

Level 1 Survival Skills Every Adult Should Have



Remain Calm and clear-headed in an emergency situation.

Light a fire without matches or a lighter.



Walk 2 miles without stopping.

Locate and purify water for safe drinking.



Follow, if you are not in a leadership position.

Maintain a positive Attitude in an emergency situation.



Build a temporary shelter with indigenous materials.

Defend yourself, physically, without weapons.



Carry someone of your weight for 100 yards.

Navigate from one place to another with a map and compass.



Forage for edible wild plants.

Hunt and/or trap for food.



Defend yourself with a firearm.

Properly treat Cuts, Burns, and Punctures.



Tie basic knots.

Perform CPR.



Swim.

Splint a broken bone.



Maintain situational awareness.

Lead a small group, if you are in a leadership position.

