

Pocket Field Guide: Survival of Lists

In the event of an emergency, it's important to be able to quickly and easily access the information you need to survive. That's where this pocket field guide comes in.

This guide is packed with essential information on everything from first aid to shelter to food and water. It's organized into easy-to-use lists, so you can quickly find the information you need when you need it most.



POCKET FIELD GUIDE: Survival Book of Lists

by Creek Stewart

★★★★☆ 4.4 out of 5

Language : English

File size : 251 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 94 pages

Lending : Enabled



First Aid

- How to stop bleeding
- How to treat a burn
- How to splint a broken bone
- How to perform CPR

- **How to treat a concussion**

Shelter

- **How to build a fire**
- **How to build a shelter**
- **How to stay warm in cold weather**
- **How to stay cool in hot weather**
- **How to find water**

Food and Water

- **How to purify water**
- **How to find food**
- **How to prepare food**
- **How to store food**
- **How to ration food**

Other Essential Information

- **How to use a map and compass**
- **How to signal for help**
- **How to stay safe in the wilderness**
- **How to prepare for an emergency**
- **How to cope with stress and anxiety**

This pocket field guide is a valuable resource for anyone who wants to be prepared for an emergency. It's small enough to fit in your pocket, so you can take it with you wherever you go.

Be sure to print out a copy of this guide and keep it in your emergency kit. It could save your life.

Additional Resources

- Ready.gov
- FEMA
- CDC
- WHO



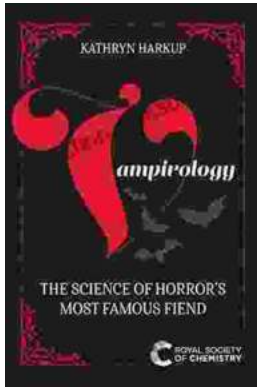
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