiveness and breathing	Unresponsiveness, abnormal or absent breathing, airway obstruction	Follow trained CPR/AED and airway procedures; dispatch emergency help	Immediate emergency response.
Severe bleeding	Rapid blood loss, pooling, soaked dressings or traumatic amputation	Direct pressure and trained bleeding-control methods	Immediate evacuation and emergency guidance.
Circulation and shock signs	Pale, cool, clammy skin; weakness; altered behavior; rapid breathing	Limit movement, protect temperature and monitor closely	Urgent evacuation for serious injury or worsening signs.
Neurologic concern	Confusion, seizure, severe headache, weakness, head injury or loss of consciousness	Protect airway and spine as trained; prevent further injury	Urgent or immediate emergency evaluation.
Environmental illness	Hypothermia, heat illness, dehydration, altitude or immersion	Stop exposure and begin trained supportive care	Evacuate when severe, worsening or unable to correct.
Wounds and injuries	Burns, fractures, sprains, eye injury, infection or pain	Clean, cover, immobilize and monitor within training	Professional care for deep, contaminated, disabling or worsening injury.

Decision note: Reassess after every intervention and whenever the patient changes. A normal finding once is not a lifetime warranty.

REMOTE FIRST-AID RESPONSE WORKFLOW

REPEATABLE BEATS HEROIC

Remote first-aid response workflow

Use the same sequence under stress. It protects the responder, finds life threats and creates a usable handoff to rescuers.

1

MAKE THE SCENE SAFE

Stop tools and fire, control animals, avoid water or fall hazards, use protective barriers and determine the mechanism of injury.

2

CHECK AND CALL

Assess responsiveness and breathing. Activate emergency services or the expedition communication plan early for life threats.

3

CONTROL IMMEDIATE THREATS

Follow current trained procedures for CPR, severe bleeding, airway problems and environmental exposure.

4

FOCUSED EXAM AND PROTECTION

Identify pain, deformity, burns, wounds, neurologic changes and medical history. Clean, cover or immobilize only within training.

5

MONITOR AND EVACUATE

Record vital observations and trends, protect temperature, prevent food or drink when unsafe, and prepare a clear transfer report.

COMMON REMOTE MEDICAL SCENARIOS

ADAPT BEFORE CONDITIONS FORCE IT

Common remote medical scenarios

These pages emphasize recognition and decision thresholds. Exact treatment should follow current certified training and emergency-dispatch guidance.

1 Bleeding and wounds

- Use protective barriers when available.
- Apply firm direct pressure for serious bleeding.
- Do not repeatedly lift dressings to check.
- Clean minor wounds with appropriately clean water and cover.
- Evacuate deep, contaminated, gaping or function-threatening wounds.

2 Sprain, fracture or crush

- Stop movement and expose the area carefully.
- Check circulation, sensation and movement beyond the injury.
- Immobilize in the position found unless trained circumstances require otherwise.
- Recheck after splinting.
- Evacuate deformity, open fracture, loss of circulation or inability to travel safely.

3 Burn or eye injury

- Stop the burning process and remove ongoing exposure.
- Cool thermal burns with cool clean water when appropriate; avoid ice.
- Protect with clean non-stick covering.
- Do not remove embedded eye objects.
- Seek urgent care for deep, large, facial, airway, electrical, chemical or eye injuries.

4 Illness and dehydration

- Track intake, output, vomiting, diarrhea, fever and mental status.
- Use safe water and oral fluids only when the person is alert and can swallow.
- Protect from temperature extremes.
- Separate suspected contaminated food or water.
- Evacuate confusion, severe weakness, persistent vomiting, blood, severe pain or inability to hydrate.

FAILURE MODES AND CORRECTIONS

DIAGNOSE THE SYSTEM

Failure modes and corrections

Medical problems worsen when the scene stays dangerous, communication is delayed, heat loss is ignored, or a temporary improvement is mistaken for resolution.

Failure signal	Likely cause	Best correction
Responder is injured	Hazard not controlled before contact	Stop, reassess the scene and request specialized rescue.
Bleeding continues	Pressure inadequate, wound not exposed or dressing disturbed	Apply continuous trained bleeding control and activate emergency response.
Splint increases pain or numbness	Too tight, poor position or swelling	Loosen or adjust within training and reassess circulation immediately.
Patient becomes confused or drowsy	Shock, head injury, temperature illness, poisoning or worsening medical condition	Protect airway and temperature; initiate urgent evacuation.
Wound becomes red, swollen or draining	Infection or retained contamination	Seek medical evaluation; do not rely on field remedies.
Plan delays evacuation repeatedly	Wishful thinking, weather or unclear thresholds	Use predetermined triggers and communicate early while options remain.

FIELD CARD, RED FLAGS AND SOURCES

CARRY THE STANDARD

Emergency assessment, documentation and evacuation card

Write down what happened and what changed. Stress edits memory with the confidence of a bad proofreader.

FIELD CHECKLIST

- ☐ Scene hazards controlled before patient contact.
- ☐ Protective barriers used when available.
- ☐ Responsiveness and breathing assessed.
- ☐ Emergency communication activated for serious or worsening conditions.
- ☐ Severe bleeding controlled using trained methods.
- ☐ Patient protected from cold, heat and wet ground.
- ☐ Focused exam and mechanism documented.
- ☐ Circulation, sensation and movement checked around injuries.
- ☐ Medications, allergies and medical history recorded.
- ☐ Time and response to care documented.
- ☐ Evacuation route and assistance requirements identified.
- ☐ Patient reassessed until transferred to professional care.

STOP / REASSESS

Unresponsiveness, abnormal breathing, severe chest pain or signs of stroke.

Uncontrolled bleeding, major trauma, amputation or penetrating injury.

Confusion, seizure, repeated vomiting, worsening headache or loss of consciousness.

Severe burn, eye injury, open fracture or loss of circulation or sensation.

Rapid deterioration, severe dehydration, suspected poisoning or inability to keep the person safely in the field.

AUTHORITATIVE STARTING POINTS

American Red Cross - first aid steps
<https://www.redcross.org/take-a-class/first-aid/performing-first-aid/first-aid-steps>

American Heart Association - CPR and emergency care
<https://cpr.heart.org/>

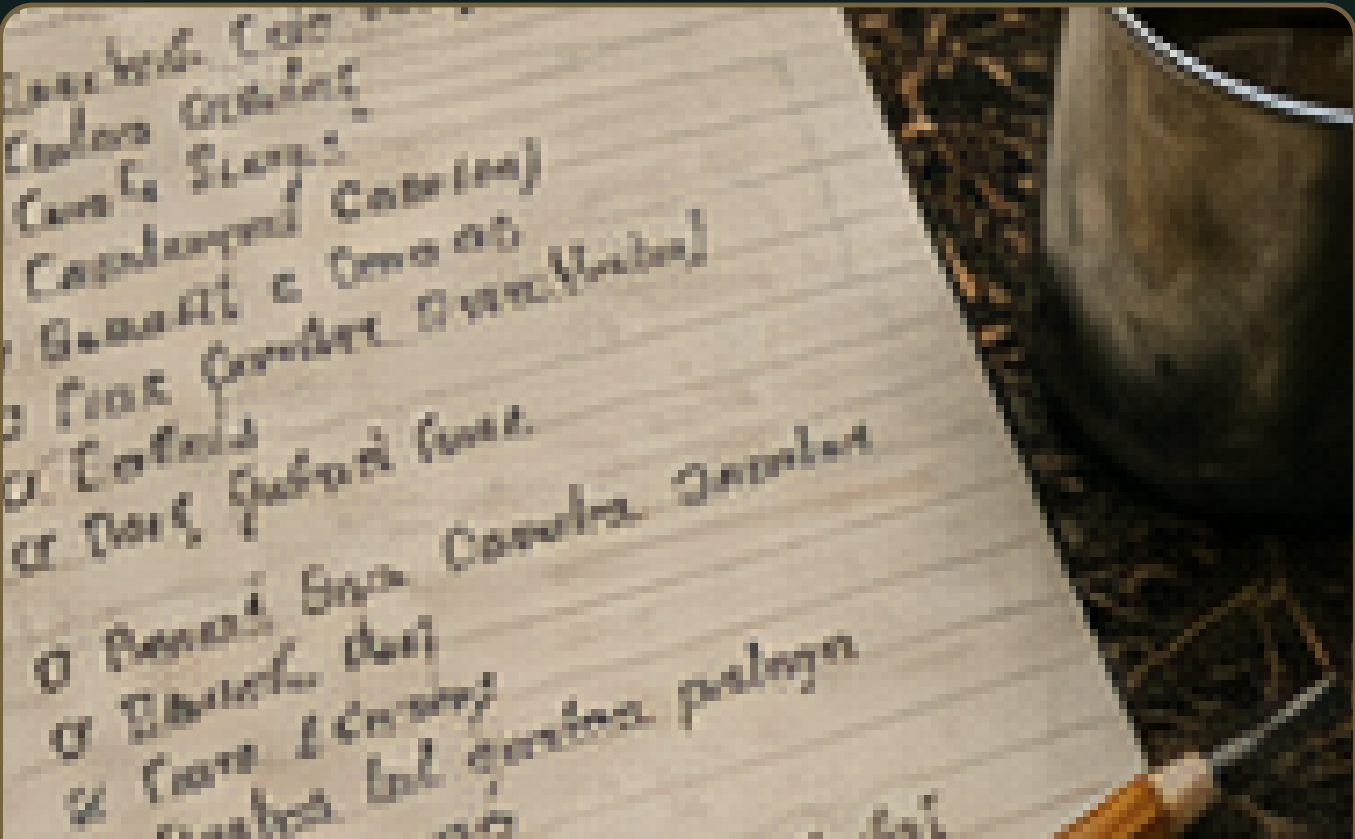
Wilderness Medical Society
<https://wms.org/>

CDC - emergency preparedness
<https://www.cdc.gov/emergency/>

This guide is not medical advice and does not replace certified first-aid training, emergency dispatch or professional care. Call emergency services for life-threatening or worsening conditions.

ENERGY BUDGET AND DAILY CAMP SYSTEMS GUIDE

Calorie-return planning, task triage, route design, work-rest cycles, inspections and operational records.



16

MANAGE

ENERGY

WIN

THE

LONG

MANAGE ENERGY. WIN THE LONG GAME.

SYSTEM PRIORITIES

START WITH THE SYSTEM

Spend energy only where it protects life or produces repeatable return

Long-duration survival is a budget problem. Shelter, water, wood, food, maintenance and recovery compete for limited calories and daylight. A good camp converts repeated work into routines, infrastructure and shorter routes.

1 Core principles

- Prioritize threats before improvements: exposure, injury, water, unstable fire, wildlife and critical equipment failure.
- Measure repeated tasks by time, distance, load and result; memory underestimates routine costs.
- Build infrastructure only when it reduces future work more than it costs to create and maintain.
- Group trips and tasks by route, weather window and tool setup to reduce transitions.
- Preserve sleep, food, hydration and recovery because exhausted judgment wastes more calories than it saves.

A beautiful camp that consumes every day is a monument to overhead.

2 First-hour priorities

- Create a camp map with shelter, firewood, water, food work, storage, latrine and hazard zones.
- Log one baseline day: minutes, trips, distance, loads and outcome for every major task.
- Identify the largest recurring cost and redesign that system first.
- Set minimum daily standards for water, fuel, food effort, drying, maintenance and health checks.
- Create stop rules for construction, travel and low-probability food pursuits.

Avoid false precision. Estimates are useful when they compare options consistently, not when they pretend to measure exact metabolism with a pencil.

FIELD RULE

Every major task should answer one of three questions: What threat does it control? What repeatable return does it create? What will make me stop?

TASK VALUE MATRIX

CHOOSE DELIBERATELY

Task value matrix

Score tasks before starting, especially late in the day. High urgency and high repeatability deserve first claim on energy.

Task class	Examples	When to do it	Stop condition
Immediate safety	Shelter leak, severe cold, injury, unsafe water, wildlife breach	Now; suspend lower-value work	Threat controlled or professional help activated.
Daily sustainment	Water, essential fuel, food handling, sanitation, health checks	Scheduled minimum every day	Daily reserve and clean system secured.
High-return food	Known fishing window, active trapline check, ripe patch	When evidence and conditions align	Time or energy limit reached; return falls below threshold.
Preventive maintenance	Drying, edge care, line inspection, shelter tension	Before minor degradation becomes failure	Critical gear restored and documented.
Infrastructure	Wood rack, path, bench, drainage, storage	When payoff repeats across many days	Expected future savings no longer exceed build cost.
Comfort improvement	Decoration, extra space, low-use furniture	Only after margins are secure	Any core system or recovery need becomes underfunded.
Exploration	New food area, fuel source or route	With a hypothesis, map, turnaround and reserve	Evidence fails, weather changes or return margin closes.

Decision note: Add a confidence score. A high theoretical return with weak evidence should rank below a modest, reliable daily system.

DAILY OPERATING RHYTHM

REPEATABLE BEATS HEROIC

Daily operating rhythm

Routines protect cognition. The sequence should reveal threats early, use weather windows and end with tomorrow prepared.

1

MORNING STATUS CHECK

Assess body, sleep, weather, shelter, fire, water, food inventory, wildlife sign and critical gear before committing to travel.

2

SET THREE PRIORITIES

Choose one safety or sustenance task, one food task and one maintenance task. Everything else is optional.

3

BATCH MOVEMENT

Combine water, fuel, inspection and observation routes while preserving clean and dirty workflows.

4

USE THE WEATHER WINDOW

Schedule drying, fishing, cutting, travel and preservation when wind, precipitation, light and temperature favor them.

5

CLOSE THE CAMP

Refill water and fuel, secure food, dry gear, inspect systems, record results and stage the morning restart.

ENERGY DECISIONS IN THE LONG GAME

ADAPT BEFORE CONDITIONS FORCE IT

Energy decisions in the long game

The same task can be wise in one context and wasteful in another. Judge timing, probability, repeatability and recovery cost.

1 Shelter versus food

- Fix leaks, drainage and dangerous instability first.
- Stop cosmetic building once sleep is dry and wind-protected.
- Shift to food when shelter improvements have diminishing returns.
- Use bad-weather periods for indoor maintenance.
- Track whether construction reduces daily fuel and drying costs.

2 Firewood economics

- Measure trips and burn rate.
- Process sizes that match actual fire use.
- Build covered storage only to the level needed.
- Use saw, axe and routes that minimize handling.
- Do not burn premium dry wood for avoidable open-air waste.

3 Food pursuit threshold

- Estimate probability, travel, setup, wait and recovery cost.
- Favor repeated evidence and known feeding windows.
- Use a hard turnaround time.
- Record calories or meals, not just sightings.
- Suspend methods that repeatedly fail to cover their labor.

4 Recovery day

- Maintain water, food safety, shelter and essential fire.
- Reduce heavy cutting and long travel.
- Repair feet, hands, clothing and sleep debt.
- Use low-cost observation and camp maintenance.
- Resume workload based on function, not guilt.

FAILURE
 MODES
 AND
 CORRECTIONS

DIAGNOSE
 THE
 SYSTEM

Failure
 modes
 and
 corrections

Energy systems fail through hidden repetition: extra trips, poor storage, unfinished tasks, constant relighting, scattered tools and construction without a payoff date.

Failure signal	Likely cause	Best correction
Day is full but core work is unfinished	Too many transitions, no priorities or comfort projects	Set three priorities, batch routes and defer optional work.
Firewood demand keeps rising	Shelter leakage, inefficient fire, wet fuel or oversized heated space	Improve envelope, fuel storage and fire purpose before cutting more.
Food effort produces little	Weak evidence, excessive travel or poor timing	Set ROI thresholds and redirect to reliable methods.
Gear failures repeat	No inspection rhythm or temporary repairs forgotten	Create daily and weekly maintenance lists with owners and dates.
Sleep and judgment decline	Work extends too late, cold system weak or recovery ignored	Protect evening closeout and schedule recovery before errors multiply.
Camp layout causes constant walking	Zones placed by convenience rather than flow	Move high-frequency functions closer while preserving sanitation and wildlife spacing.

FIELD CARD, RED FLAGS AND SOURCES

CARRY THE STANDARD

Daily energy budget and closeout card

A well-run camp turns yesterday's work into today's margin. A poorly run camp asks for the same payment every morning.

FIELD CHECKLIST

- ☐ Body status, sleep and injuries assessed.
- ☐ Weather and daylight window reviewed.
- ☐ Shelter, fire, water and wildlife threats checked.
- ☐ Three priorities written before optional tasks.
- ☐ Routes batched and turnaround times set.
- ☐ Food pursuits tied to evidence and ROI threshold.
- ☐ Heavy work paired with hydration, food and rest.
- ☐ Tools staged and returned to defined storage.
- ☐ Drying and preservation windows used.
- ☐ Water, fuel and food secured before dark.
- ☐ Results and failures recorded.
- ☐ Tomorrow's first task staged before sleep.

STOP / REASSESS

Persistent dizziness, weakness, confusion, injury or inability to recover overnight.

Core shelter, water or food-safety work is deferred for construction or exploration.

Travel continues without turnaround time, map or weather margin.

Firewood or water demand increases for several days without system diagnosis.

Decision-making becomes impulsive, hopeless or unusually rigid.

AUTHORITATIVE STARTING POINTS

National Park Service - trip planning
<https://www.nps.gov/subjects/healthandsafety/trip-planning-guide.htm>

National Weather Service
<https://www.weather.gov/safety/>

CDC - physical activity and heat
<https://www.cdc.gov/heat-health/>

HISTORY - Alone series overview
<https://www.history.com/shows/alone>

Energy needs and medical tolerance vary substantially. This planning guide is not nutrition or medical advice. Persistent decline, illness or injury requires professional assessment and may require evacuation.

MENTAL RESILIENCE AND ISOLATION SURVIVAL GUIDE

Purpose, routines, cognitive checks, emotional regulation, morale, decision traps and stopping criteria.



17

STAY

CLEAR

STAY

CONNECTED

TO

STAY CLEAR. STAY CONNECTED TO PURPOSE.

SYSTEM PRIORITIES

START WITH THE SYSTEM

Protect judgment as deliberately as shelter and fire

Isolation, hunger, cold, pain, uncertainty and sleep loss change attention and decision-making. Resilience is not denial; it is a system of purpose, routine, observation, emotional regulation, objective health checks and timely use of support or evacuation.

1 Core principles

- Define purpose and non-negotiable safety values before stress narrows perspective.
- Use stable morning and evening routines to reduce decision load and reveal changes early.
- Separate facts, interpretations and emotions when evaluating setbacks.
- Track sleep, appetite, pain, mood, motivation, errors and unusual thinking rather than relying on memory.
- Predetermine conditions that require communication, professional help or ending the challenge.

Persistence is useful. Persistence that refuses new evidence is merely stubbornness with better branding.

2 First-hour priorities

- Write a one-paragraph purpose statement and a short list of reasons to leave safely.
- Create a daily schedule with work, food effort, maintenance, rest, hygiene and reflection.
- Establish a five-minute cognitive and emotional check at the same times each day.
- Choose grounding, breathing, journaling and task-reset practices that have already been tested.
- Identify trusted contacts, emergency communication methods and mental-health resources before deployment.

Thoughts of self-harm, inability to stay safe, hallucinations, severe confusion or loss of reality testing require immediate emergency support.

FIELD RULE

A strong decision can include stopping. The objective is to protect life and judgment, not to defend yesterday's plan from today's evidence.

DAILY MENTAL-STATUS AND DECISION MATRIX

CHOOSE DELIBERATELY

Daily mental-status and decision matrix

Use trends, not one mood. Repeated decline across several domains is more important than a single difficult day.

Domain	Stable signs	Concerning trend	Action
Orientation and thinking	Knows date, plan, location and risks; decisions remain flexible	Confusion, fixation, poor sequencing or unusual beliefs	Stop complex work, eat, hydrate, rest, reassess and communicate if persistent.
Mood and motivation	Emotions vary but tasks and self-care continue	Sustained hopelessness, panic, withdrawal or inability to initiate basics	Reduce load, use supports and seek professional help when severe or worsening.
Sleep	Rest is imperfect but restorative enough for safe work	Several nights of severe loss, nightmares, agitation or daytime impairment	Prioritize sleep system and medical or mental-health consultation.
Behavior	Tools, fire, food and travel remain deliberate	Risk-taking, neglect, anger, impulsivity or repeated preventable errors	Stop hazardous tasks and activate predetermined support thresholds.
Appetite and self-care	Eats, drinks, washes, treats injuries and maintains shelter	Refuses food/water, ignores wounds or abandons hygiene	Treat as a health decline, not a character flaw; seek help.
Connection to purpose	Can name values and adjust goals realistically	Identity becomes tied to staying at any cost	Review exit criteria and discuss with a trusted professional or support person.
Safety	No intent to harm self or others; reality testing intact	Self-harm thoughts, plan, hallucinations or inability to stay safe	Immediate emergency response and continuous support if possible.

Decision note: Use a simple green-yellow-red record. Two or more yellow domains for several days, or any red safety domain, should trigger a predefined response.

SETBACK-TO-DECISION WORKFLOW

REPEATABLE BEATS HEROIC

Setback-to-decision workflow

A structured reset prevents a bad hour from dictating the week and prevents serious decline from being dismissed as a bad hour.

1

STOP HAZARDOUS WORK

Put down tools, move away from water, cliffs, fire and wildlife risk, and create a physically safe pause.

2

STABILIZE THE BODY

Eat, hydrate, warm or cool, treat pain within guidance, and rest. Physical deficits often amplify cognitive distress.

3

NAME FACTS AND STORY

Write what happened, what is known, what is assumed and what emotion is present. Avoid permanent conclusions during acute distress.

4

CHOOSE THE SMALLEST USEFUL ACTION

Repair one critical system, clean one area, prepare one meal or complete one communication step.

5

REASSESS AGAINST THRESHOLDS

Compare function and safety with prewritten criteria. Seek support or leave when the threshold is met, even if pride objects.

ISOLATION AND RESILIENCE SCENARIOS

ADAPT BEFORE CONDITIONS FORCE IT

Isolation and resilience scenarios

Mental resilience is built from ordinary repeatable actions, not constant inspiration. The system should still work on dull, frightened or discouraged days.

1 Boredom and monotony

- Use rotating work themes and small measurable goals.
- Maintain hygiene and camp order.
- Learn from observations rather than inventing unnecessary risk.
- Create safe rituals for meals and evening closeout.
- Avoid turning entertainment into calorie-heavy projects.

2 Major setback

- Secure immediate safety and inventory remaining capability.
- Separate loss from total-catastrophe language.
- Preserve core shelter, water, food and medical functions.
- Ask what can be rebuilt, replaced or simplified.
- Delay irreversible decisions until stabilized unless safety requires immediate exit.

3 Fear and wildlife stress

- Verify signs and distinguish evidence from imagined proximity.
- Improve food, waste, lighting and travel systems.
- Use agency guidance rather than folklore.
- Limit repeated checking that disrupts sleep without reducing risk.
- Leave when wildlife conditions cannot be managed safely.

4 Motivation collapse

- Reduce the day to essential minimum standards.
- Eat and hydrate before interpreting the feeling.
- Complete one visible task that restores control.
- Review purpose and exit criteria without shame.
- Communicate and seek professional help if decline persists or safety changes.

FAILURE MODES AND CORRECTIONS

DIAGNOSE THE SYSTEM

Failure modes and corrections

Mental systems fail when every thought is treated as fact, routine disappears, sleep debt accumulates, or identity makes safe withdrawal feel unacceptable.

Failure signal	Likely cause	Best correction
Tasks feel impossible	Hunger, sleep loss, overload or depression	Stabilize physical needs, reduce scope and complete one essential step.
Repeated risky shortcuts	Fatigue, urgency, frustration or impaired judgment	Stop hazardous work, simplify the plan and use written checklists.
Obsessive focus on one failure	Cognitive narrowing and stress	Write alternative explanations and redirect to controllable systems.
Camp order collapses	Low motivation, illness or routine loss	Restore one zone at a time, beginning with food, tools and sleeping area.
Exit criteria keep moving	Identity, sunk cost or fear of disappointment	Use the criteria written before deployment and involve outside support.
Self-harm thoughts or loss of reality testing	Mental-health emergency	Contact emergency services or crisis support immediately and do not remain alone.

FIELD CARD, RED FLAGS AND SOURCES

CARRY THE STANDARD

Daily resilience, cognition and safety check

Write the check before you need it. A tired mind is an excellent lawyer for whichever impulse arrived first.

FIELD CHECKLIST

- ☐ Date, location, weather and plan are clear.
- ☐ Sleep quality and duration recorded.
- ☐ Food, hydration, pain and temperature status checked.
- ☐ Mood and motivation named without judgment.
- ☐ Recent mistakes or near misses recorded.
- ☐ Purpose statement reviewed.
- ☐ Three essential tasks selected; optional work limited.
- ☐ Grounding or breathing practice completed.
- ☐ Hygiene, wound care and camp order maintained.
- ☐ Green-yellow-red mental status recorded.
- ☐ Communication or support threshold reviewed.
- ☐ Exit decision compared with prewritten safety criteria.

STOP / REASSESS

Thoughts, intent or plan to harm self or another person.

Hallucinations, severe confusion, paranoia or inability to distinguish reality.

Several days of profound sleep loss, refusal of food/water or inability to perform basic self-care.

Repeated dangerous errors or impulsive behavior around tools, fire, water or terrain.

Feeling unable to leave because identity or shame matters more than safety.

AUTHORITATIVE STARTING POINTS

988 Suicide and Crisis Lifeline
<https://988lifeline.org/>

National Institute of Mental Health
<https://www.nimh.nih.gov/health>

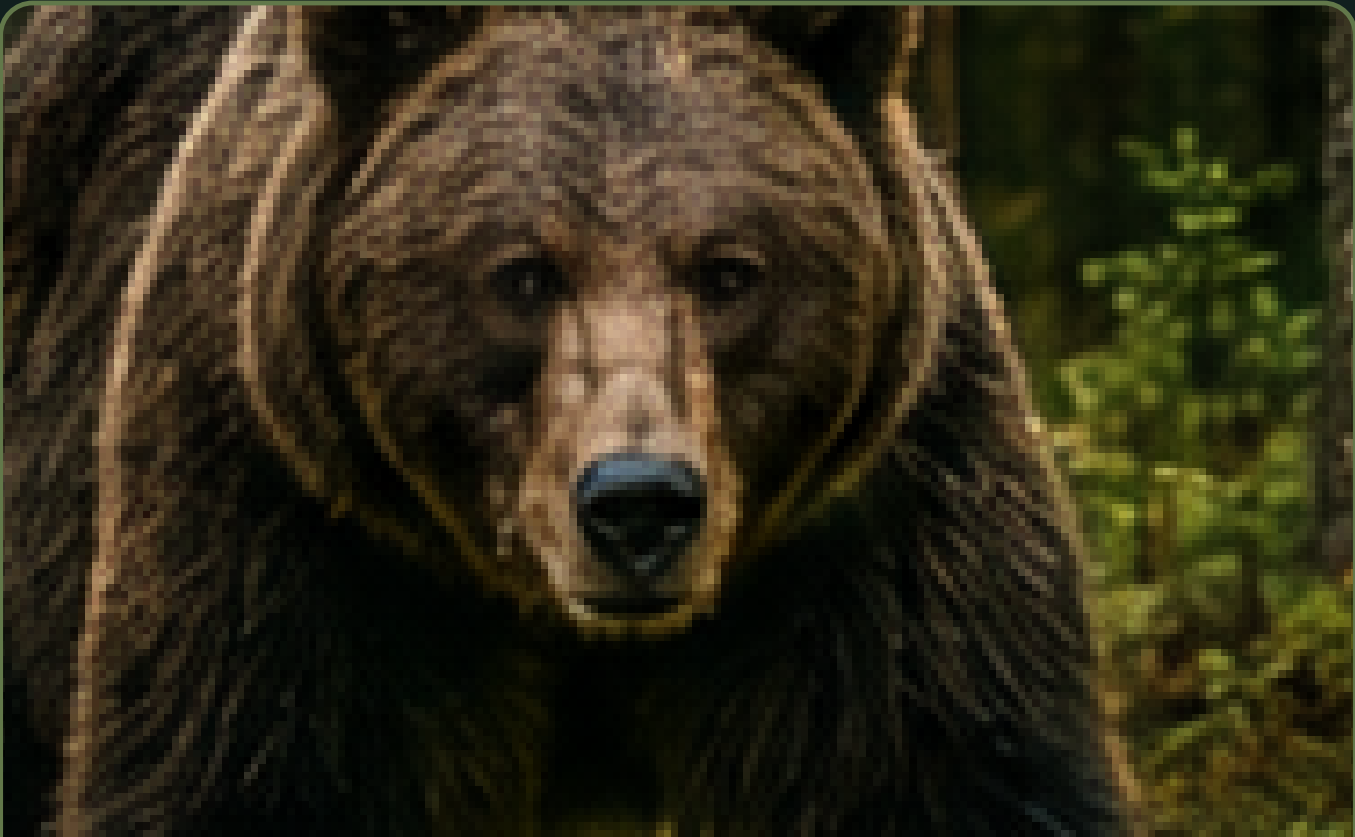
CDC - coping with stress
<https://www.cdc.gov/mental-health/living-with/>

HISTORY - Alone series overview
<https://www.history.com/shows/alone>

This guide is educational and not mental-health treatment. In the United States, call or text 988 for crisis support; call emergency services for immediate danger. Use the appropriate local crisis service outside the U.S.

PREDATOR AND WILDLIFE CAMP SAFETY GUIDE

Camp placement, attractant control, bear and large-animal awareness, encounters, food storage and regional planning.



18

RESPECT

WILDLIFE

PROTECT

CAMP

RESPECT WILDLIFE. PROTECT CAMP.

SYSTEM PRIORITIES

START WITH THE SYSTEM

Prevent wildlife conflict through clean systems and regional knowledge

Wildlife safety begins before an encounter. Camp location, food and waste control, visibility, travel habits and current agency guidance reduce surprise and prevent animals from learning that camp provides calories.

1 Core principles

- Research the species, season and local agency recommendations for the exact region.
- Keep food, garbage, toiletries, bait, fish, game, cooking residue and other attractants controlled.
- Separate sleeping, cooking, processing and storage zones as terrain and official guidance require.
- Avoid surprising animals: maintain visibility, read fresh sign and alter travel in dense cover or low light.
- Never use one universal encounter script; appropriate response varies by species and behavior.

A clean camp is not merely tidy. It is a behavior-management system for animals with excellent noses and no respect for your organizational chart.

2 First-hour priorities

- Contact the managing wildlife agency and save current bear, predator, ungulate and food-storage guidance.
- Select camp away from carcasses, heavy game trails, dense feeding sites, poor visibility and fresh concentrated sign.
- Build an attractant inventory that includes non-food odors and processing waste.
- Define daylight and nighttime travel rules, lighting and communication.
- Practice species-specific encounter responses and prepare approved deterrents where lawful and permitted.

Food-storage regulations vary. Some areas require approved bear-resistant containers and prohibit or discourage hanging methods.

FIELD RULE

Do not wait for repeated visits. The first sign that an animal is obtaining food or becoming habituated demands an immediate camp-system correction and agency guidance.

WILDLIFE RISK AND PREVENTION MATRIX

CHOOSE DELIBERATELY

Wildlife risk and prevention matrix

Use local guidance for exact responses. This matrix focuses on universal prevention and the evidence that should change camp behavior.

Risk source	Evidence	Prevention system	Escalation
Food and cooking odor	Tracks, scat, disturbed storage, repeated approaches	Approved storage, clean cooking zone, residue control and prompt waste handling	Stop food activity and contact agency when an animal accesses attractants.
Carcass or processing site	Ravens, tracks, drag sign, strong odor or fresh kill	Avoid site; separate processing and storage; increase awareness	Leave immediately if large predator sign is fresh or animal is present.
Dense travel corridor	Heavy trails, beds, rubs, poor visibility and fresh sign	Relocate camp or route; make appropriate presence known	Change travel time or abandon route when surprise risk remains high.
Bear encounter	Bear changes route, approaches, defends food or shows stress behavior	Follow species and agency-specific guidance; do not run	Use approved deterrent and emergency action as trained and locally advised.
Large ungulate	Moose, elk, bison or deer blocks route, charges or guards young	Give wide space, never crowd, use barriers and alternate route	Leave area; seek help after injury or persistent aggressive behavior.
Small scavengers	Chewed bags, droppings, missing food or contaminated surfaces	Hard storage, clean camp, remove nesting access and protect gear	Discard contaminated food and repair entry points.
Marine or reptile hazard	Tide-zone predators, crocodilians, snakes or venomous species	Region-specific distance, lighting, footwear and site selection	Immediate medical response for bite, envenomation or attack.

Decision note: Identify whether behavior is defensive, food-conditioned, predatory, territorial or simply transit. Do not guess during a close encounter; use prelearned local guidance.

WILDLIFE-SAFE CAMP WORKFLOW

REPEATABLE BEATS HEROIC

Wildlife-safe camp workflow

Prevent attractants from entering the sleeping system, then inspect before evidence becomes a pattern.

1

ASSESS THE SITE

Look for fresh tracks, scat, feeding sign, carcasses, trails, visibility, escape routes and seasonal food sources.

2

DESIGN ZONES

Place sleeping, cooking, processing, waste and storage according to terrain and current agency recommendations.

3

CONTROL EVERY ATTRACTANT

Inventory food, trash, toiletries, bait, fish, game, grease, clothing and containers. Clean and store immediately after use.

4

TRAVEL WITH AWARENESS

Adjust for wind, noise, visibility, daylight, young animals, carcasses and fresh sign. Avoid headphones and blind approaches.

5

INSPECT AND ESCALATE

Walk the camp perimeter, record sign and secure systems. Relocate, stop food activity or contact authorities when visits repeat or behavior changes.

WILDLIFE ENCOUNTER AND CAMP SCENARIOS

ADAPT BEFORE CONDITIONS FORCE IT

Wildlife encounter and camp scenarios

Exact responses differ by animal and region. These scenarios emphasize distance, attractant control and the decision to leave early.

1 Bear sign near camp

- Determine freshness without following into cover.
- Stop cooking and processing until the site is reassessed.
- Inspect storage and residue for access.
- Follow local guidance for species and behavior.
- Relocate or seek agency direction if visits repeat or a bear obtains food.

2 Moose or large ungulate

- Give more distance than seems necessary.
- Do not position between adult and young.
- Use a substantial object as a barrier if threatened.
- Back away and choose another route.
- Treat any trampling or impact as a medical emergency.

3 Nighttime camp noise

- Wake fully and use light from a protected position.
- Do not rush blindly outside.
- Account for food, waste, pets or companions.
- Identify only from safe distance and follow regional guidance.
- Repair the attractant or access failure before returning to sleep.

4 Fish or game processing

- Choose a site away from sleeping and clean-water work.
- Keep tools, clothing and surfaces organized.
- Move edible food promptly into approved storage.
- Handle remains according to local rules and wildlife guidance.
- Increase awareness around blood, odor, birds and fresh predator sign.

FAILURE MODES AND CORRECTIONS

DIAGNOSE THE SYSTEM

Failure modes and corrections

Wildlife incidents are often preceded by ignored sign, food rewards, poor visibility or a camp design that concentrates odor near people.

Failure signal	Likely cause	Best correction
Animal returns repeatedly	Attractant remains, food reward occurred or camp sits on travel route	Stop food activity, secure every odor source, relocate and contact wildlife authorities.
Storage is damaged	Container, hang or site is inadequate for local species	Discard contaminated food, upgrade to approved storage and reassess the entire camp.
Surprise encounters increase	Dense cover, low light, quiet travel or route through feeding habitat	Change route and timing, increase awareness and avoid high-risk habitat.
Response advice conflicts	Species, region or behavior not identified	Follow the current managing-agency guidance for the exact animal and location.
Scavengers contaminate food	Soft packaging, residue, open waste or shelter access	Use hard or approved storage, clean surfaces and remove access routes.
Fear disrupts sleep and judgment	Evidence unclear, system weak or repeated visits	Verify sign, strengthen controls, seek guidance and leave when safety margin is gone.

FIELD CARD, RED FLAGS AND SOURCES

CARRY THE STANDARD

Wildlife-safe camp and encounter-prevention card

The objective is not to win an encounter. It is to keep the encounter from becoming necessary.

FIELD CHECKLIST

- ☐ Regional species and seasonal behavior researched.
- ☐ Current agency encounter and food-storage guidance saved.
- ☐ Camp is away from carcasses, dense trails and fresh concentrated sign.
- ☐ Sleeping, cooking, processing, waste and storage zones defined.
- ☐ All food and non-food attractants inventoried.
- ☐ Approved storage method used correctly.
- ☐ Cooking surfaces, pots and clothing cleaned and stored.
- ☐ Processing remains handled according to local rules.
- ☐ Perimeter and storage inspected morning and evening.
- ☐ Travel rules account for visibility, wind, young animals and low light.
- ☐ Approved deterrents are accessible and practiced where lawful.
- ☐ Relocation and emergency thresholds are prewritten.

STOP / REASSESS

Animal obtains food or repeatedly approaches people or camp.

Fresh carcass, cache, heavy predator sign or defensive animal near the route.

Food-storage system does not meet local requirements.

Large animal blocks movement, charges, stalks or shows escalating behavior.

Any bite, envenomation, crushing injury or suspected rabies exposure.

AUTHORITATIVE STARTING POINTS

National Park Service - bear safety
<https://www.nps.gov/subjects/bears/safety.htm>

National Park Service - food storage
<https://www.nps.gov/articles/bearsafetyfood.htm>

U.S. Fish and Wildlife Service
<https://www.fws.gov/>

CDC - wild animals and health
<https://www.cdc.gov/healthy-pets/about/wild-animals.html>

Wildlife behavior and recommended responses vary by species, region and circumstance. Follow current managing-agency guidance and local law. Keep distance, control attractants and seek emergency care after injury or exposure.