

UNOFFICIAL FIELD MANUAL

THE ULTIMATE GUIDE TO WINNING ALONE

Complete field manual for survival, self-reliance, and outlasting the competition



STAY DRY



STAY FED



STAY WARM



STAY ALIVE

Publishing note

This is an unofficial field manual for people studying wilderness self-reliance and long-duration survival competition strategy. It is not affiliated with, sponsored by, or endorsed by any television network, production company, land agency, or outfitter. Always follow the laws, seasons, land-use rules, game regulations, conservation rules, and safety requirements for your actual location.

The manual assumes a cold, wet, remote northern setting with strong wind, limited daylight, and high calorie pressure. It combines the project doctrine from the prior Vancouver Island and Arctic guides: choose the right site, protect the sleep system, build durable systems, secure food passively, keep water clean, control moisture, and do not waste calories on vanity projects.

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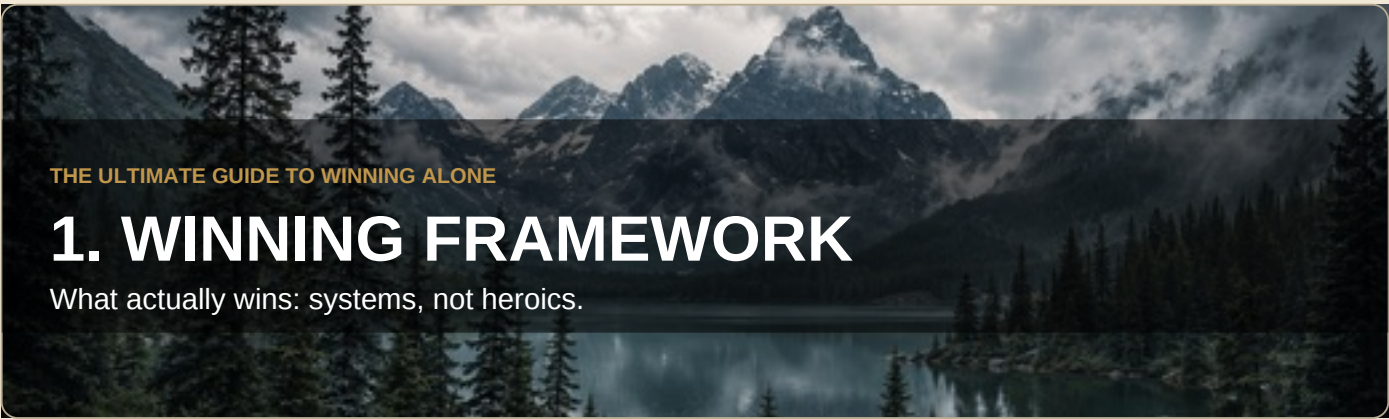
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1. Winning Framework

Winning means keeping survival accounts solvent: heat, water, calories, labor, and risk. The person who wastes fewer calories and makes fewer preventable mistakes can outlast the person with a prettier camp.

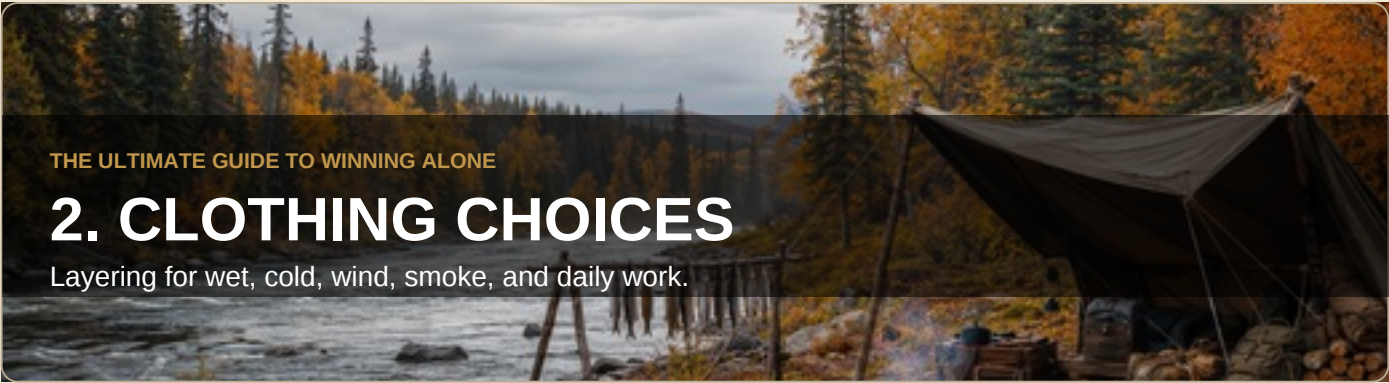
Core doctrine: site first, sleep dry, water clean, wood staged, passive food working, tools parked, body checked, morale managed.

The five survival accounts

Account	Meaning	How to keep it solvent
Heat	Body heat, fire heat, insulation.	Avoid sweat, dry layers daily, keep bedding sacred.
Water	Repeatable hydration.	Collect cleanest source, boil, store separately.
Calories	Food coming in and not wasted.	Passive systems early; preserve every surplus.
Labor	Time, joints, hands, morale.	Short paths, right build order, stop before injury.
Risk	Infection, burns, cuts, rules.	Separate dirty/clean work; check laws; secure fire.

Competition mindset

Ask every morning: What can kill me today? What must be dry tonight? What food system can work while I rest? What repair will be harder if ignored? Build the camp in sequence: gear, preparation, timelines, camp, shelter, food, water, fire, and fieldcraft.



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2. CLOTHING CHOICES

Layering for wet, cold, wind, smoke, and daily work.

2. Clothing Choices

Clothing is a durable kit that keeps sweat low during work, blocks wind when static, and still functions after smoke, fish slime, rain, snow, and constant abrasion.

Layering rules

Layer	Best materials	Purpose / failure to avoid
Base layer	Merino wool: Duckworth, Woolx, Ibex, KUIU 145, Aclima/Brynje mesh.	Move moisture off skin; avoid cotton.
Mid layer	Dense wool shirt/sweater, fleece, boreal hoodie.	Warmth that tolerates sparks and smoke.
Work shell	Waxed canvas, tight wool, KUIU/SITKA soft shell.	Abrasion, brush, wind; avoid fragile ultralight.
Storm shell	KUIU Yukon TR, SITKA Dew Point, Fjallraven Eco-Shell, ArcTeryx Alpha SV.	Rain and wet snow; vent while moving.
Static insulation	Down/synthetic parka or heavy wool rule.	Stops heat loss after fishing/glassing.
Feet/hands/head	Baffin boots, OR Alti mitts, wool hats, gaiters.	Protect dexterity and avoid all socks wet at once.

Premium cold/wet system

Category	Locked winner / alternates	Cost snapshot
Base top/bottom	Duckworth Maverick / Woolx / Ibex lightweight merino.	\$80-\$180 per piece
Wool shirt/jacket	Micklagard Forest Shirt / WeatherWool shirt-jac.	\$300-\$800+
Pants	Micklagard Hamra Pro; WeatherWool Jacquard; KUIU/SITKA storm pants.	\$200-\$650+

Category	Locked winner	Premium alternates	Cost snapshot
Pants	WeatherWool Jacquard or Micklagard Hamra Pro.	KUIU Pro Brush, Fjallraven Keb, FORLOH Brush to Mountain.	\$220-\$650
Rain shell	KUIU Yukon TR jacket/pants.	SITKA Dew Point Pro, Arc'teryx Alpha SV, Fjallraven Eco-Shell.	\$350-\$900 each
Extreme boot	Baffin Snow Monster.	Baffin Impact/Eiger-type expedition boots, pac boot systems.	\$250-\$450
Socks/insoles	Baffin North Sock + alpaca felt insole.	Woolx Joey, Darn Tough heavyweight, PAKA alpaca.	\$25-\$75
Hands	Outdoor Research Alti II mitt.	SITKA Blizzard GTX mitt, wool liner + leather chopper.	\$120-\$250
Head/neck	Wool beanie with brim, shemagh/scarf, buff.	Alpacas of Montana wind-stopping hat, WeatherWool cap.	\$25-\$120

Clothing routines that prevent tap-outs

Never let every sock or glove be wet at once. Keep a dry reserve in the sleeping bag or high shelf.

Separate smoke/fish processing clothes from sleep layers. Food odor in bedding creates wildlife and morale problems.

Dry by airflow first and heat second. Too close to flame shrinks wool, melts synthetics, and burns holes.

Build a mudroom: boot pegs, drip rail, hanger rack, mitten line, and a dry threshold into the cabin.

Patch small holes the day they happen. Tiny abrasion becomes heat loss, wet skin, and infection.

Clothing boards by environment

Scenario	Base decision	Outer decision	Foot/hand decision	What changes
Vancouver Island / wet coast	Merino base + wool shirt; avoid cotton once rain begins.	Waterproof shell is a must; wool/canvas work layer under it.	Waterproof boots, wool socks, leather work gloves plus waterproof gloves.	Mud, rain, and rot dominate. Drying rack and smoke separation are critical.
Arctic fall / freeze-thaw	Merino mesh/light base under heavier wool mid layers.	Windproof shell plus serious static insulation for glassing/fishing.	Baffin-style boots, alpaca/wool socks, overmitt system.	Prevent sweat. Frost, wet snow, and wind rob heat faster than rain alone.
Long-term camp work	Durable wool/canvas/brush pants and repairable shirt.	Storm shell parked unless weather requires it.	Boot rotation, mitten line, hanger rack.	Abrasion and daily drying beat ultralight performance.
Hunting window	Quiet wool/soft shell; low shine; scent discipline.	Layer so you can sit still without shivering.	Warm hands but trigger/release dexterity preserved.	Do not overdress during approach; add insulation at blind.

Clothing repair and drying protocol

Each evening, clothing is triaged in this order: socks and foot skin, gloves/mittens, base layer moisture, shell damage, boot liners, and sleep clothing. Wet clothing goes to the mudroom, not the bed. Warm air movement beats direct flame. Turn heavy garments inside out, use hangers to create air gaps, and park boots upside down on angled pegs so meltwater drains away.

Problem	Field repair	Do not
Small wool hole	Darn with wool thread, dental floss, or thread; back with patch if needed.	Leave it until it ladders into a tear.
Shell tear	Dry fabric, tape inside/outside, keep edges rounded.	Patch over fish slime or wet fabric.

Problem	Field repair	Do not
Boot leak	Dry, clean, pitch/wax seam, add gaiter discipline.	Hold boots over flame. Glue and leather fail.
Glove abrasion	Patch palm with leather scrap; keep liners dry.	Use only insulated mitts for axe work.
Smoke/fish odor	Air outside sleeping area; keep one clean sleep layer.	Bring dirty processing clothes into the sleeping bag.

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3. 10 SPECIAL ITEM CHOICES

The kit is a working system, not a trophy list.

3. 10 Special Item Choices

This guide uses the project assumption that the tarp may be issued separately in some scenarios. If the current rule set counts the tarp as one of the ten items, take the tarp and adjust the board by dropping the lowest-confidence food or redundancy item for your location. Always reconcile the final board with the official rule list before departure.

Locked no-budget board

#	Item	Best choice / type	Why it earns the slot
1	Sleeping bag	Western Mountaineering Puma GWS or warmer expedition-class bag.	Sleep is the calorie bank; cold nights compound every mistake.
2	Axe	Hoffman 2.25 lb Camp Axe / premium 24-26 in forest axe.	Wood, shelter, splitting, stakes, furniture, and emergency chopping.
3	Saw	Silky BigBoy Outback or Katanaboy if rules allow length.	Fast poles with fewer calories than chopping.
4	Knife	Full-tang fixed blade, 4.5-6.5 in, easy to sharpen.	Food, carving, traps, hide, shelter details, repairs.
5	Pot	TOAKS 2000 ml titanium or 2 qt approved pot with lid.	Boil water, render fat, cook stews, dye, pitch, clay work.
6	Ferro rod	Überleben Hexa PRO or Exotac fireROD XL.	Reliable fire under wet fatigue; pair with a tinder vault.
7	Fishing kit	300 yd mono + hooks + improvised line boards.	Primary food engine in most wet northern locations.
8	Bank line	#36 tarred bank line / approved equivalent.	Lashings, nets, trotlines, racks, repairs, snares where legal.
9	Bow + arrows	Black Widow PCH/PSA/PMA take-down recurve; legal arrow kit.	Only long-range, repeatable large/small game tool.
10	Snare wire	Brass/stainless trapping wire if legal.	Passive small game system, repairs, pins, toggles, pot hangers.

Bow and arrow board

The bow must match the shooter after weight loss, cold hands, and poor sleep. Accuracy beats draw weight. A controllable 45-55 lb traditional bow is more valuable than an impressive bow the user cannot shoot from awkward positions.

Component	Recommendation	Field notes
Bow	Black Widow PCH take-down recurve; Bear Super Kodiak or Bear Take Down as practical alternates.	Short enough for blind/brush work; long enough for stable shooting.
Arrows	Traditional Only Barebow Carbon Signature, Black Eagle Vintage, or similar tough carbon.	Tune broadheads before the drop; carry repair nocks and wax.
Broadheads	Steel Force Traditional single bevel / Woodsman / Grizzly-style.	Use only for legal large game. Keep covered.
Small game heads	Judo, G5 small game, Thrasher.	Blunt/grass-grabbing heads reduce lost arrows.
Fishing tie add-on	Add string-tie points to three small-game arrows only; no fishing arrowhead required.	Wrap behind nock/fletching with a secure serving or sliding loop; use in shallow water only.
Accessories	Leather back quiver, arm guard, string silencers, bow stringer, wax.	Unstring when stored; keep bow dry but not roasted by fire.

Maintenance stations

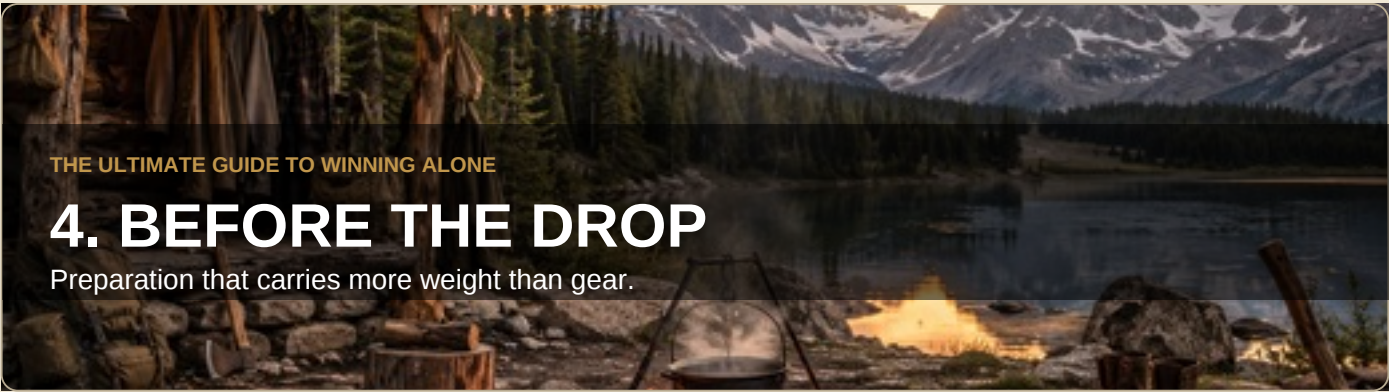
Each item needs a parking spot: axe on chopping block or tool wall, saw covered and dry, knife clean and stropped, ferro rod on body or fire shelf, fishing kit on a line board, snare wire coiled, bow unstrung and dry, pot inverted on clean pegs, and sleep bag sealed from food odor.

Alternate ten-item boards

Board	Take	Drop / swap	Use when
Fish-heavy wet coast	Sleeping bag, axe, saw, knife, pot, ferro rod, fishing kit, bank line, snare wire, tarp if counted.	Bow can drop if dense brush, low large-game odds, or poor shooting skill.	Vancouver Island-style wet coast where fish, shellfish, and rain control the game.
Arctic bow-aggressive	Sleeping bag, axe, saw, knife, pot, ferro rod, fishing kit, bank line, bow/arrows, snare wire.	Tarp must be issued or swapped in if not.	Open enough terrain and legal game opportunity justify bow calories.
Conservative long-stay	Sleeping bag, tarp, axe, saw, knife, pot, ferro rod, fishing kit, bank line, snare wire.	Bow drops for guaranteed shelter/cordage/security.	Unknown terrain, brutal weather, or weak archery skill.
Builder/campcraft heavy	Sleeping bag, tarp, axe, saw, knife, pot, ferro rod, bank line, paracord/rope, fishing kit.	Snare wire or bow drops depending food laws.	When shelter and wet-weather infrastructure are the central problem.

Cost and buying priority

Priority	Spend money on	Reason
1	Sleeping bag / sleep insulation.	Every night taxes the body. Warm sleep compounds decisions and repairs.
2	Boots, socks, mitts.	Feet and hands end stays early. Cheap extremity systems are false economy.
3	Axe and saw.	Wood is heat, shelter, water, and food preservation.
4	Rain shell and durable wool.	Wet cold defeats strong people.
5	Bow, arrows, and tuning.	Only worth it if you practice enough to make clean shots.
6	Luxury/custom clothing.	Beautiful wool helps, but not before sleep, feet, fire, and food systems.



4. Before the Drop

Preparation should be rehearsal of the first week under cold, wet, tired conditions. Practice the exact sequence: scout, tarp, water, fire, food sets, wood, dry sleep, and next-day plan.

Train the exact sequence

Training block	Standard before drop	Why it matters
Fire in wet weather	Make flame from ferro rod using gathered tinder and feather sticks.	Most failures come from too little pencil-lead kindling.
Shelter module	Build one wall bay, one roof module, one no-notch door/latch.	Learn labor cost before calories matter.
Food processing	Fillet fish and skin small game cleanly.	Food is lost to dirt, hair, heat, and scavengers.
Cold movement	Chop, saw, tie knots, shoot, and fish wearing gloves.	Hands fail first; train dexterity.
Routine practice	Run morning/evening reset checklist for a week.	Winning is daily reset under fatigue.

Mental pre-load

Decide before Day 1: scout before settling, tarp protects sleep, passive food starts early, permanent walls wait until the site is proven, water boils before sleep, and wood is staged before dark.

Mental pre-load

Before the drop, decide what you will not debate on Day 1: you will scout before settling, keep the tarp for sleep, start passive food systems, build no permanent walls until the site is proven, boil water before sleep, and stage firewood before dark. Deciding in advance saves willpower.

Skills to rehearse as timed drills

Drill	Target standard	Notes
Tarp shelter	15-25 minutes in wind/rain with a raised dry bed start.	Practice with gloves and headlamp-level visibility.
Gill net / line board	Deploy, mark, and retrieve without tangles.	Use mock net if laws/setting do not allow practice.
Three snares	Tie, anchor, set height, guide lightly, disable safely.	Practice non-lethal demonstration sets first.
Fish hook carving	Make a bone/wood/gorge hook and test under tension.	Smooth edges; line grooves matter.
Fire from wet wood	Split to dry core, make feather sticks, light pencil kindling.	The standard is repeatability, not luck.
Small game processing	Skin and clean rabbit/squirrel without hair on meat.	Clean hands, clean blade, clean surface.
Campcraft module	Build tool wall, drying rack, and a stool from raw material.	Learn how long "simple" actually takes.

Pre-drop research packet

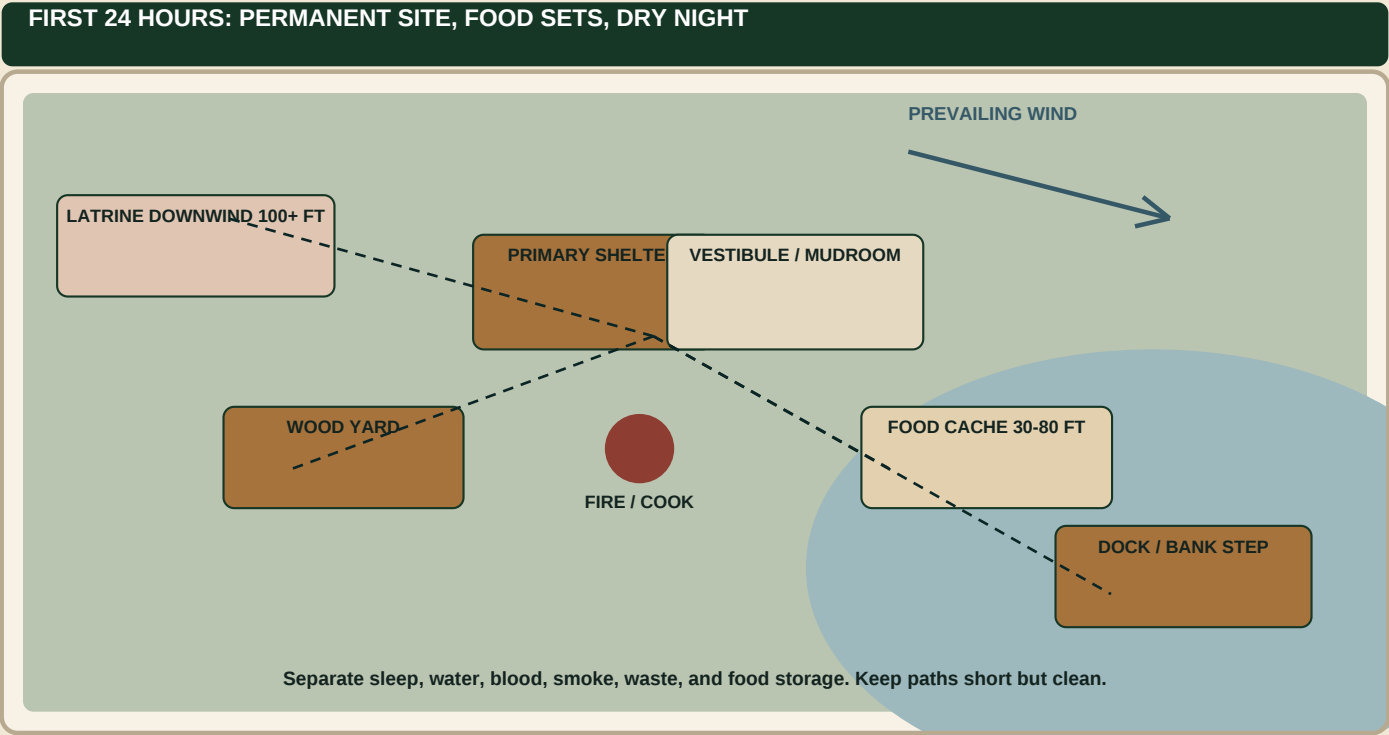
Before any real location, assemble a packet: current rules, local water hazards, trapping/fishing seasons, legal gear definitions, likely fish species, common edible plants, poisonous look-alikes, bear/scavenger behavior, prevailing wind, daylight loss, and emergency evacuation realities. Do not rely on memory for regulations.

5. TIMELINE OF KEY WORK

What to complete, when, and how long to spend.

5. Timeline of Key Work

First 24 hours: permanent site first



The first 24 hours are for choosing the permanent camp and avoiding a bad commitment. Get the temporary tarp shelter up, start passive food systems where legal, collect water, identify tinder, stage fuel, and mark sap/pitch/birch trees for later use.

Window	Time budget	Task / completion standard
Hour 0-3	60-70% scouting	Walk shoreline and forest edge; prove water, wood, rock, wind, drainage, sign, and safe approach.
Hour 3-6	2 hours	Set temp tarp shelter near but outside final footprint; raise bedding off wet ground.
Hour 6-9	2-3 hours	Set legal gill net/line/snares in productive locations and mark them clearly.
Hour 9-12	2-3 hours	Collect water, start fire, boil water, split kindling, build tinder vault.
Hour 12-18	4-6 hours	Gather fuel, mark sap/pitch trees, start wood stack and tool wall.
Hour 18-24	2 hours	Check food sets, secure food, dry feet, write Day 2 plan, sleep.

First two weeks

The first two weeks build the permanent life-support machine. The order matters: shelter dry core, raised bed, fireplace, vestibule/mudroom, wood yard, water lane, food cache, cook/work roof, smoker/drying rack, hygiene station, then comfort projects. A half-built comfort item is worse than dry wood you never cut.

Days	Primary goal	Daily work target
1-2	Prove site and dry sleep.	Tarp shelter, fire, water, food sets, first wood stack, rough camp lanes.
3-5	Start permanent shelter.	Foundation, posts, back wall, raised bed, roof poles staged.
6-8	Make shelter weather-worthy.	Roof layers, chinking, door, mudroom, low/high vent, drip control.
9-11	Build food infrastructure.	Dock/bank step, fish station, cache, smoker, drying rack, clean/dirty table split.
12-14	Stabilize routines.	Repair kit, containers, hanger rack, sanitation station, extra kindling, trap/fish routes.

Week 2 going forward routines

After Week 2, survival becomes maintenance and food. The daily rhythm is morning reset, high-value food window, one major project, preservation, evening reset, notes, sleep. Do not chase ten ideas in a day. Finish one calorie-positive system at a time.

Routine	Frequency	Minimum standard
Morning reset	Daily	Fire/coals, water, feet, clothing, weather, trap/net/line check, one written work target.
Food systems	Daily	Fish first, small game second, forage opportunistically, large game only with processing plan ready.
Wood/fuel	Daily	Replace what you burned plus one reserve bundle. Dry kindling vault never empty.
Deep clean	Weekly	Bedding air, smoke clothes separated, food cache cleaned, latrine covered, tools sharpened.
Body audit	Daily	Feet, hands, cuts, hydration, mental drift, cold injury, appetite, sleep quality.

First 72 hours: decision gates

Time	Decision gate	Continue if	Change course if
End Day 1	Site proof	Water, wood, wind protection, drainage, food access, and legal food sets are workable.	The site floods, has no wood, funnels wind, or cannot support food lanes.
End Day 2	Sleep proof	You slept dry, can boil water, and can stage fuel without night panic.	Condensation, runoff, smoke, or cold ground are already degrading sleep.
End Day 3	Food proof	Fish/lines/traps show sign or at least reveal better placement.	No food sign; shift effort to better water, shallows, trails, or foraging routes.

Week-one time budget

Job	Daily target	Cap
Water / fire / body reset	2-3 hours total split morning/evening.	Never skip. This is not optional work.
Food systems	2-5 hours depending tides, fish windows, and sign.	Stop before wandering destroys calories.
Shelter build	3-6 focused hours in best daylight.	Stop if sweating, unsafe with tools, or weather changes.
Wood supply	1-2 hours daily minimum.	Do not burn tomorrow's roof poles.
Campcraft	30-90 minutes after essentials.	Only build projects that pay back immediately.

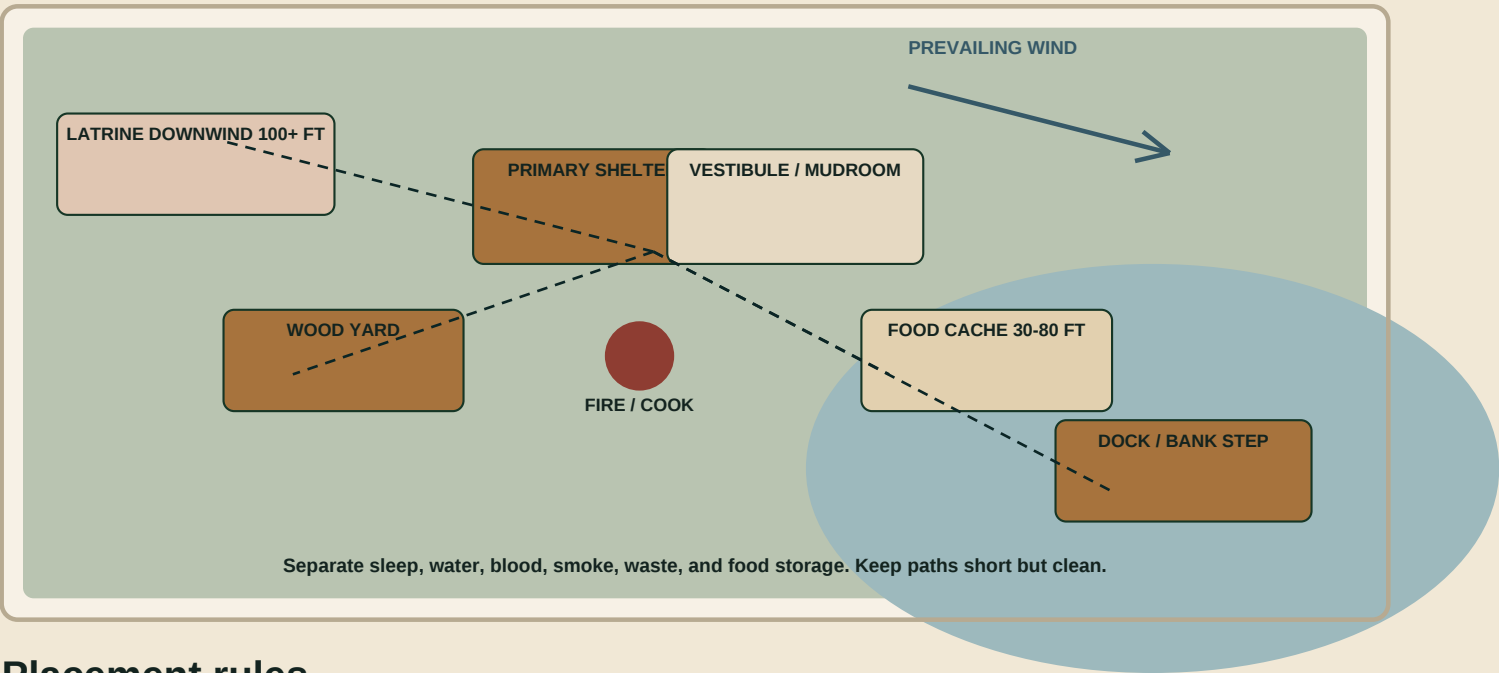
6. CAMP SELECTION AND LAYOUT

A camp is a production village, not a campsite.

6. Camp Selection and Layout

A good site has water access, dead standing wood, pole timber, rocks/clay, drainage, wind protection, a safe approach, and enough room to separate sleeping, cooking, food processing, water, waste, cache, and work areas.

CAMP LAYOUT: ZONES AND LANES



Placement rules

Zone	Rule
Sleep/heat	Highest priority; dry, protected, and away from blood/bait smells.
Water lane	Safe footing; never crosses latrine, scraps, or carcass area.
Latrine	Downwind/downhill/crosswind and away from water, camp, trails, and living areas.
Food/cache	Far enough from bed that scavenger interest does not become shelter interest.
Wood yard	Close to fire, sorted by size, under cover, not blocking paths.

Site selection criteria

Need	Look for	Reject if
Water	Nearby enough for daily use but not inside flood line. A safe bank step or dock site matters.	Undercut banks, avalanche/slide runout, swampy waterline, thin ice routes.
Wood	Dead standing wood, pole timber, limb wood, resin wood, dry kindling sources.	Only green wood or long uphill carries.
Rock/clay	Flat stones for fireplace, clay for chinking/pots, gravel for drainage.	No fire base, no drainage, soft mud everywhere.
Wind protection	Terrain, timber, boulders, or natural windbreak from prevailing wind.	Cold wind funneled straight into doorway or cook area.
Food access	Fish travel routes, game trails, berry patches, waterfowl/grouse habitat.	No passive food options and long unsafe travel.
Sanitation	Downwind/downhill/crosswind latrine route away from water and living areas.	Latrine upwind, on water route, or in runoff path.

Latrine and hygiene station

The latrine should never be upwind of camp or uphill where runoff can reach water. It needs a seat or squat rail, a privacy/wind screen, handwash station, cover material, and a marked path that does not cross the water or food routes. In a cold long-stay camp, a miserable latrine causes people to delay hygiene and contaminate camp.

Component	Build detail
Seat	Two stable rails or a log seat over a narrow trench/cathole site. Keep it safe with gloved hands and icy footing.
Wind/privacy screen	Brush wall, bark panel, or woven bough screen on windward side.
Handwash	Small suspended can/bark cup with drip hole plus ash/sand scrub; downstream from clean water station.
Cover material	Dirt, duff, ash, or snow depending environment; keep separate from cooking ash.
Distance	Follow local rules. As a general backcountry default, keep human waste far from water, camp, and trails.

Permanent camp audit

Audit question	Pass condition
Can I carry water safely in rain, snow, and darkness?	Water lane has stable footing, handhold, bank step, and no cross-traffic with waste or carcass routes.
Can I get wood without wrecking camp?	Wood yard is uphill/dry enough, sorted by size, and does not block the fire or shelter.
Can smoke leave the cook area?	Fire court has windbreak and reflector but enough open top/side draft.
Can I process food without contaminating sleep?	Clean table, dirty table/scrap bucket, rinse spot, and cache route are separate from cabin door.
Can I reach food systems quickly?	Net/line/trap routes are marked, short, and checked without wandering.
Can scavengers be managed?	Food cache, scraps, and bedding are separated; odors do not flow through the cabin.

Dock and shore access

A dock can be as simple as two stable poles, flat stones, and a kneeling platform above mud. The goal is not boating luxury; it is safe water access, fish landing, net clearing, and a work surface above splash. Build the first version small. Add a hand rail or shoreline rope if ice, mud, or darkness makes the route hazardous.



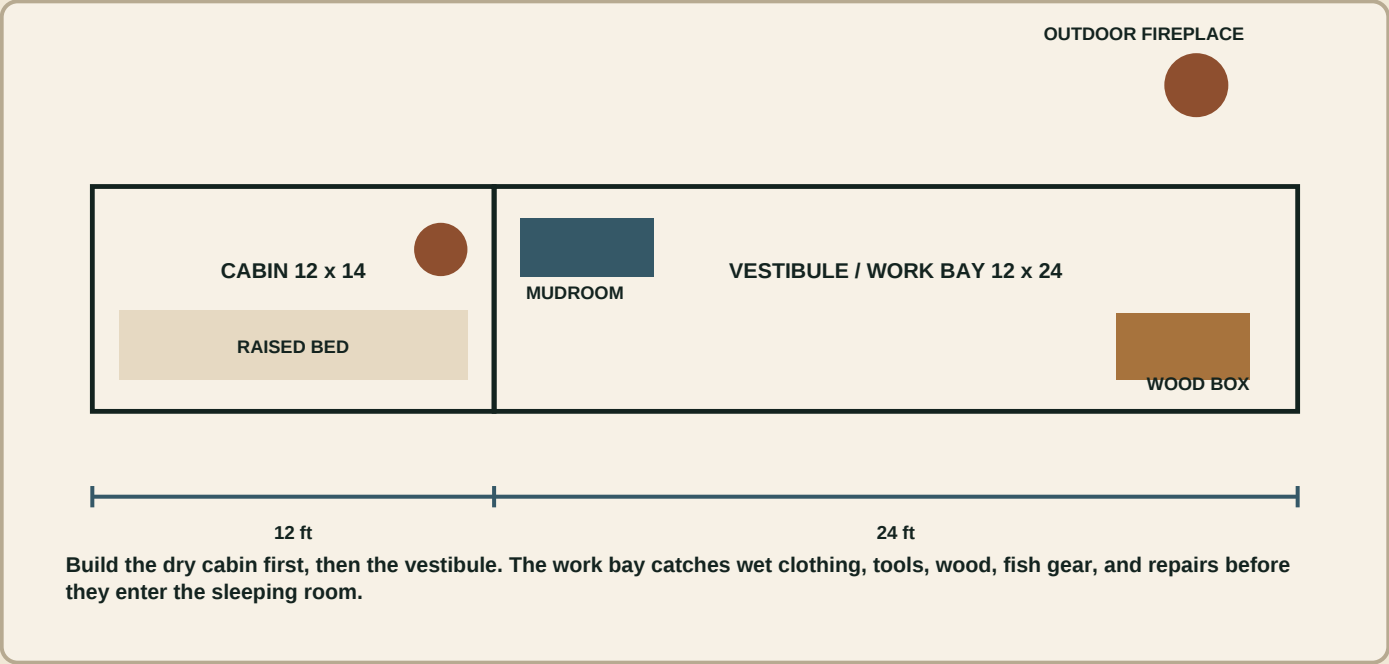
7. Primary Shelter: Land Base

The primary shelter is a one-person long-stay structure: a protected dry sleeping cabin sharing a full-length back wall with a larger vestibule/work bay. The cabin stays warm, simple, and food-free. The vestibule handles wet clothing, boots, tools, wood, repairs, cooking support, and dirty work.

Design priorities

Priority	Implementation
Dry core	Raised bed, small heated volume, no food or wet gear stored on bedding side.
Mudroom	Wet threshold, hanger rail, boot pegs, drip shelf, mitt line, indoor urinal bucket.
Fire control	Small controlled fire/reflector or exterior fireplace; smoke must leave, heat must stay useful.
Construction	No-notch lash-and-pin frame, steep roof, deep eaves, repairable with one person.

PRIMARY SHELTER FLOOR PLAN



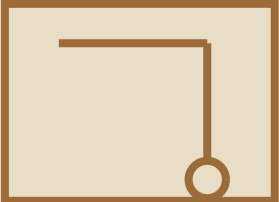
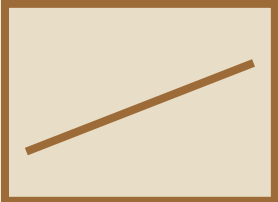
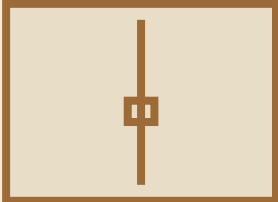
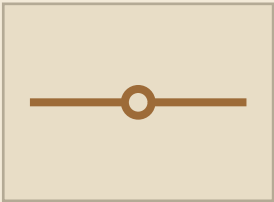
Build sequence

Phase	Work
1. Mark footprint	Lay out cabin, vestibule, door, windbreak, fireplace, drainage, and paths.
2. Foundation/floor	Stone/log sleepers, raised bed platform, dry threshold.
3. Frame/back wall	Shared back wall, corner posts, ridge and rafters; no fantasy joinery.
4. Enclosed cabin	Double wall where possible, moss/clay chinking, small venting.
5. Roof	Steep rafters, cross poles, bark/boughs/sod where practical, deep eaves.
6. Work bay	Natural roof, windbreak, tool wall, hanger rack, boot floor, work bench.
7. Door and heat	Self-closing door, latch, storm bar, low/high vents, reflector/fireplace.

Mudroom / wet clothes drying area

Place the mudroom immediately inside the vestibule before the cabin door. The floor should be slatted or stone/gravel so meltwater drops away. Add a hanger rail high enough for coats, a mitten line near airflow, boot pegs angled downward, a drip shelf under wet items, and a dry threshold into the cabin.

DOORS, LATCHES, STORM BAR, SELF-CLOSING SYSTEM



toggle latch

drop pin

storm bar

counterweight closer

A door is a heat-control tool. Add a quiet latch, a storm bar, a simple closer, and a draft seal.

Indoor urinal in mudroom

For severe cold and storm nights, a simple indoor urinal in the mudroom can prevent unsafe trips outside. Keep it separate from clean gear: a lidded wooden/bark bucket or clay vessel lined with sawdust/duff, stored low, emptied daily well away from camp and water according to local waste rules. Never place it in the sleeping cabin or near food gear.

Natural cook/work roof: one tarp rule

Assume the tarp protects the sleep system. The cook/work shelter is built from poles, bark, boughs, brush, snow, stone, clay, and windbreak walls. It needs a fire court, pot crane, spark gap, clean/dirty work surface, wood box, and smoke route. Keep a low natural wall behind the fire to reflect heat and block wind; do not build a smoky oven around your face.

Material estimate

Part	Approximate material	Notes
Frame	30-55 poles/logs depending diameter.	Use straight poles for posts, rafters, rails; save best poles for roof and door.
Roof	20-30 rafters/purlins plus bark, boughs, sod, snow cap.	Steep pitch and deep eaves beat thick flat roofs.
Walls	Outer logs/poles, inner poles, moss/duff/clay chinking.	Double wall only where it earns warmth; keep cabin small.
Bed	2 long rails, cross slats, bough/moss insulation.	Raised and dry before decoration.
Door	Slab or pole frame, hinges/cord loops, latch, storm bar.	Door must close with mittens and not freeze shut.
Fireplace	Flat stones, clay, mineral soil, reflector wall.	Keep inside heat small and controlled; primary cooking can stay outside.

Wall system: no-notch lash and pin

Use paired uprights like a ladder frame. Small horizontal logs or poles stack between uprights. Lash uprights tight, then pin high-stress points with hardwood pegs if available. Chink gaps with moss, clay, duff, bark fibers, and small sticks. This avoids complicated notches and lets one person work with smaller material.

Roof system

A survival roof must shed water before it looks pretty. Lay rafters from ridge to wall, then cross-poles/purlins, bark or split shakes if available, bough layer with butt ends downhill, fine brush/duff, cap poles, and snow/sod where appropriate. Test with water and watch leaks before moving bedding underneath.

Raised bed

Build the bed 8-18 inches off the ground depending cold/wet conditions. Use two side rails, cross slats, springy boughs, dry moss/grass/duff, and a sleep barrier. Keep storage below but not food. The bed should be narrower than a home bed: just enough to sleep and hold heat, not enough to collect junk.

Ventilation

Warm shelters still need airflow. Add low intake near the floor and high exhaust near roofline. Smoke, condensation, and carbon monoxide risk increase when people seal shelters too aggressively. Vents should be adjustable with bark, cloth, or sliding wood covers.

SIMPLE LOG CABIN + VESTIBULE

ARCTIC FALL SURVIVAL SHELTER

NO NOTCHES – LASH & PIN CONSTRUCTION
BUILT TO LAST – BUILT TO SURVIVE

- No notches or complex cuts
- Built with small logs & poles
- Lash frame, pin walls
- Large vestibule for work, cooking & gear
- Uses natural materials only
- Strong, warm & practical
- Easy to build and repair



ENCLOSED CABIN
Warm, safe, and dry for sleeping

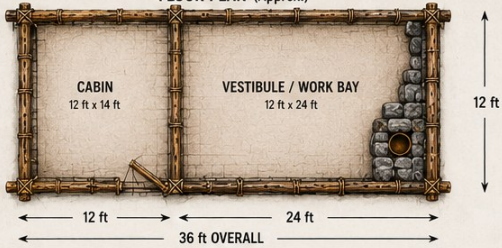
VESTIBULE / WORK AREA
Covered outdoor living, cooking, gear & work

OUTDOOR FIREPLACE
Faces vestibule for sheltered cooking

ATTACHED SMOKER
For drying and preserving meat and fish

WOOD STORAGE
Covered and close to the fire

FLOOR PLAN (Approx.)



12 ft
36 ft OVERALL
12 ft

MATERIALS YOU WILL USE (Approx.)



Small Logs (walls)
Poles (frame & roof)
Flat Stones (hearth, counters & chimney)
Cordage (rope, bark or barkline)
Pine Boughs (insulation & roof)
Clay (mixed with sand, moss & fiber)
Wooden Pins (hard sticks)

WHY THIS DESIGN WORKS

- No notches or drilling
- Uses abundant small logs
- Simple tools only
- Strong, stable, and warm
- Large vestibule for gear, firewood, cooking & work
- Easy to build and repair
- Built to last in harsh conditions

WALL SYSTEM – LASHED LADDER FRAME (No Notches)

1. FRAME



Lash wall frames with cordage.
Space 2-3 ft apart.

2. INSERT LOGS



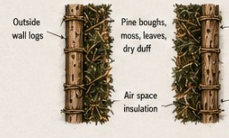
Lay small logs horizontally between uprights.

3. PIN & SECURE



Pin with wooden pegs.
Chink gaps with moss, clay, bark & duff.

DOUBLE CABIN WALL (Warm & Insulated)



Outside wall logs
Pine boughs, moss, leaves, dry duff
Air space insulation
Inside wall logs
Clay & moss chinking

CABIN ROOF (Tarp on Flat Ridge Only)



- Top logs (hold down)
- Pine boughs
- Branch lattice
- Tarp (3 ft wide on ridge only)
- Smooth branches
- Pine boughs
- Rafters

VESTIBULE ROOF (No Tarp)



- Top logs (hold down)
- Pine boughs
- Bark pieces
- Branch layer
- Pine boughs
- Rafters

CABIN INTERIOR



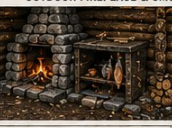
- Raised bed
- Small fireplace
- Shuttered window
- Storage shelf
- Door opens to vestibule
- Keep it simple and warm

VESTIBULE / WORK BAY



- Work table (max 4 ft)
- Stool
- Reclining chair
- Gear wall
- Bowl on stand
- Drying line
- Cook outside under roof

OUTDOOR FIREPLACE & SMOKER



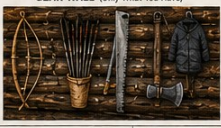
- Faces vestibule
- Stand under roof to cook
- Flat stone hearth
- Flat stone counters
- Smoker attached (low & simple)
- Reflector wall traps heat

FOOD CACHE (Bear Resistant)



- Heavy log lid
- Stand on top
- Crossbar lock
- Forked posts
- Wedges
- Lash backup

GEAR WALL (Only What You Have)



- Bow & arrows
- Saw
- Axe
- Knife
- Gill net
- Fishing line
- Barkline
- Clothes

LASHING EXAMPLES (No Metal)



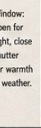
Square Lashing
Diagonal Lashing
Tripod Lashing

DOOR & WINDOW

Door: simple slab with wood latch (no metal).



Window: open for light, close shutter for warmth & weather.



FENCE (Use Existing Trees)



Use living trees as posts.
Lash long rails between them.

MATERIALS ESTIMATE (Approx.)

- Logs / Poles: 35 – 60
- Rafters / Roof Poles: 20 – 30
- Stones / Flat Granite: 650 – 950
- Clay (mixed): 85 – 135 cu ft
- Barkline / Cordage: ¼ – 1 lb
- Build Time: 3 – 4 weeks

KEY DAILY ROUTINE



- Check fire & coals
- Check gill net
- Process fish/game
- Cut & split wood
- Build/improve one system
- Eat well & stay warm
- Dry clothes & gear
- Bank coals & secure cache
- Rest & sleep warm

BUILT BY ONE PERSON • NATURAL MATERIALS ONLY • NO METAL • NO DRILLED HOLES • BUILT TO LAST

SHELTER KEEPS YOU ALIVE. FOOD KEEPS YOU HERE. DISCIPLINE WINS.

Primary shelter concept reference: cabin plus vestibule/work bay and natural-material systems.

Build systems. Stay dry. Preserve calories. Check local laws and competition rules before applying any method.

THE ULTIMATE GUIDE TO WINNING ALONE

8. SECONDARY LAKE SHELTER

A small working station for fishing, weather, and shore access.



8. Secondary Lake Shelter

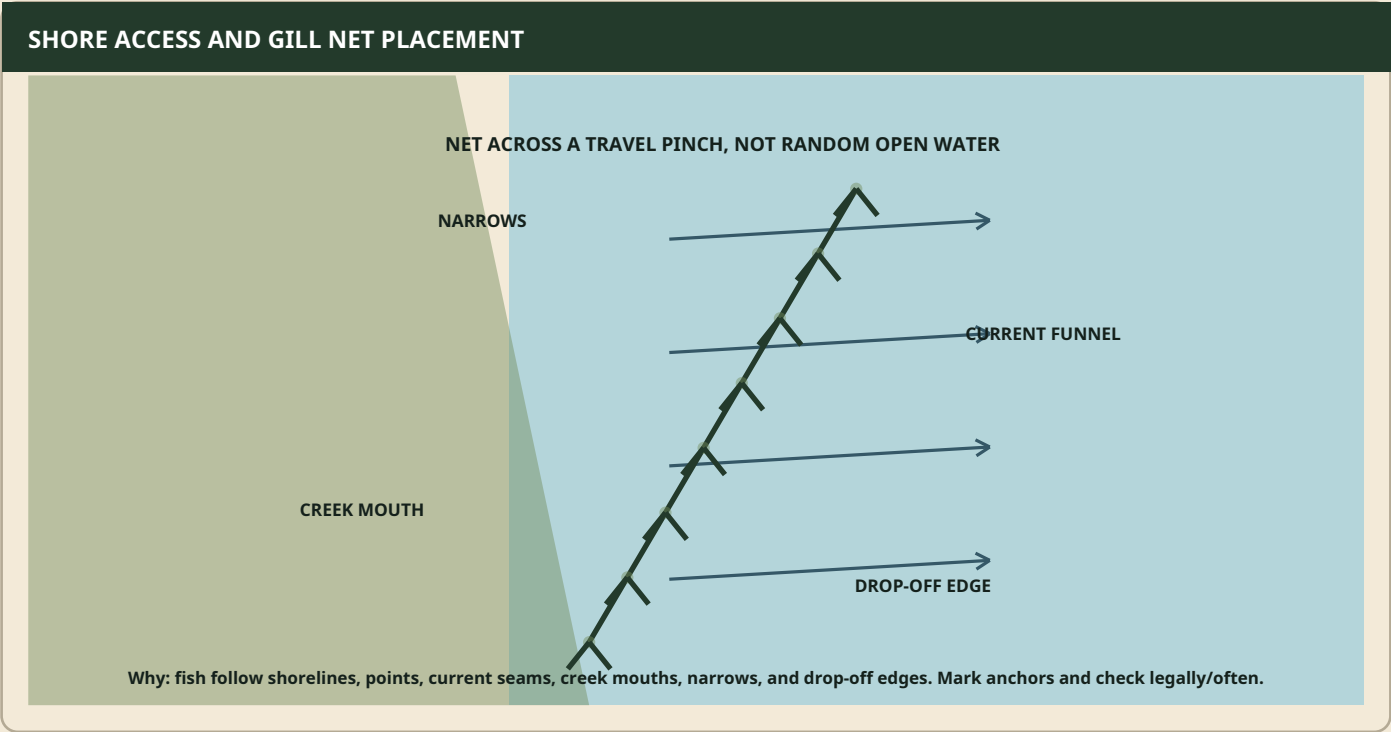
The secondary lake shelter is not a second home. It is a low-calorie shore station that keeps fishing, water collection, and fish processing safe during weather. Build it only after the primary shelter is secure and daily calories justify the work.

What it does

Function	Design
Bank step / dock	Stable poles or flat stones at the waterline for landing fish, filling water, and handling lines.
Mini wind roof	Low natural lean-to facing away from prevailing wind; no sleeping gear stored there.
Fish station	Flat stone/bench, gut bucket, rinse lane, hanging pole, and clean knife spot.
Line board	Hooks, leaders, bait, repair cord, floats above splash line.

What it does

Function	Design
Bank step / dock	Stable poles or flat stones at the waterline so you can kneel, land fish, fill water, and handle net lines without falling.
Mini wind roof	Low natural lean-to or brush roof facing away from prevailing wind. No sleeping gear stored here.
Fish station	Flat stone or small bench, gut bucket/scrap plan, rinse lane, hanging pole, and clean knife spot.
Line board	Hooks, leaders, bait, repair cord, and floats stored above splash line.
Emergency wait-out	Enough cover to avoid getting soaked while clearing net, not a place to spend the night unless forced.

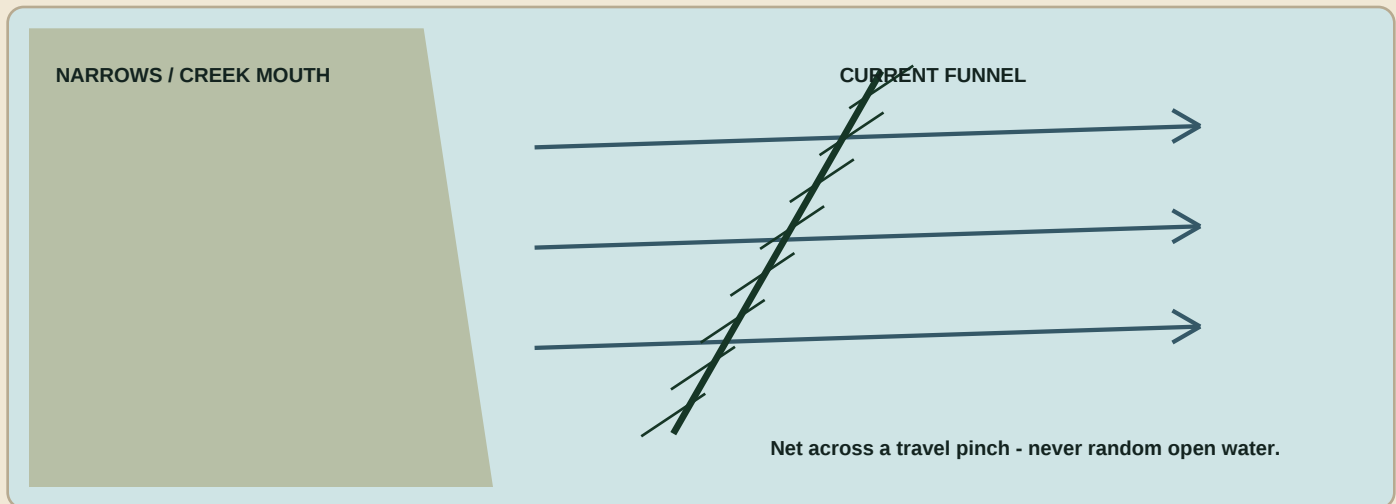


Gill net placement: where and why

Do not set a gill net in random open water and hope. Set where fish naturally compress: narrows, creek mouths, points, drop-off edges, current seams, and along travel routes parallel to shore. Wind can push baitfish and oxygenated surface water; current can funnel fish. The net should be easy to check safely and should not block navigation, violate rules, or endanger non-target animals.

Setline and Fish Station

TROTLINE / SETLINE PLACEMENT



Gill net, setline, and fish station logic

Set lines where fish naturally travel: narrows, creek mouths, points, drop-off edges, current seams, and along travel routes parallel to shore. Keep the set easy to check safely; a productive set that is dangerous to reach is a bad set.

THE ULTIMATE GUIDE TO WINNING ALONE

9. CAMP CRAFT

Build once, use every day, save calories forever.

Camp craft is not decoration. It is a tool wall, drying rack, hanger rack, water station, wood rack, stool, work bench, bark containers, ladders, doors, latches, paths, and cache systems. Build items only when they pay back in fewer steps, drier gear, cleaner food, safer work, or better morale.

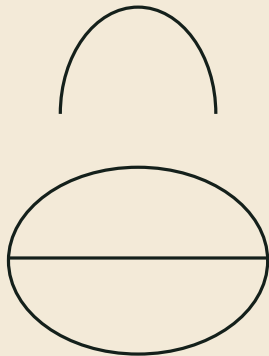
Camp craft build order

Order	Build	Why it comes here
1	Tool wall and blade parking	Prevents lost tools, wet sheaths, and injuries.
2	Wood yard and kindling crib	Dry fuel is heat, water, food, and morale.
3	Water station	Dirty/clean separation prevents illness.
4	Drying rack and hanger rail	Clothing and fish need airflow, not flames.
5	Workbench and stool	Food processing and repairs improve when you can sit and work cleanly.
6	Food cache / dry shelf	Prevents scavenger loss and keeps bedding food-free.
7	Smoker and drying rack	Preserves surplus before it spoils.
8	Freestanding ladder and hoists	Access roof, cache, and high racks without unsafe climbing.

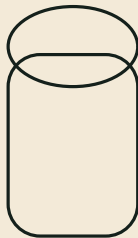
CAMP CONTAINERS AND STORAGE OPTIONS



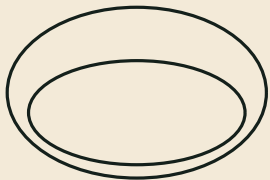
Birch bark box



Coil basket



Clay pot

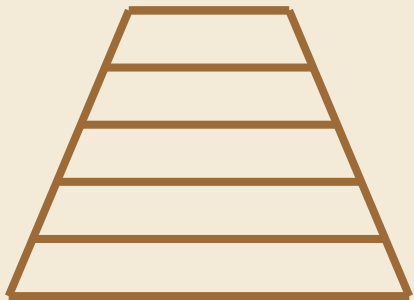


Burned-log bowl

Containers turn abundance into food security: water carriers, berry baskets, dry jars, fishing creels, and storage bowls.

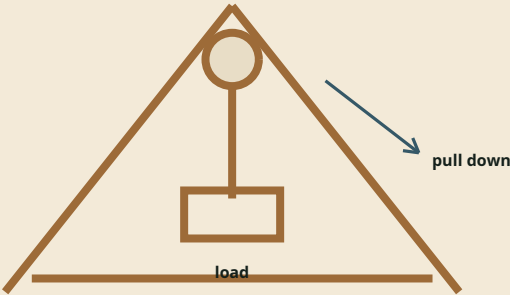
FREESTANDING FOLDABLE LADDER

FREESTANDING FOLDABLE A-LADDER



Use two side rails, pegged rungs, top hinge/pin, and a spreader rope so it cannot flatten or kick out.

PULLEY / HOIST SYSTEMS



A diagram showing a pulley system on a triangular frame. A rope is anchored at the top vertex of the triangle, passes down through a pulley, and then back up to the same vertex. A rectangular load is attached to the bottom of the pulley. A blue arrow points downwards from the rope on the right side, labeled "pull down". The word "load" is written below the rectangular box.

For pots, water, meat, and roof work: overbuild anchors, keep hands clear, test with light loads first.

Clothes hangers and hanging rack

Make hangers from forked twigs, carved hardwood triangles, or bent green sticks dried into shape. Smooth every shoulder contact point so wool and shell fabrics do not abrade. Lash a horizontal rail under the vestibule roof with air space behind it. Keep heavy wet coats on stout pegs, lighter layers on hangers, mitts on a separate line, and boots upside-down on angled pegs.

Camp craft build cards

Build	Materials	Instructions	Payoff
Tool wall	Two posts, cross rails, pegs, lashings.	Set under roof. Put sharp tools high, daily tools center, repair items in a tray.	Fewer lost tools and cuts.
Kindling crib	Four stakes, raised floor, small roof.	Sort feather sticks, pencil kindling, thumb fuel; keep a covered tinder vault.	Fire starts quickly in storms.
Drying rack	Two A-frames or four posts, cross poles.	Place in airflow near heat but outside sparks; separate clothes and meat/fish.	Prevents rot and wet clothing spiral.
Workbench	Flat split log or plank, four legs, brace.	Keep one clean side for food and one dirty side for repairs/hide.	Cleaner food and safer knife work.
Chair/stool	Three legs or low bench, lashed seat.	Build only after core systems; height should save knees at workbench.	Morale and efficient hand work.
Food cache	Raised box, hang, or rock-weighted lid.	Locate away from bed and water. Add backup latch and no-climb surface.	Prevents one-night food loss.

Pulley and hoist uses

Use mechanical advantage for pots, water buckets, meat quarters, roof bundles, and high cache lifts. Overbuild the anchor; a failing hoist wastes food and injures hands. Test with a small load. Use pulleys where allowed; otherwise use smooth branch crotches with bark padding and expect higher friction.

THE ULTIMATE GUIDE TO WINNING ALONE

10. EDIBLE PLANTS

Calorie supplement, vitamins, morale, and emergency food.

10. Edible Plants

Plants rarely replace fish, fat, and meat in cold environments, but they matter: vitamins, acids, starches, teas, morale, and emergency bulk. The rule is simple: 100% identification or leave it. Do not eat unknown umbrella-family plants. Avoid polluted roadsides, mining areas, industrial sites, and questionable shorelines.

Edible plant master index

Plant	Habitat	Edible part	Preparation / use	Caution
Blueberry / huckleberry	Forest, bog edges, alpine tundra	Ripe berries	Eat fresh, dry, add to pemmican or tea.	Know local species; avoid moldy fruit.
Lingonberry	Boreal forest, tundra	Ripe berries	Sauce, tea, dried fruit, tart preserve.	Very tart; cook or sweeten if possible.
Lowbush cranberry	Bogs, muskeg	Ripe berries	Cook, dry, sauce, trail acid.	Can be hard on empty stomach.
Cloudberry	Wet tundra, bogs	Ripe orange berry	Eat fresh or preserve; high morale food.	Fragile and seasonal.
Salmonberry / thimbleberry	Pacific coast, wet forest edges	Ripe berries	Fresh, dried, fruit leather, jam.	Can host insects; inspect.
Crowberry	Tundra, alpine, coastal heath	Berries	Cook, dry, mix with fat/meat.	Astringent raw.
Rose hips	Open woods, brush	Hips	Tea, syrup, powder, vitamin C.	Remove irritating hairs/seeds.
Fireweed	Burns, clearings, meadows	Young shoots, flowers	Cook shoots; flowers for tea/salad.	Older stalks tough.
Stinging nettle	Rich moist soils	Young leaves	Cook/blanch; dry for tea or greens.	Wear gloves; cook to neutralize sting.
Dandelion	Open disturbed ground	Leaves, flowers, roots	Greens, tea, roasted root drink.	Avoid treated areas.
Cattail	Marshes, pond edges	Shoots, pollen, rhizomes	Shoots cooked; pollen flour; rhizomes starch.	Harvest from clean water only.
Miner's lettuce	Moist coastal forest	Leaves/stems	Fresh greens.	Confirm ID.
Spruce/pine tips	Conifers	Young bright tips	Tea, syrup, seasoning, vitamin C.	Harvest lightly; avoid yew.
Sea lettuce	Clean intertidal rocks	Blades	Rinse, soup, dry, stew.	Avoid algae blooms/polluted water.
Bull kelp / ribbon kelp	Clean cold coast	Young blades/stipes	Soup, stew, pickle, dry.	Harvest sustainably; avoid old tough parts.
Reindeer lichen	Tundra/boreal	Lichen body	Emergency flour after soaking/boiling changes.	Emergency only; poor nutrition; process thoroughly.

Reindeer lichen flour

Treat reindeer lichen as emergency bulk, not a staple. Clean grit and debris. Soak at least overnight, discard water, then boil through multiple water changes to reduce bitterness and irritants. Dry fully and grind. Mix with other flour/starch if available; use to thicken stew or make rough cakes. Never rely on it as the only food source.

Poisonous look-alikes to respect

Plant	Why it matters	Avoid confusion with
Water hemlock	Extremely toxic; roots and all parts dangerous.	Wild carrot/parsnip-family edibles. Avoid unknown umbels.
Poison hemlock	Toxic alkaloids; purple blotched stems; mousy odor.	Parsley, carrot, cow parsnip.
False hellebore	Severe illness and heart effects.	Ramps or edible young greens.
Baneberry / doll's-eyes	Bright berries on red stalks; poisonous.	Currants and other edible berry clusters.
Yew	Red aril around toxic seed; needles toxic.	Any edible conifer. Avoid.
Giant hogweed / cow parsnip mature sap	Can cause severe skin irritation.	Young cow parsnip shoots; handle with caution.

Edible plant use by food role

Role	Plants	How they help
Fast vitamins	Spruce tips, rose hips, berries, fireweed shoots.	Prevent monotony and add acidity to fish/meat.
Bulk / starch	Cattail rhizome, pollen, reindeer lichen after processing, inner cambium as last resort.	Adds body to stew but rarely enough calories alone.
Greens	Nettle, fireweed, dandelion, miner's lettuce, beach asparagus.	Cook greens when possible; raw greens are a side, not a meal.
Coastal foods	Sea lettuce, bull kelp, ribbon kelp, beach lovage.	Minerals and variety; harvest only clean water and avoid blooms.
Preservation partners	Tart berries, rose hips, spruce tips.	Flavor and acidity make dried/smoked protein easier to eat.

Seasonal harvest logic

Spring favors shoots, cattail, seaweed, spruce tips, and greens. Summer brings berries, nettles, mint, fireweed flowers, and active fish. Fall concentrates berries, roots, rose hips, and meat preservation work. Winter is mostly stored foods, cambium emergencies, conifer tea, and careful use of lichens. Harvest timing changes with elevation, latitude, and weather.

11. MEDICINAL PLANTS

Useful teas and field remedies, with caution.

11. Medicinal Plants

Medicinal plants in a survival context are comfort and minor first-aid aids, not a substitute for evacuation or medical care. Use small amounts, positively identify the plant, and avoid any plant if pregnant, allergic, on medication, or unsure.

Plant	Use	How to prepare	Caution
Yarrow	Minor bleeding, tea for colds, digestive support.	Crush fresh leaf for field poultice; dry leaf/flower for tea.	Allergy risk; do not use heavily.
Willow bark	Traditional pain/fever support.	Scrape inner bark, simmer tea.	Contains salicylates; avoid with aspirin allergy/bleeding risk.
Spruce tips	Vitamin C tea, sore throat comfort.	Steep young tips; do not boil hard.	Avoid overharvesting.
Labrador tea	Warming aromatic tea.	Use a few leaves, short steep.	Use lightly; can be irritating/toxic in quantity.
Plantain	Minor cuts, stings, skin irritation.	Crush clean leaves into poultice.	Wash well; avoid dirty areas.
Wild mint	Digestive tea, morale drink.	Steep leaves.	Confirm mint scent/square stem; avoid unknowns.
Rose hips	Vitamin C, tea.	Remove hairs/seeds, steep or dry.	Seed hairs can irritate.
Spruce pitch/resin	Waterproofing, adhesive, fire starter.	Warm gently with charcoal/fat for pitch glue; use resin as tinder.	Hot pitch burns; avoid on deep wounds.

True caffeine reality

Northern wild teas are usually caffeine-free. If the rules allow coffee or tea, use it strategically for morale and controlled work windows. If not, do not pretend Labrador tea, spruce tea, or mint tea replaces caffeine. They are warmth, hydration, and routine tools.

Tea station

A tea station is a morale tool and hydration cue. Keep dried leaves in labeled bark packets or jars, a small spoon/stick measure, and a clean mug/bowl. Use tea to create routine: morning hydration, midday warm-up, and evening calm. Do not brew medicinal plants endlessly; rotate mild plants and keep strong plants occasional.

Field wound caution

Plants can help with minor irritation, but the survival priorities are cleaning, stopping bleeding, drying, protecting, and monitoring. A poultice on a dirty wound can make things worse. Use clean water, clean cloth, and dry protection first. Seek help for deep punctures, bites, spreading redness, fever, or loss of function.

THE ULTIMATE GUIDE TO WINNING ALONE

12. FORAGING

Supplement the protein engine without wasting the day.

12. Foraging

The food plan should assume some calories from plants, some from small-game trapping, a lot from fishing, and hopefully some from large game. Foraging should support that plan, not replace it. Pick foods along routes you already walk: water lane, trap line, net check, wood route, and shelter material route.

Foraging workflow

Step	Action	Why
1	Identify before picking; photograph or sketch unknown plants instead of eating them.	Wrong plants are not worth the calories.
2	Harvest clean sources away from roads, runoff, algae blooms, old camps, and latrine zones.	Pollution concentrates in water plants and shoreline foods.
3	Process the same day: rinse, sort, cook/dry, label, and store.	Wet berries and greens mold quickly.
4	Dry on raised racks with airflow, shade, and insect protection.	Preserved food must be dry, not just warm.
5	Use plants to improve meat and fish: acid berries, teas, greens, starch, smoke flavor.	Plants make protein more edible and morale stronger.

Berry and greens preservation

Dry berries whole only if small and firm; otherwise split, crush into leather, or cook into a thick mash before drying. Turn daily and store only when leathery or fully dry. Greens can be blanched if appropriate, then dried in thin layers. Label every stored food by date and source.

Foraging route design

Do not create a separate foraging expedition unless calories justify it. Build foraging into existing loops: check the gill net, scan berry edges; walk the snare line, collect tinder; gather wood, mark pitch; collect water, inspect greens. The best foraging route returns with food, tinder, sign, and information, not just a handful of leaves.

When to stop foraging

Stop when you cannot identify the plant, when the source is polluted, when the harvest is too small for the travel cost, when weather threatens the dry shelter, or when protein/fat work is waiting. Plants are support; fish and meat usually decide the calorie balance.

THE ULTIMATE GUIDE TO WINNING ALONE

13. HUNTING

Make opportunities before hunger makes bad shots.

13. Hunting

Hunting is a low-probability, high-reward system. Do not let the possibility of large game distract from fish and small game. The right approach is quiet travel, sign reading, controlled lanes, blinds near natural funnels, clean shooting windows, and a processing plan ready before the animal is down.

Large game strategy

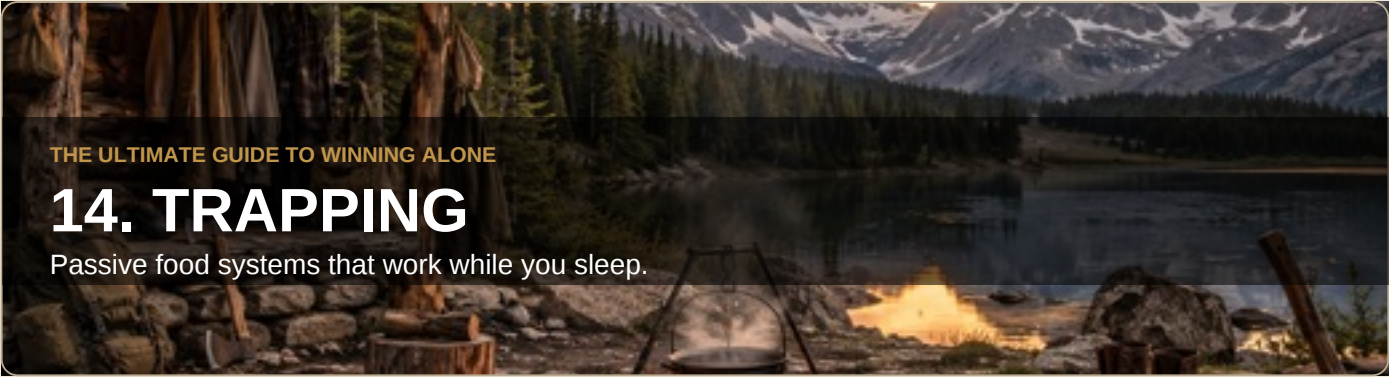
Principle	Application
Hunt from knowledge, not wandering.	Watch water crossings, feeding edges, mineral/clay patches, shoreline trails, saddles, and narrow timber lanes.
Build small blinds.	Use natural brush, downwind approach, and a seated shooting position you can hold when weak.
Preserve shot discipline.	No marginal shots. A wounded animal can cost more calories than it gives and may violate rules/laws.
Prepare before the chance.	Knife sharp, bags ready, hanging poles, clean water, fire, cache, and help-plan mentally rehearsed.
Large game traps.	Do not build pits, impalers, or large deadfalls. They are dangerous, illegal in many places, and wrong for a controlled survival plan.

Tracking notes

Fresh sign has sharp edges, moisture, scent, and context. Old tracks are rounded and filled. Follow sign only when it supports a plan: a feeding pattern, bedding route, water crossing, or pinch point. If you do not know how you will process the animal before dark, keep scouting instead of forcing a hunt.

Blind and shooting lane

A blind should be small, quiet, and downwind. Use existing brush and terrain rather than building a billboard. Clear only the minimum lane needed for an ethical shot. Sit on a dry pad or low stool so you can hold still. Mark range with natural objects before waiting; hunger makes distance judgment worse.

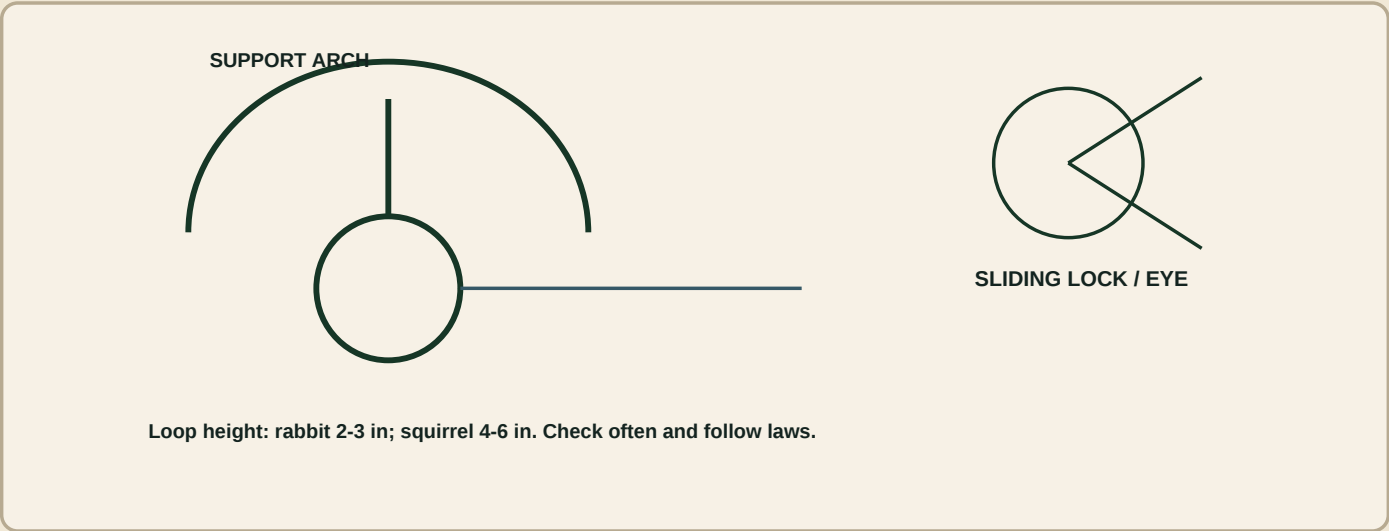


14. Trapping

Trapping is placement, sign reading, clean anchoring, frequent checks, and restraint. The best set is not clever; it is legal, target-specific, placed on active sign, guided lightly, anchored strongly, and checked on schedule.

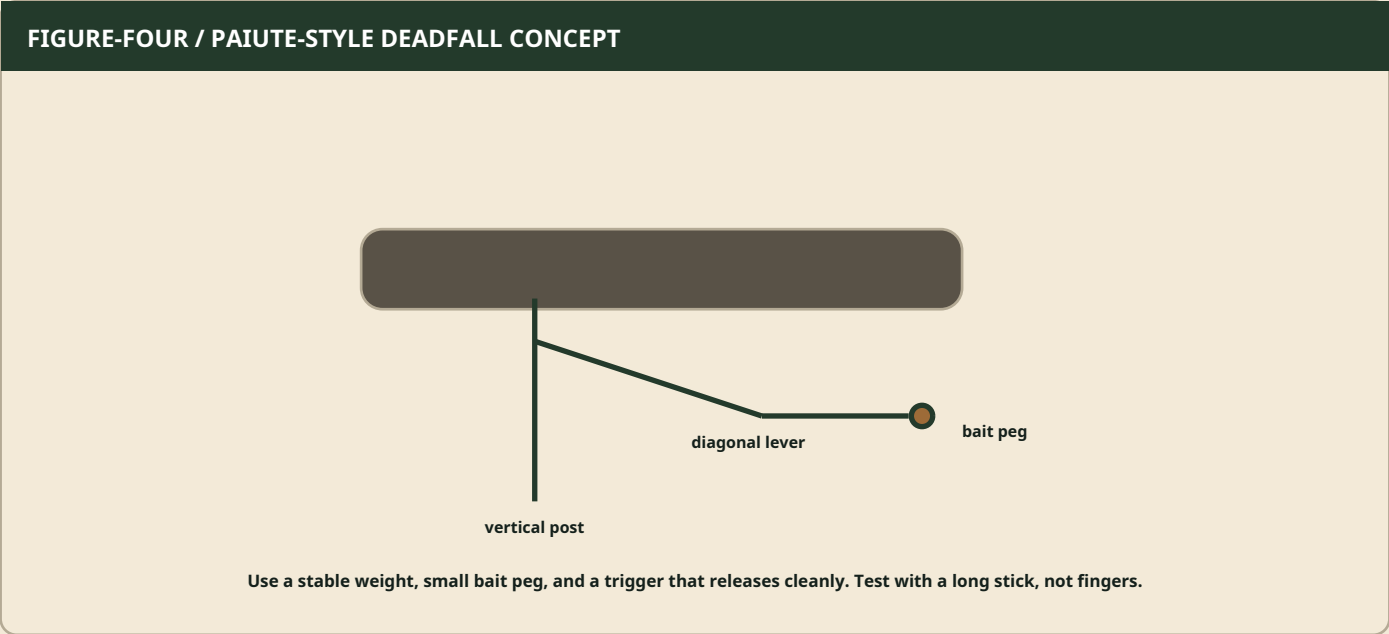
Snare: tie and set

SIMPLE WIRE OR CORD SNARE - EDUCATIONAL/LEGAL USE ONLY



Step	Detail
Make loop	4-5 in for rabbit/hare; smaller for squirrel. Use a lock/eye that tightens one way.
Support	Tiny grass blade or twig holds loop open without blocking the trail.
Anchor	Solid root, stake, or springy sapling. Remove slack.
Place	Active run, funnel, brush tunnel, fence gap, or under-log path; check often.

Deadfalls



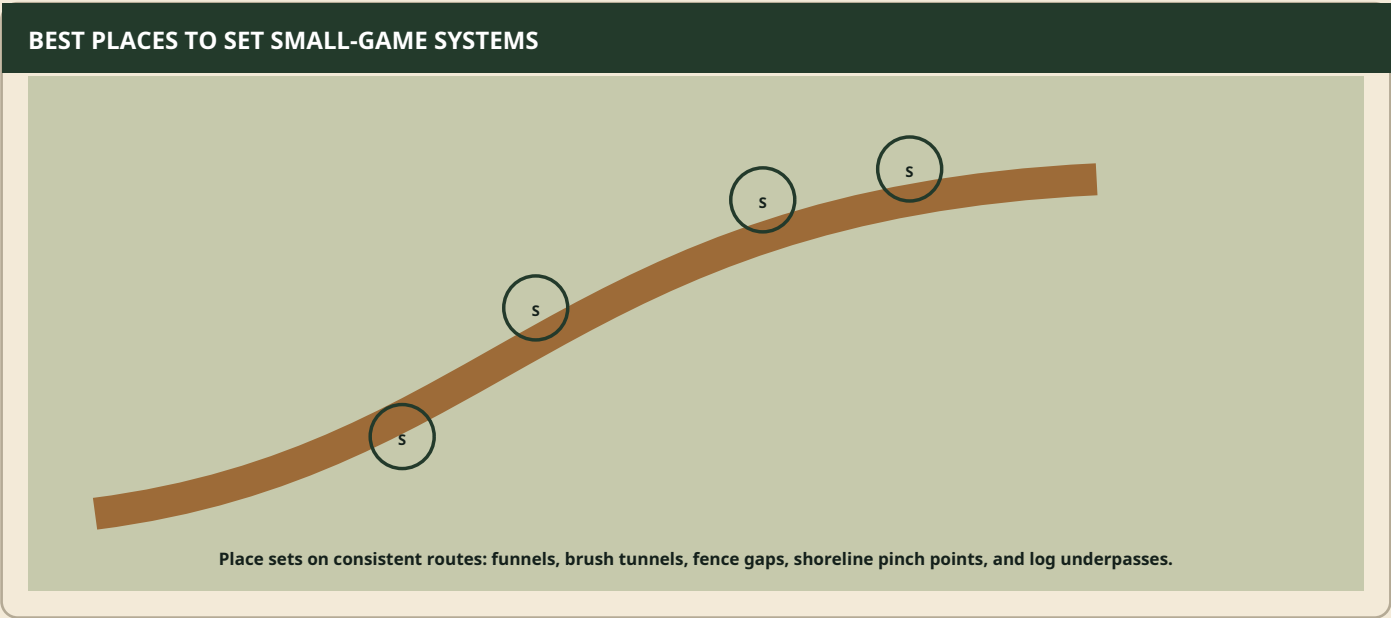
A deadfall needs a stable weight, clean trigger, and small bait contact. The figure-four uses a vertical post, diagonal lever, and bait peg. Carve notches so the system holds under compression but releases with a small pull. Test with a long stick. Keep fingers, pets, and non-target animals out of the danger zone.

Spring pole concepts

A spring pole stores energy in a bent sapling. It can lift a fish line, tighten a small-game snare, or pull a trigger line away from water. Use it only where legal and where it will not fling hooks or wire into a person. Anchor the base, bend gradually, attach the trigger line, and test from the side with a long stick.

Trap types by target

Target	Useful lawful concepts	Placement
Rabbit / hare	Trail snare, small deadfall, brush funnel.	Runs through brush, under logs, tracks between feeding and cover.
Squirrel	Pole snare, small baited set, figure-four deadfall.	Log highways, leaning poles, cone piles, tree base routes.
Porcupine	Usually easier to still-hunt or block route than trap.	Tree bases, mineral/salt sign, stripped bark.
Beaver	Regulated trapping only; drowning sets are specialized and dangerous.	Slides, channels, dams, runs - only with legal equipment and knowledge.
Grouse	Snares and baited sets are heavily regulated; prefer hunting with bow/blunt if allowed.	Dusting sites, trails, berry feeding edges.
Duck / goose	Funnel/corral concepts are generally regulated; do not use unless explicitly legal.	Shallow shorelines, loafing areas, flyways - avoid illegal bait/decoy methods.
Fox / wolf / wolverine	Furbearer trapping is technical and regulated.	Scent posts, travel routes, carcass sites - only with legal training.
Crab / fish	Basket/funnel traps, lines, nets, and pots where legal.	Tide channels, creek mouths, current seams, rock edges.



Fish traps and basket traps

A fish trap uses a funnel entrance and a holding chamber. Build with willow, spruce roots, split sticks, or slats. The entrance narrows inward so fish can push through but struggle to exit. Place in shallow current, creek mouths, tidal channels, or along a guided shoreline where legal. Anchor it strongly and check often; a trap that kills fish and is not checked is waste.

Crab trap concept

A simple crab trap is a rigid basket or hoop with inward funnel entrances and bait secured inside. Legal rules are strict in most coastal areas. If used in a permitted survival setting, set where crab travel over sand/rock edges, weight it, mark it, and retrieve by a secure line. Never leave ghost gear behind.

Trapline management

Rule	Practice
Map it mentally.	Each set should have a route purpose and a check time. Random sets are forgotten sets.
Check often.	Frequent checks reduce suffering, spoilage, scavenger theft, and rule violations.
Disable during storms if needed.	If you cannot safely check it, you should not leave it working.
Record results.	No sign after multiple checks means move the set to better sign.
Handle scent and scraps.	Avoid turning the trapline into a predator trail back to camp.

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15. PREPARING AND STORING FOOD

Skinning, smoking, drying, cooling, and protecting from scavengers.

15. Preparing and Storing Food

Food is not won when caught. It is won when clean, cooled, preserved, and protected. A fish forgotten on the bank, a rabbit covered in hair, a quarter warmed in the sun, or a cache placed beside the bed can undo days of effort.

Small game skinning

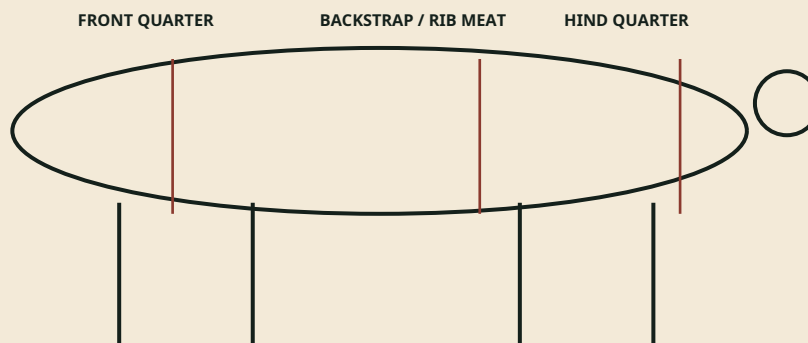
Rabbit/hare: hang or hold by hind legs. Cut the skin around the hocks, slit inside the legs to the pelvis, peel the hide down like a sleeve, free the front legs, remove head/feet as needed, then open the belly carefully without puncturing gut. Squirrel: cut around midsection or base of tail depending method, pull hide in opposite directions, then gut cleanly. Porcupine: avoid quills, skin from the belly side or hang carefully, and keep quills away from sleeping gear.

Fish cleaning and filleting

Bleed if appropriate, scale if desired, cut from vent to gills, remove guts, rinse cavity with clean water, then fillet behind the gill plate down the backbone toward the tail. Flip and repeat. Remove rib bones. Keep fish on a clean board or flat stone, not on moss and dirt. Use scraps for bait only if legal and away from camp.

Big game field sequence

BIG GAME FIELD PROCESSING SEQUENCE



Open hide only as needed, keep hair off meat, remove quarters, hang in shade, then cool-clean-dry in breathable bags.

Confirm the animal is dead from behind. Tag/comply with laws. Move slowly and keep the hide as a clean work surface. For large animals, the gutless method can remove meat without opening the body cavity first: skin one side, remove front quarter, hind quarter, backstrap, neck/rib meat, then carefully reach tenderloin if legal/appropriate; roll and repeat. Keep meat cool, clean, dry, and in breathable bags.

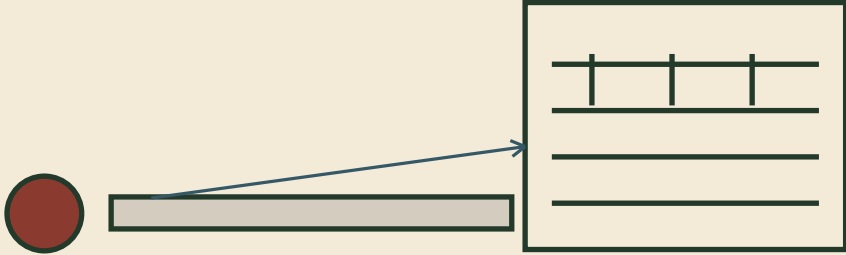
Species notes

Animal	Processing emphasis
Rabbit / squirrel	Small, fast, clean; inspect liver and organs for disease; cook thoroughly.
Porcupine	Quill control; singe remaining quills only away from gear; meat can be fatty.
Beaver	Heavy tail/fat; scent glands must be avoided; excellent meat when handled cleanly.
Fox / wolf / wolverine	Generally furbearer/skinning knowledge; eating may be unsafe or culturally/legally inappropriate; parasite caution.
Deer	Clean gutless or traditional dressing; protect from hair and warm weather.
Moose / musk ox	Large mass spoils fast; quarter immediately; use poles/hoist and shade airflow.
Bear	High parasite risk; cook thoroughly; render fat carefully; keep meat cool and clean.
Fish	Bleed, clean, rinse, cook/smoke/dry quickly; keep slime and guts out of camp.

Smoking and drying meat

SMOKER AND DRYING RACK

Cool smoke dries and preserves better than a cooking flame. Keep meat thin, clean, separated, and protected.



small cool fire

smoke box / rack

Slice meat thin and even. Hang with airflow and light smoke, not cooking flame. Drying is about moisture removal; smoking adds antimicrobial compounds and insect deterrence but does not magically make unsafe meat safe. Protect meat from rain, snow, insects, and scavengers. If in doubt, cook before eating.

Food cache and scavenger protection

Keep food and scraps out of the sleeping cabin. Use a raised cache, counterbalance hang, rock-covered box, or bear-resistant method that fits the environment and rules. Place cache away from camp, downwind if possible, and never on the water route. Clean fish/game station daily; burn or sink scraps only where legal and environmentally appropriate.

Skinning notes by animal

Animal	Skinning notes
Rabbit / hare	Cut hocks, peel hide down, keep hair off meat, remove scent glands if present, cook thoroughly.
Squirrel	Tail-step or midsection method; peel cleanly; small sharp knife helps.
Porcupine	Control quills first; skin from belly; keep quills far from bedding and boots.
Beaver	Avoid castor glands if eating; tail can be treated separately; heavy hide requires patience.
Fox / wolf / wolverine	Case-skinning for fur is specialized; food use is questionable and parasite risk high.
Deer	Gutless or traditional field dress; keep evidence of sex/species as laws require.
Moose / musk ox	Work in quarters; use hoist/poles; cool mass quickly; do not let meat pile up.
Bear	Skin/fat work is heavy; trichinella and other parasites mean thorough cooking.

Preservation decision tree

Condition	Best preservation choice
Cold, dry, below freezing	Hang quarters high with airflow; protect from sun, snow, and scavengers.
Cool and wet	Smoke/dry thin strips under cover; keep rain off and airflow moving.
Warm or insect-heavy	Process immediately, use smoke, citric/acidic surface if available, and game bags/mesh.
Small fish surplus	Split or fillet, salt if available, smoke/dry, store above airflow.
Fat available	Render gently; store clean and covered; use fat to improve lean meat and plant foods.

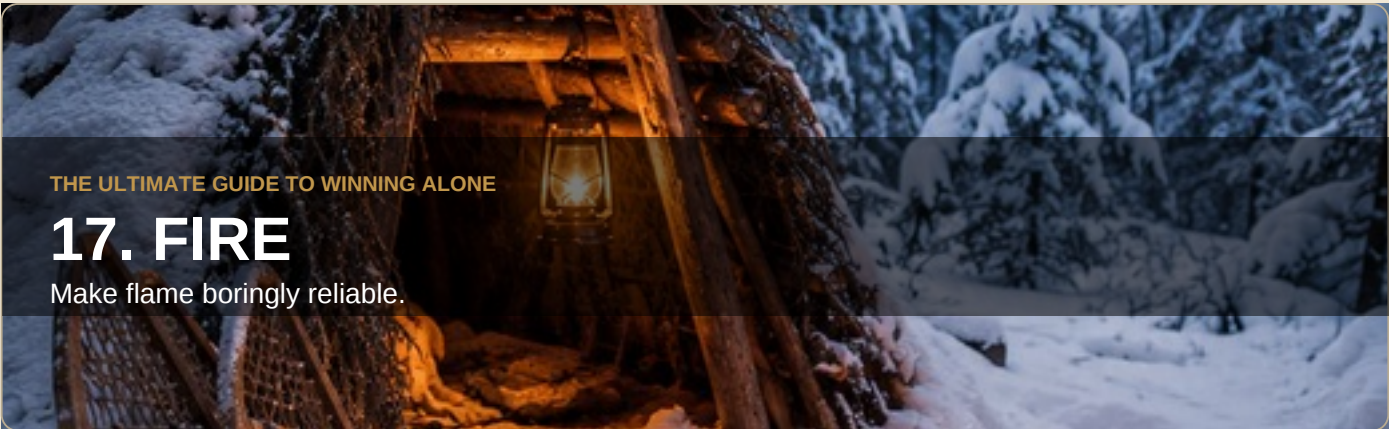
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16. FIELDCRAFT

Knots, lashings, sharp tools, sap, pitch, and daily repairs.

16. FieldCraft

Fieldcraft is the connective tissue of the camp. It turns cord into roofs, sticks into doors, bark into containers, resin into glue, and a rough camp into a repeatable system.



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17. FIRE

Make flame boringly reliable.

17. Fire

Firecraft is not an ignition problem. People fail because they have one spark and no tinder, a tinder bundle with no pencil-lead kindling, kindling with no thumb-thick fuel, or a flame with no weather plan.

Ferro rod fire sequence

Step	Action
1	Collect dry tinder: birch curls, fatwood shavings, dry grass, cattail fluff, punk/char, feather curls.
2	Make pencil-lead kindling first; add pencil, thumb-thick, and wrist-thick fuel before sparking.
3	Build a protected fire lay with airflow, wind protection, and a safe spark zone.
4	Scrape ferro rod shavings/sparks into tinder at close range.
5	Add feather curls and tiny kindling slowly; do not smother the flame.
6	Feed before celebrating. The fire is not real until it dries its next fuel.

Dry tinder sources

Tinder	Use notes
Birch bark	Outer bark from dead/downed birch; peel thin curls.
Fatwood/resin	Old conifer stumps, knots, injured limbs; shave thin.
Dry inner bark	Dead standing trees/branches; shred fine and protect.
Cattail fluff	Excellent spark catcher; mix with fibrous tinder.

Dry tinder sources

Tinder	Where to find it	Use notes
Birch bark	Dead/downed birch outer bark.	Peel thin curls; burns even damp because of oils.
Fatwood / resin wood	Old conifer stumps, knots, injured limbs.	Shave thin. Hot, smoky, reliable.
Dry inner bark	Dead standing trees or dry branches.	Shred fine; keep in tinder vault.
Cattail fluff	Mature cattail heads.	Spark catcher; mix with fibrous tinder so it does not flash out.
Punkwood / char	Soft rotten wood, charred cloth/cotton if allowed.	Best for catching sparks from flint/steel.
Feather sticks	Dry wood, split to inner dry core.	The universal bridge between tinder and kindling.

BOW DRILL: FRICTION FIRE SYSTEM

bow and cord

spindle

Goal: black powder first, smoke second, ember third. Transfer the coal to a dry tinder bundle.

hearth board + V notch

Fireplace and reflector

Build on mineral soil, stone, or gravel, not deep duff. Keep the fire small and efficient. A low stone/clay/log reflector behind the fire pushes heat toward the work area and blocks wind. The cook/work roof must be high enough and open enough that smoke leaves and sparks do not collect in boughs.

Wet-weather fire troubleshooting

Symptom	Cause	Fix
Spark but no flame	Tinder too coarse or damp.	Shred finer, add birch bark/fatwood scrapings, shield wind.
Flame dies immediately	No pencil-lead kindling.	Make a double handful before lighting.
Fire smokes but will not grow	Fuel too large/wet or packed too tight.	Split to dry core, increase air, use teepee/log-cabin hybrid.
Fire burns but gives little heat	Wet ground and no reflector.	Build on stone/mineral soil and add reflector/windbreak.
Constant relighting	No fuel staging.	Gather more than you think; stage by size under cover.

Char and tinder vault

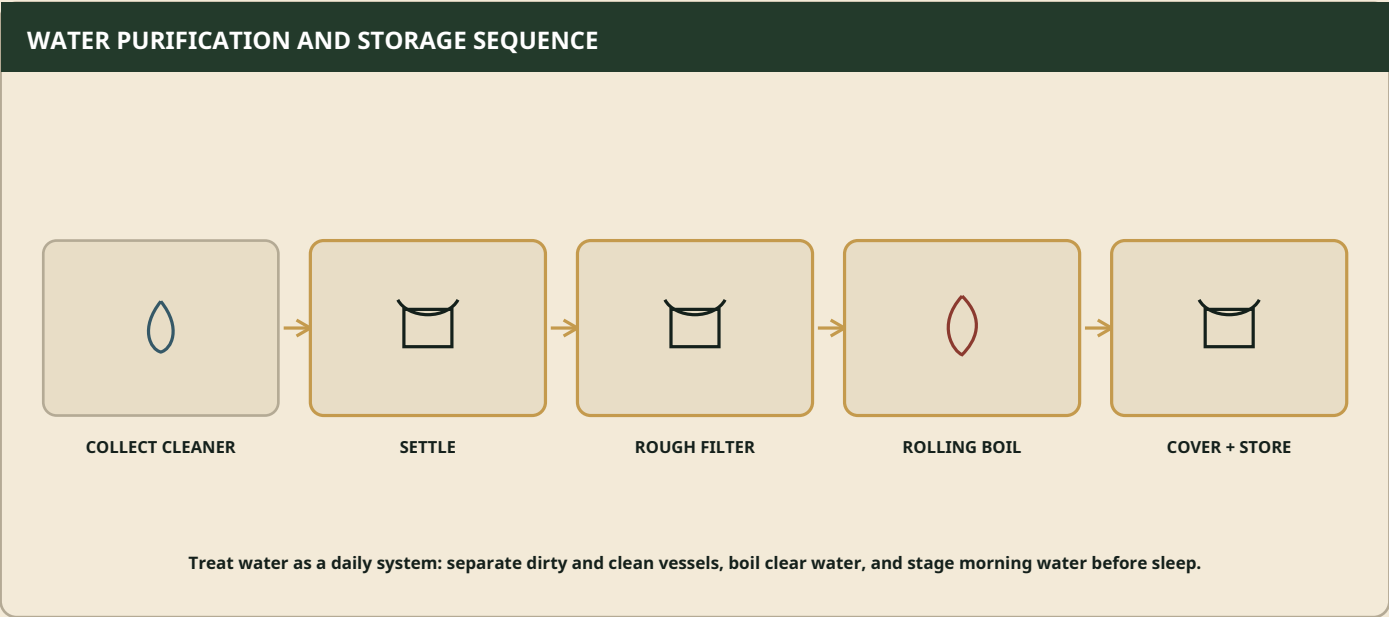
A tinder vault is a small dry container for birch curls, resin shavings, feather-stick curls, dry grass, charred punkwood, and emergency cord fibers. Refill it when the weather is good. Fire failure often begins the day before, when no one prepared dry tinder.

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18. WATER

Clean water is a system, not a chore.

18. Water



Water collection should have a dirty side and a clean side. Collect from moving water when possible. Avoid stagnant pools, downstream of carcasses, latrine routes, old camps, mine runoff, and algae blooms. Settle cloudy water, strain through cloth, and boil clear water. Store in a marked clean vessel, covered and off the ground.

Snow and ice

Do not eat snow as a hydration plan in cold weather; it chills the body and gives little water. Melt a small starter amount first, then add snow gradually so it does not scorch the pot. Ice from clean sources often yields more water per fuel than fluffy snow. Keep one night water and one morning water staged before sleep.

Water lane build

A good water lane has stable footing, a handhold/rail on steep banks, a kneeling flat stone or dock, a dedicated dirty bucket/pot position, and a clean vessel shelf at camp. It must not cross the latrine path, food scraps, or carcass processing area.

Improvised filtration

A cloth, sand, charcoal, gravel, and grass filter can reduce turbidity, grit, and taste, but it is not a substitute for boiling. Let muddy water settle first. Pour the clearer top water through cloth or a layered filter, then boil. Keep the filter on the dirty side of camp and wash hands before touching clean vessels.

Clean vessel discipline

Mark clean vessels physically: a cord wrap, bark tag, or shelf position. Never dip a clean vessel directly into a dirty source. Use a dirty collector, then pour treated water into the clean vessel. This one habit prevents many camp illnesses.

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19. CONTAINERS

How to carry, store, boil, sort, and preserve.

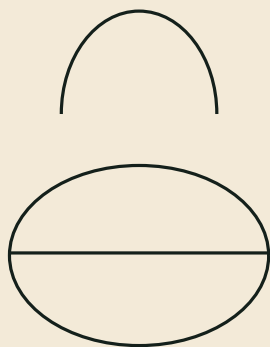
19. Containers

Containers are force multipliers. A camp without containers is always spilling water, losing berries, dropping hooks, mixing dirty scraps with clean food, and wasting time. Build containers before abundance arrives.

BIRCH BARK, CLAY, BASKETS, BURNED-LOG BOWL



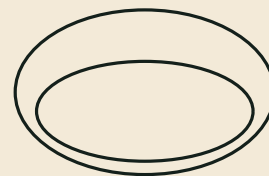
Birch bark box



Coil basket



Clay pot



Burned-log bowl

Containers turn abundance into food security: water carriers, berry baskets, dry jars, fishing creels, and storage bowls.

Birch bark container

Harvest bark only where legal and preferably from dead/downed trees. Warm or soak bark to reduce cracking. Cut a rectangle, fold corners, punch holes with awl/knife tip, stitch with spruce root, bark cord, or split root, then add a fitted wood bottom and lid. Seal seams with pitch if needed. Use for dry goods, berries, tinder, hooks, and tea - not boiling unless using hot-rock methods with caution.

Clay pots and jars

Find clay in riverbanks, exposed cutbanks, pond margins, or where sticky fine soil ribbons between fingers. Clean grit, wedge/knead, coil or pinch a pot, smooth cracks, dry slowly in shade, then fire gradually near coals before moving into more heat. Sudden heat breaks wet clay. Clay containers are heavy but excellent for storage, cooking support, and morale.

Baskets and bark creels

Use willow, spruce roots, cedar/bark strips, or flexible saplings. Build a simple cross base, weave over-under, tighten each pass, and add a rim hoop. A bark creel with shoulder strap is excellent for fish, mushrooms, tinder, or foraging routes.

Burned-log bowl

Choose green hardwood or a stable dry log section. Hollow by controlled coal burning: place coals on the future hollow, blow gently, scrape char, repeat. Keep water or wet moss on areas you do not want burned. Smooth with knife and sand; seal with fat/oil if available.

Small useful containers

Container	Use	Build note
Hook roll	Hooks, leaders, small parts.	Bark strip or cloth wrap with tie cord; label by size.
Berry tray	Drying berries and greens.	Flat woven tray or split-stick frame with mesh/grass weave.
Grease cup	Rendered fat, pitch glue, small portions.	Clay cup or carved/burned wood cup; keep covered.
Tinder box	Dry fire material.	Birch bark box with lid; never store wet tinder inside.
Repair tray	Needle, wax, thread, cord, nocks, patches.	Shallow bark tray on tool shelf.

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20. APPENDIX

Checklists, source notes, and practice standards.

20. Appendix

Daily checklist

Morning	Midday	Evening
Check body, feet, hands, hydration, weather, fire/coals, water, food sets.	One major project, one food window, one repair, preserve any surplus.	Check sets, stage fuel, boil water, dry clothes, secure food, write tomorrow plan.

Practice standards before trying the full plan

Skill	Minimum standard
Fire	Start a fire in wet weather with ferro rod and gathered tinder in under 20 minutes.
Bow drill	Produce an ember with dry local wood in practice, but do not rely on it as primary ignition.
Shelter	Build a raised bed, one wall bay, one roof module, one door latch, one hanger rack.
Fishing	Tie hooks, leaders, knots, line boards, and a legal setline without tangles.
Trapping	Build and trigger snare/deadfall practice sets safely with non-lethal demonstrations before field use.
Processing	Clean and fillet fish; skin rabbit/squirrel; understand big-game gutless sequence.
Plants	Identify 10 safe edibles and 5 dangerous look-alikes in the actual region.

Source and link library

Topic	Source / link	Why it matters
Official rule framework	https://www.history.com/shows/alone/articles/gear-list	Approved clothing/personal effects and special item categories change; verify current list.
Water sanitation	CDC / public health boil-water guidance	Boiling and clean vessel logic.
Human waste	Leave No Trace Principle 3	Distance, catholes, greywater, and sanitation placement.
Big game meat care	Alaska Department of Fish and Game field care	Cool, clean, dry meat handling.
Jerky and drying	USDA FSIS jerky guidance	Food safety cautions for drying meat.
Bear/scavenger storage	National Park Service / local agencies	Food storage varies by bear country; check rules.
Berries	BLM Alaska wild berries	Berry season and safety starter reference.
Wild foods	ADF&G; Wild Wonders	Regional wild food context and harvest ethics.
Seaweeds	NOAA / Alaska Sea Grant coastal food resources	Coastal plant and seaweed reference.
Sleeping bag example	https://www.westernmountaineering.com/product/puma-gws/	Cost/spec example for expedition sleeping bag.
Boot example	https://www.baffin.com/en-us/products/epicm010	Extreme cold footwear reference.
Bow example	https://blackwidowbows.com/products/pch-bows	Traditional bow reference and specs.

Final rule

Quick reference: priorities by weather

Weather	Priority shift
Heavy rain	Protect sleep kit, roof leaks, tinder vault, and clean water. Fish if safe; postpone nonessential builds.
Wet snow	Brush roof loads, clear vents, stage extra wood, dry mitts/socks, watch footing.
High wind	Lower fire, secure tarp/roof edges, avoid tree hazards, check food cache and racks.
Hard freeze	Move water before freeze-up, protect boots, crack ice safely, increase evening fuel.
Warm insect spell	Meat cooling becomes urgent; smoke, dry, bag, and hang immediately.

Do the ordinary work every day: dry the bed, boil the water, stage the wood, check the food systems, protect the tools, clean the processing area, repair the clothing, and sleep with a plan. That is how a camp becomes a system.