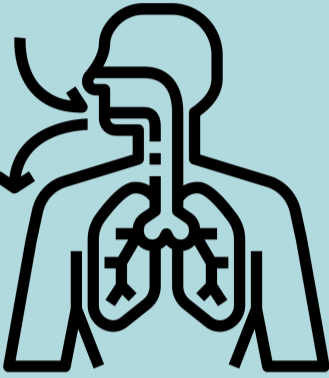


5

Rules of 3's For Surviving

1



You can survive 3 minutes without air

...when drowning, choking, during an asthma attack, or allergic reaction. Keep up to date on First Aid/CPR, swim lessons, inhalers, and EpiPens.

You can survive 3 hours without shelter

...when hiking, locked out, in a car accident, or bugging out. Ask yourself "What do I need in case I get stuck outside in the elements?"



2

3

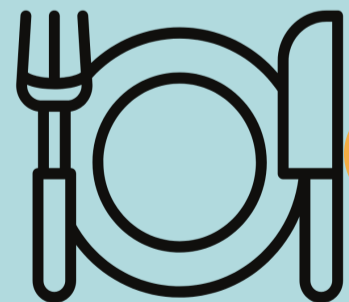


You can survive 3 days without water

...when there is a loss of utilities, you're lost or injured, or you're bugging out. Practice storing and carrying water with you EVERYWHERE. Get a water filter.

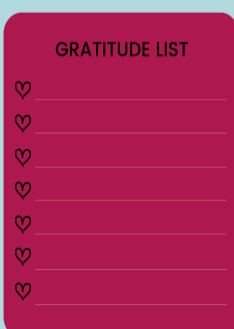
You can survive 3 weeks without food

...when lost, stranded, or supply chains are low/gone. Store nutrient-dense food EVERYWHERE in your home, work, vehicle, and bags. Learn to forage, grow, and hunt.



4

5



Note 3 things you're grateful for

...each day so that when the going gets tough, you have the emotional stamina to strive for survival.