

Foremost
● Sustenance ●

Foremost
◆ **Health** ◆

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

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

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

Advanced

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

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

Web: [Survivor Library](#)