

What
Foremost
● Sustenance ●

Why
Foremost
◆ Health ◆

Who
Foremost
■ Sustainer ■

Health regards the Needs of People.
Foremost Health regards the Needs of Others.
There is a varying probability of [local disaster](#).
The commonest examples being [floods](#), [storms](#), and [earthquakes](#).
Therefore, preparations must be made.
Improve [survival skills](#) by having survival tools:
An [everyday carry](#), a [survival kit](#), and a [well-supplied shelter](#).
Improve survival knowledge by receiving survival training.
And, most importantly, maintain the will to survive.

Foundational

Priced Book:

[Colin Towell \(2012\), The Survival Handbook: Essential Skills for Outdoor Adventure; Dorling Kindersley.](#)

Free Book:

[Boy Scouts of America \(2010\), Wilderness Survival.](#)

Intermediary

Priced Book:

[John 'Lofty' Wiseman \(2014\), SAS: Survival Handbook \(3rd ed.\); William Collins.](#)

Free Book:

[US ARMY \(1992\), FM 21-76 Survival.](#)

Web Resources:

[Survivor Library](#)