

## Survival Cheat Sheet

By The Urban Prepper  
A reference guide of useful survival instructions, conversions, and general information

### FOOD

#### Edible & Poisonous Wild Plants

Here are some guidelines for eating wild plant life. In most situations, if you don't know what a plant is, don't eat it. You can live 3 weeks or more without food. You can live a lot less long with poison in your system. Only eat wild plants if you have devoted a good deal of time to studying them.

- Do not eat mushrooms or fungi unless you know for certain that it is edible. Most are poisonous, and there is no way of determining which ones are edible without properly identifying the species.
- Plants with umbrella-shaped flowers should not be eaten.
- Avoid legumes (beans and peas).
- Bulbs should generally be avoided. Wild garlic and onions are edible but have poisonous look-a-likes. However, garlic and onions smell distinctively like garlic and onions.
- Lichen.
- Avoid white and yellow berries, as most of them are poisonous. Blue and black berries are usually safe to eat.
- The "berry rule" is that 10% of white and yellow berries are edible; 50% of red berries are edible; 90% of blue, black, or purple berries are edible, and 99% of aggregated berries are edible. This is only a guideline, and unknown berries shouldn't be eaten.

#### The Rule of 3:

You can survive for 3 Minutes without air (oxygen) or in icy water

You can survive for 3 Hours without shelter in a harsh environment (unless in icy water)

You can survive for 3 Days without water (if sheltered from a harsh environment)

You can survive for 3 Weeks without food (if you have water and shelter)



FIGURE 4

TWITCH-UP SNARE

SPRING SNARE

### FINDING OTHER WATER SOURCES IN AN EMERGENCY

**DO NOT DRINK** water that has an unusual odor or color, or that you suspect might be contaminated with fuel or toxic chemicals. This water cannot be made safe, so you must find a different source of water for your needs.

**NOTE: DO NOT USE** water that has been contaminated by fuel or toxic chemicals.

#### Disinfect water using household bleach

Volume of Water	Amount of 6% Bleach to Add	Amount of 8.25% Bleach to Add
1 quart/liter	2 drops	2 drops
1 gallon	8 drops	6 drops
2 gallons	16 drops (1/4 tsp)	12 drops (1/8 tsp)
4 gallons	1/3 tsp (32 drops)	1/4 tsp (24 drops)
8 gallons	2/3 tsp (64 drops)	1/2 tsp (48 drops)
10 gallons	1.25 tsp (80 drops)	0.6 tsp (60 drops)
55 gallons	6.9 tsp (440 drops)	3.4 tsp (330 drops)

**NOTE:** Let sit for 30 minutes. If water still cloudy, repeat process.

**Source:** US EPA "Emergency Disinfection of Drinking Water"

**The following are possible sources of water:**

- Inside the Home:
  - Water from your home's water heater tank
  - Melted ice cubes made with water that was not contaminated
  - Water from your home's toilet tank (not from the bowl, has not been chemically treated)
  - Liquid from canned fruit and vegetables
  - Water from swimming pools and spas can be used for personal hygiene, cleaning, and related uses, but not for drinking.

#### Outside the Home:

Flood waters can contaminate well water and rivers, streams, and lakes with livestock waste, human sewage, chemicals, and other contaminants which can lead to illness when used for drinking, bathing, and other hygiene activities.

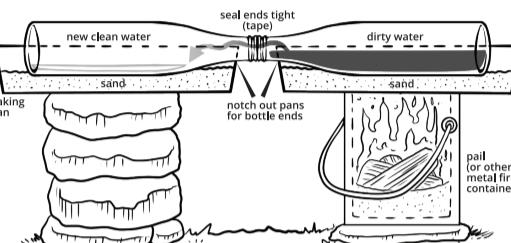
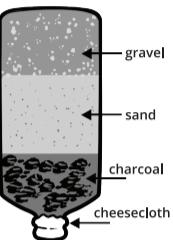
Water from sources outside the home must be treated because it could be contaminated with livestock waste or human sewage. If you suspect or know the water is contaminated with toxic chemicals or fuels, it cannot be made safe and you should not drink or bathe in this water.

**How to access Industrial Building Water faucets:**  
Use a 4-way Sillcock Key to access the handle-less water faucet outside of commercial buildings

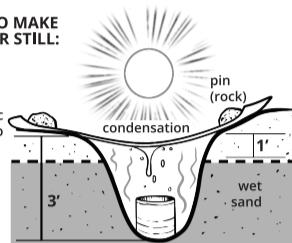
**How to Make Homemade Chlorine Bleach out of Calcium Hypochlorite (aka "Pool Shock"):**  
Mix 2 level Tablespoons of Calcium Hypochlorite to 3 cups of water. Follow instructions for 6% bleach in section "How to disinfect water using household bleach"

**Source:** CDC Centers for Disease Control and Prevention

#### FILTER OPTIONS:

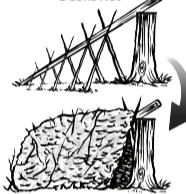


#### HOW TO MAKE A SOLAR STILL:

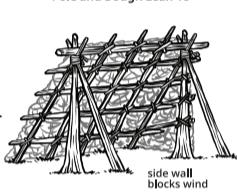


### SHELTER

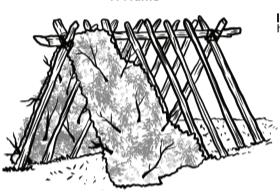
#### Debris Hut



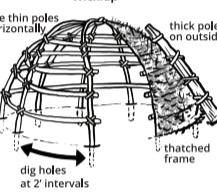
#### Pole and Bough Lean-To



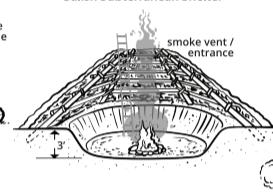
#### A-Frame



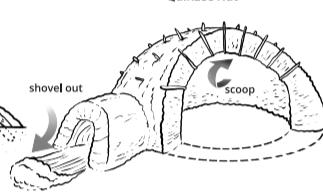
#### Wickiup



#### Salish Subterranean Shelter



#### Quinzeen Hut



### CPR INSTRUCTIONS BEFORE GIVING CPR

1. Check the scene and the person. Make sure the scene is safe, then tap the person on the shoulder and shout "Are you OK?" to ensure that the person needs help.

2. Call 911 for assistance (NOTE: if phone lines are still working). If it's evident that the person needs help, call or ask a bystander to call 911, then send someone to get an AED. (If an AED is unavailable, or there is no bystander to access it, stay with the victim, call 911 and begin administering assistance.)

3. Open the airway. With the person lying on his or her back, tilt the head back slightly to lift the chin.

4. Check for breathing. Listen carefully, for no more than 10 seconds, for sounds of breathing. (Occasional gasping sounds do not equal to breathing). If there is no breathing begin CPR.

**CPR Steps:**

1. Push hard, push fast. Place your hands, one on top of the other, in the middle of the chest. Use your body weight to help you administer compressions that are at least 2 inches deep and delivered at a rate of at least 100 compressions per minute.

2. Deliver rescue breaths. With the person's head tilted back slightly and the chin lifted, pinch the nose shut and place your mouth over the person's mouth to make a complete seal. Blow into the person's mouth to make the chest rise. Deliver two rescue breaths, then continue compressions.

Note: If the chest does not rise with the initial rescue breath, re-tilt the head before delivering the second breath. If the chest doesn't rise with the second breath, the person may be choking. After each subsequent set of 30 chest compressions, and before attempting breaths, look for an object and, if seen, remove it.

3. Continue CPR steps. Keep performing cycles of chest compressions and breathing until the person exhibits signs of life, such as breathing, an AED becomes available or EMS or a trained medical responder arrives on scene.

Note: End the cycles if the scene becomes unsafe or you cannot continue performing CPR due to exhaustion.

**Source:** <https://www.redcross.org/take-a-class/cpr/performing-cpr/cpr-steps>

### BASIC FIRST AID PROCEDURES

#### Bleeding:

Cover the wound with a gauze or a cloth and apply direct pressure to stop the blood flow. Don't remove the cloth.

Add more layers if needed. The cloth will help clots form to stop the flow.

Only apply a tourniquet as an absolute last resort.

#### Fractures:

Don't try to straighten it.

Stabilize the limb using a splint and padding to keep it immobile.

Put a cold pack on the injury, avoiding placing ice directly on the skin.

Elevate the extremity.

Give anti-inflammatory drugs like ibuprofen or naproxen.

#### Burns:

Flush the burned area with cool running water for several minutes. Do not use ice.

Apply a light gauge bandage.

Do not apply ointments, butter, or oily remedies to the burn. The Natural Medicines Comprehensive Database lists Manuka Honey as being "possibly effective" to treat burns and wounds. Take ibuprofen or acetaminophen for pain relief if necessary.

Do not break any blisters that may have formed.

#### Sprains:

The symptoms of a sprain are almost exactly the same as that of a broken bone. When in doubt, first aid for sprains should be the same as broken bones. Immobilize the limb, apply a cold pack, elevate it, and take anti-inflammatory drugs.

#### Frostbite:

Treating frostbite is a delicate procedure of gradual warming. First, get out of the cold.

Small areas of minor frostbite may be warmed by skin-to-skin contact, but avoid using any heat sources or hot packs.

If you can't make it to a medical facility, use immersion of the affected area in warm water (98 to 105 F) for 20 to 30 minutes to rewarm it. Do not rub the affected area or use heat sources.

**Source:** <https://www.verywellhealth.com/basic-first-aid-procedures-1298578>

#### Blisters:

Whether or not a blister needs any treatment is debatable. If the blister is small, unbroken and not very painful, it is probably best to leave it alone. Cover it to prevent continued rubbing and pressure on it that can cause it to swell more and possibly burst on its own. If the blister is large or painful – especially if the activity isn't finished (such as you are in the middle of a hike) – follow steps to drain and dress a blister. Use a sterilized needle and make small punctures at the edge of the blister and express the fluid. Then apply antibiotic ointment and cover it to protect it from further rubbing and pressure.

#### 30 MEDICAL PLANTS FOR SURVIVAL

PLANT	MEDICINAL USES	PLANT	MEDICINAL USES	PLANT	MEDICINAL USES
Althea	Skin irritations, ulcers and sore throats.	Fo-Ti	Treats high cholesterol, erectile dysfunction, constipation and fatigue.	Saw Palmetto	Treats bladder infections, stomach problems including nausea and bronchitis.
American Ginseng	Treat respiratory disorders and reduce fevers (make as a tea).	Ginger	Migraines, nausea, motion sickness and circulation, including blood clots. Eat it or make it into a tea.	Skullcap	Treat high blood pressure.
Barberry	Treat skin conditions and diarrhea.	Goldenseal	Treat bladder and fungal infections as well as sinus congestion. Use it in teas.	St John's Wort	Treat depression and can also slow the progression of HIV.
Belladonna	Sleep aid but be extremely careful; too much belladonna will kill.	Lady Fern	Eases the pains of minor cuts, burns and stings.	Tart Cherries	Helps treat arthritis and diabetes and may help prevent cancer.
Blueberry	Ease diabetes pain, and to treat kidney disease and eye conditions. Eat the berries.	Licorice Root	Treats sore throats, ulcers and respiratory issues such as bronchitis.	Tea Tree Oil	Powerful antibacterial, anti-viral and anti-fungal, and works wonders to treat athlete's foot, vaginal infections, acne, and many other conditions.
Borage	Helps with arthritis, joint pain and skin conditions such as eczema.	Marijuana	Treats glaucoma, depression, anxiety, high blood pressure and nausea.	Valerian	Great for insomnia and anxiety.
Catnip	Treats cold symptoms, swelling and fever. It also helps stop bleeding when applied topically and soothes gas, migraines and stomach aches when infused.	Milk Thistle	Antioxidant and can be used to treat liver and kidney problems.	Vinpocetine	Treat stroke with stroke, Alzheimer's and vascular dementia.
Cayenne Pepper	Can help prevent heart attacks and heal ulcers and hemorrhoids.	Parsley	Helps cleanse the blood and also helps with kidney stones.	White Willow	Mother of modern aspirin and is used to treat fever, inflammation and aches.
Cranebill	Helps stop bleeding and diarrhea and is also good for cancer cures.	Peppermint	Helps treat acid reflux, heart burn, headaches and gallstones.	Wild Yam Roots	Rheumatoid arthritis, menstrual cramps and nausea.
Echinacea	Treats colds and the flu.	Rosemary	Upset stomach and helps with headaches. Possible cancer benefits.	Witch hazel	Antiseptic and also helps make bruises feel better. Also used to treat IBS and other bowel issues.

#### TOP 5 ANTIBIOTICS FOR SHTF

ANTIBIOTIC	USES	ANTIBIOTIC	USES	ANTIBIOTIC	USES
Zithromax	UTIs, URIs, Sepsis (used in an IV), STDs, and ear infections.	Ampicillin	This is a very popular antibiotic used in upper respiratory, ear, nose and throat infections, and teeth abscesses.	Cipro	This antibiotic has a lot of toxicity issues and should be taken sparingly. Can be used for UTIs, infectious diarrhea, bone and joint infections.
Ampicillin	This is a more broad spectrum antibiotic that treats skin infections, STDs, Sepsis and ear infections.	Doxycycline	An effective antibiotic used for malaria, and Rocky Mountain Spotted Fever.		

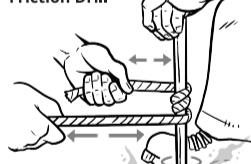
**Source:** "Top 5 Antibiotics for SHTF" by ThePatriotNurse

### FIRE

#### Hand Drill



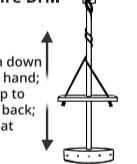
#### Two-Man Friction Drill



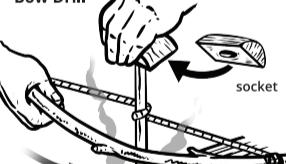
#### Fire Plough



#### Pump Fire Drill



#### Bow Drill



### PERSONAL INSPIRATIONAL QUOTES

"Life has two rules #1 Never quit #2 Always remember rule # 1"- Unknown

"It's not whether you get knocked down, it's whether you get up." - Vince Lombardi

"If you're going through hell, keep going." - Winston Churchill

"Do not let what you cannot do interfere with what you can do." - John Wooden

"The journey of a thousand miles begins with one step." - Lao Tzu

"It does not matter how slowly you go so long as you do not stop." - Confucius

"Tough times never last, but tough people do." - Robert H Schuller

"What lies behind you and what lies in front of you, pales in comparison to what lies inside of you." - Ralph Waldo Emerson

"The difference between stumbling blocks and stepping stones is how you use them." - Unknown

"I ask not for a lighter burden, but for broader shoulders!" - Jewish Proverb

"The bravest sight in the world is to see a great man struggling against adversity." - Seneca

"Fall seven times, stand up eight." - Japanese proverb

"Problems are not stop signs, they are guidelines." - Robert Schuller

"We must embrace pain and burn it, as it is fuel for our journey." - Kenji Miyazawa

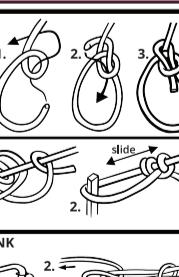
"Adversity is a fact of life. It can't be controlled. What we can control is how we react to it." - Unknown

"The true test of a person's character is how they stand during test of adversity." - Unknown

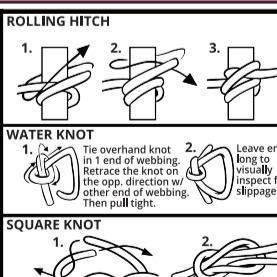
"The gem cannot be polished without friction, nor man perfected without trials." - Chinese proverb

### TOOLS & TACTICAL

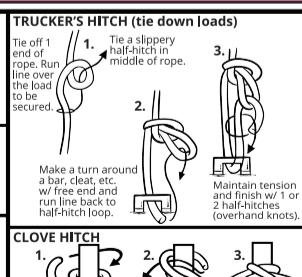
#### BOWLINE



#### ROLLING HITCH



#### TRUCKER'S HITCH (tie down loads)



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