

# Survival Cheat Sheet

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

## 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)

### 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.

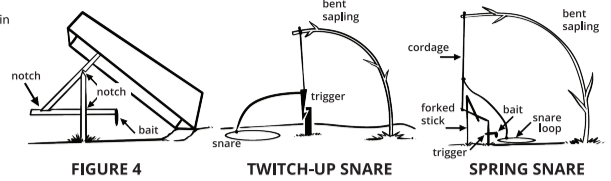
Aggregated fruits and berries are almost always edible (blackberry, raspberry, salmonberry, and thimbleberry).

- Single fruits on a stem are usually considered safe to eat
- Plants with shiny leaves or a milky sap are considered to be poisonous.
- The two that don't follow this rule are Dandelion and Fig. (Both have milky sap.)
- It is a myth that if an animal eats something, then it is safe. For instance, deer will eat poison ivy.
- Wild nuts that taste or smell like almonds are EXTREMELY dangerous. They contain hydrogen cyanide.

### Wild fruits and berries can be checked for edibility in the following way:

- Put a small amount of juice on your forearm and wait until it dries. If there is no burning, swelling or redness go to the next step.
- Put a small amount of juice on the corner of your mouth and wait until it dries. If there is no burning or stinging go to the next step.
- Put a small amount of juice on your tongue. If there is no burning or stinging go to the next step.
- Eat a very small amount. (If you immediately feel sick or vomit, stop eating!) If no symptoms occur in 24 hours, the item MOST LIKELY is not poisonous.
- Eat sparingly at first, and if symptoms still do not occur, proceed to eat as much as you like.

**NOTE:** This technique can be very dangerous. Many plants (Agave, to name one example) contain compounds that won't burn or sting, but can be powerful emetics and/or laxatives. Others may be safe in small quantities, but can be dangerous when large amounts are eaten. Your best bet is to familiarize yourself with a few common plants for your area that can be eaten, and not rely on potentially dangerous methods such as the one listed above. Source: [https://en.wikibooks.org/wiki/Outdoor\\_Survival/Food](https://en.wikibooks.org/wiki/Outdoor_Survival/Food)



## 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.**

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 Silcock 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

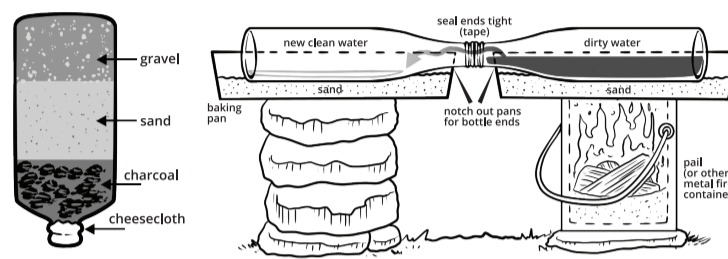
## Disinfect water using household bleach

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)

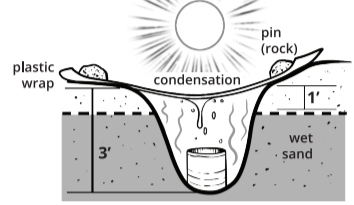
NOTE: Let sit for 30 minutes. If water still cloudy, repeat process.

Source: US EPA "Emergency Disinfection of Drinking Water"

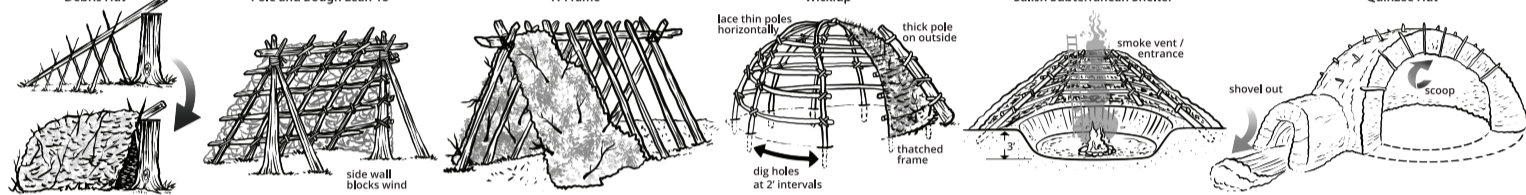
## FILTER OPTIONS:



## HOW TO MAKE A SOLAR STILL:



## SHELTER



## FIRST AID

### CPR Instructions Before Giving CPR

- 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.
- Call 911 for assistance (NOTE: If phone lines are still available in emergency). 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.)
- Open the airway. With the person lying on his or her back, tilt the head back slightly to lift the chin.
- Check for breathing. Listen carefully, for no more than 10 seconds, for sounds of breathing. (Occasional gasping sounds do not equate to breathing.) If there is no breathing begin CPR.

### CPR Steps

- 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.
- 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.
- 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.

### 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 gauze 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 rewarmed 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>

### 30 Medicinal Plants for Survival

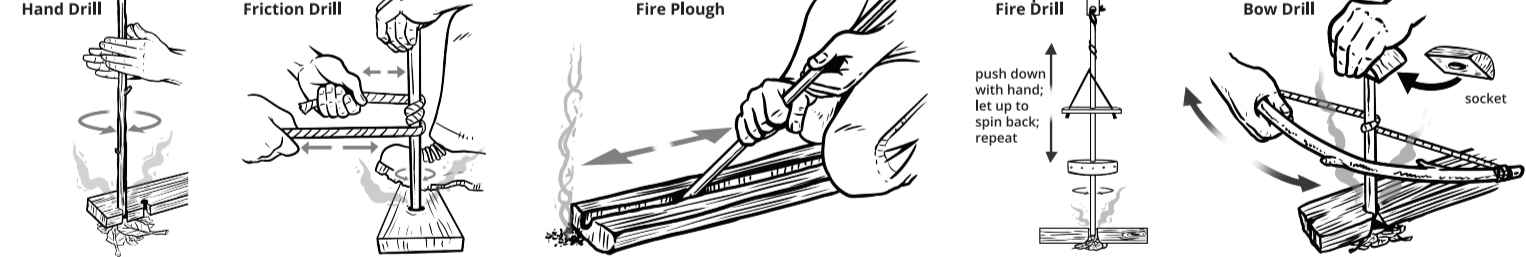
PLANT	MEDICINAL USES	PLANT	MEDICINAL USES	PLANT	MEDICINAL USES
Althea	Skin irritations, ulcers and sore throats. Treat respiratory disorders and reduce fevers (make as a tea).	Fo-Ti	Treats high cholesterol, erectile dysfunction, constipation and fatigue.	Saw Palmetto	Treats bladder infections, stomach problems including nausea and bronchitis.
American Ginseng		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	Treats 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 pain of minor cuts, burns and stings.	Tart Cherries	Helps treat arthritis and diabetes and may help prevent dementia.
Bilberry	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.	Vinopetine	Treat people 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.
Cranesbill	Helps stop bleeding and diarrhea and is also good for canker sores.	Peppermint	Helps treat acid reflux, heart burn, headaches and gallstones.	Wild Yam Roots	Rheumatoid arthritis, menstrual cramps and nausea. Antiseptic and also helps make bruises feel better. Also used to treat IBS and other bowel issues.
Echinacea	Treats colds and the flu.	Rosemary	Upset stomach and helps with headaches. Possible cancer benefits.	Witch hazel	

### Top 5 Antibiotics for SHTF

ANTIBIOTIC	USES	ANTIBIOTIC	USES	ANTIBIOTIC	USES
Zithromax	UTIs, URIs, Sepsis (used in an IV), STDs, and ear infections. This is a more broad spectrum antibiotic that treats skin infections, STDs, Sepsis and ear infections.	Amoxicillin	This is a very popular antibiotic used in upper respiratory, ear, nose and throat infections, and teeth abscesses. An effective antibiotic used for malaria, and Rocky Mountain Spotted Fever.	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		Doxycycline			

Source: "Top 5 Antibiotics for SHTF" by ThePatriotNurse

## FIRE



## 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 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

Mnemonic: "The rabbit comes out of the hole, around the tree and back down the hole."

### ROLLING HITCH

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

### WATER KNOT

### SQUARE KNOT

\*NOTE: both parts of rope must exit knot together.

### CLOVE HITCH

### TAUTLINE

### SHEEPSHANK

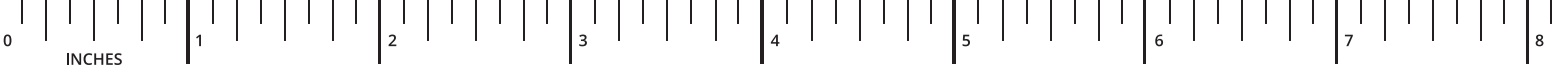
### DOUBLE SHEETBEND

### PRUSIK KNOT (adds a loop to a secure line)

Rope can be no more than 1/2 the diameter of the main line.

### How to Pick a Lock:

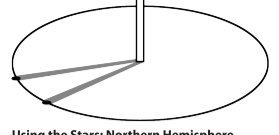
The first thing we have to do is locate the binding pin. Insert your tension wrench and give it the necessary pressure to bind the first binding pin. You will need to keep tension on the plug during the entire process of picking the lock. Next, insert your pick into the top of the lock and, starting from either the front or back, begin to cautiously probe each pin by lifting it up slightly. As you push each pin up, gauge how difficult it is to move. Most of the pins will be relatively easy to lift with the exception of the binding pin. This pin will feel stiff and if you were to release the tension on the plug it would once again feel like the rest of the pins. Once we have found the first binding pin we need to raise it above the shear line. While continuing to apply light pressure on the tension wrench, begin to gently lift the binding pin. When the pin reaches the shear line there will be a very slight give in the turning of the plug. You may also feel a slight click/vibrate through your tension wrench. These both are very good indicators that you have successfully "picked" the pin, or what lock pickers refer to as "setting a pin." If you were to do this at this point release tension on the plug, you would hear the pin fall back into place. Note here that you have only lifted the driver pin out of the plug and not the key pin so don't be alarmed when you still feel it wobbling around inside the plug. As a result of setting the first pin, we have removed the first binding pin from interfering with the plug. Because of this, the plug will turn until it hits the next furthest pin from the center-line. This becomes our new binding pin and our next target. Just like with the first pin, you will need to probe the remaining pins to find the new binding pin. Once found, slowly lift it up past the shear line until you again feel the click and give of the plug and it turns over slightly. As we continue to apply pressure on the tension wrench, repeat the same steps of locating the new binding pin and setting it. Once all the pins are set, the plug will give and allow us to fully rotate it as if we had a key. Source: <https://art-of-lockpicking.com/how-to-pick-a-lock-guide/>



How to Find True North Without a Compass

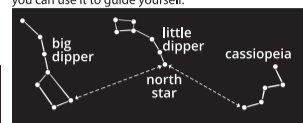
- How to make a The Shadow-Tip Sundial:
- Place a stick upright in the ground so that you can see its shadow.
- Mark the tip of the shadow with a small object, such as a pebble, or a distinct scratch in the ground.
- Wait 10-15 minutes.
- Mark the new position of the shadow's tip with another small object or scratch.
- Draw a straight line in the ground between the two marks.
- Stand with the first mark (west) on your left, and the other (east) on your right.

Source: https://www.wikihow.com/Find-True-North-Without-a-Compass



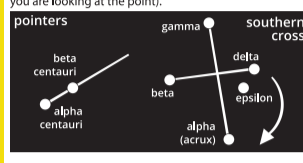
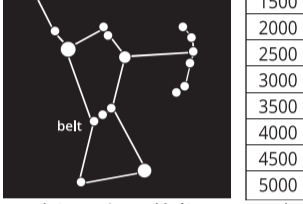
Using the Stars: Northern Hemisphere

Locate the North Star (Polaris) in the night sky. The North Star is the last star in the handle of the Little Dipper constellation. If you have trouble finding it, find the Big Dipper. The two lowest stars in the Big Dipper (the outermost stars of the cup of the dipper) form a straight line that "points" to the North Star.



Using the Stars: Southern Hemisphere

Find the Southern Cross constellation in the southern hemisphere. The North Star is not visible, and no single star always indicates north or south, but you can use the Southern Cross and the pointer stars as your guide. The Southern Cross constellation is formed by five stars, and the four brightest stars form a cross that is angled to one side. Identify the two stars that make up the long axis of the cross. These stars form a line which "points" to an imaginary point in the sky which is above the South Pole.



NATO phonetic alphabet

Table with 4 columns: CHARACTER, MORSE CODE, TELEPHONE, PHONIC (PRONUNCIATION). Lists letters A through Z with their corresponding Morse codes, telephone codes, and phonetic words.

Steps to Distance Conversions

Table with 6 columns: STEPS, MILES, KM. Shows conversion factors for steps to miles and kilometers.

Weight Conversion Table

Table with 10 columns: gram (g, gm), kilogram (kg), pound (lb), ounce (oz), carat, short ton (US), long ton (UK), tonne (metric ton), grain (gr). Lists conversion factors between these units.

Volume Conversion Table (Common Volume Units)

Table with 10 columns: milliliter (ml), liter (L), cubic meter (m3), cubic inch (in3), cubic foot/feet (ft3), pint (pt) [US liquid], quart (qt) [US liquid], gallon (gal) [US liquid], barrel (bbl) [US liquid]. Lists conversion factors between these units.

Search and Rescue X-Codes



Military 10 Codes

Table with 10 columns: CODE, MEANING, CODE, MEANING, CODE, MEANING. Lists military 10-codes such as 10-0 Caution, 10-1 Signal good, 10-2 Stop transmitting, etc.

Length Conversions Table (Common Length Units)

Table with 7 columns: millimeter (mm), centimeter (cm), meter (m), kilometer (km), inch (in), foot / feet (ft), yard (yd), mile (mi), nautical mile (nmi). Lists conversion factors between these units.

Common Ham Radio Q Signals

Table with 14 columns: Q Signal, Meaning, Q Signal, Meaning, Q Signal, Meaning, Q Signal, Meaning, Q Signal, Meaning, Q Signal, Meaning, Q Signal, Meaning. Lists Q-signals like QRL, QRM, QRX, etc.

NOAA Frequencies

Table with 4 columns: Official Name, Frequency, Marine Channel, Alert Channel. Lists NOAA frequencies for various channels.

Common Ham Radio Repeater Channel Spacings And Offsets

Table with 3 columns: Band, Output Freq. of Each Group (In MHz), Offset from Output to Input Freq. Lists repeater channel spacings and offsets for various bands.

Step Distance to Miles

Table with 3 columns: Step Length (in), Steps = Mile, Step Length (cm), Steps = km. Shows conversion factors for step distance to miles and kilometers.

Morse Code Abbreviations

Table with 4 columns: ABB, MEANING, ABB, MEANING, ABB, MEANING, ABB, MEANING. Lists Morse code abbreviations like AA, AB, ARRL, etc.

Ground-Air Visual Guide

Table with 4 columns: I, need food and water, F, am proceeding in this direction, I, no, N. Lists ground-air visual signals.

Ground-Air Visual Guide

Table with 4 columns: A, probably safe to land here, A, yes, Y. Lists ground-air visual signals.

Ground-Air Visual Guide

Table with 4 columns: K, all well, L, not understood, L, L. Lists ground-air visual signals.

Ground-Air Visual Guide

Table with 4 columns: SOS, SOS. Lists ground-air visual signals.

