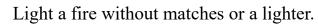
Level 1 Survival Skills Every Adult Should Have



Remain Calm and clear-headed in an emergency situation.







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.





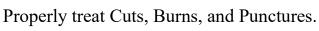
Forage for edible wild plants.

Hunt and/or trap for food.





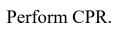
Defend yourself with a firearm.







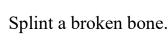
Tie basic knots.







Swim.





Maintain situational awareness.

