

CRUCIAL SURVIVAL SECRETS



TRS
SURVIVAL

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Survival Quiz Answers & Guide



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Question 1:

What is the biggest danger in a post crisis survival situation?

Answer: C. Other People

Without security you have nothing. This simple statement is absolutely true in any post crisis survival situation. Many traditional survivalists (plane crash or lost in the woods kind of survivalists) overlook this crucial point. This truism is borrowed from the military. If an asset, whether it's people or equipment, is not secure it cannot be counted on.

In a post crisis survival situation the people who you are concerned with keeping secure are your closest loved ones. The equipment you are securing is your only lifeline to sustenance.

You can have a ruck sack full of freeze dried food, ample water, heating fuel, hell you could have a tricked out hide site in the middle of the woods, but if it's not secure it's worthless! You'll be little more than sitting ducks, and the better provisioned you are, the bigger the target is on your back. For the savvy prepper, security is paramount.

Things are different if your car breaks down in the middle of nowhere, and you have to survive a few days before you can get help. In this kind of "traditional" survival situation the natural elements are your biggest threat. You can't confuse the circumstances of these very different types of survival situations. The point is, self-defense, strategic communications, the ability to move discretely, and a host of other security related skills are crucial if you plan to survive a post crisis situation where other people, not the natural elements, are your biggest enemy.



IMPROVISED ALARMS

BALLISTICS VEST

SEMI-AUTOMATIC RIFLE

Question 2:

What are the two most important survival items?

Answer: D. A Knife And A Lighter

Regardless of the type of survival situation, you never want to be caught without at least a knife and a lighter (or some other method of starting a fire). For the expert bushcraft survivalist, a knife alone is enough to create a spark with the right skills. However, there is no point in making things any more difficult or time consuming than necessary. Carry at least one lighter as a primary fire starter, it's just common sense.

Why are a knife and lighter so important? With these basic tools (a sharp cutting implement and fire) you can create many other less essential items. You can create shelter, stay warm, fashion tools, make traps for food collection, cook that food, defend yourself, create a spear, shave bark to create lashing and cordage, and the list goes on.

Now you'd be foolish to deliberately try to survive with ONLY these two tools, so what's the point of this question? You should never leave your house without these two items. I carry a knife and a lighter every day. They sit right next to my keys and wallet. If the SHTF and I happen to not have access to my bug out bag, or the go bag in the trunk of my car, I at least know that I have a chance, my survivability will be based on my skill not just luck.

MAGNESIUM STICK

LIGHTER



Question 3:

What is the biggest danger in a "stranded while alone" survival situation?

Answer: A. Your Attitude

Attitude matters. Your mental state in a survival situation is as important as your gear. A well provisioned individual who has been overcome with stress, loneliness, or despair, can be in greater danger than an individual with only basic tools and a survivalist mindset. You must be goal oriented. Ruminating over your terrible situation and considering all the things you must do to stay alive over the next several days can paralyze you with indecision.

Not understanding or underestimating the gravity of your situation is even more dangerous (ignorance may be bliss, but it'll be a short lived affair!). Many people have died needlessly because they were hunting, hiking, or exploring on what they thought was a day trip; only to have weather or a minor injury turn the outing deadly serious.

Imagine going out hunting with the intention of returning before dark, but you severely sprained your ankle a few miles away from your car or camp. Did you pack life sustaining supplies? Or just a small bag of beef jerky? Perhaps you are forced to stay overnight in the wilderness and you underestimate the forces of nature. You neglect to build a shelter because you "don't think it'll be that cold tonight". The winds pick up and you end up freezing cold and hypothermic when you could have very easily found shelter when it was 15 degrees warmer and you still had the use of your fingers.

You must have a plan and set priorities for different tasks and needs. Until that most crucial need is met, you must have a single mindedness to achieve that goal blocking out all other thoughts. If you need to build a fire, don't think about where you are going to get water, build a damn fire!

Once you are warm, you'll think a lot better. Obtaining water with thawed out fingers and a fresh spirit will allow you to conquer the next task much more quickly. Plan, decide, and execute. Your mind is a dangerous weapon, use it to your advantage.

Note: Fire tends to boost the spirits of people regardless of the situation, it's almost like a companion. If at all possible, and even if you don't 100% need a fire, but have the time and energy to spare to build one, you should. Sitting in front of a crackling fire will be beneficial to your attitude. It may sounds strange, but it's true.



Question 4:

Which is NOT one of the 4 most common causes of preventable death in the wilderness?

Answer: D. Venomous Or Disease Carrying Animals And Water Borne Illness

The top killers in the wilderness are Dehydration, Hypothermia, and Hyperthermia. This information should instruct us in our survival priorities. Water, shelter, and fire are the tools that combat these killers. Every situation is slightly different depending on weather, the terrain, and your pre-existing vulnerabilities, but we can safely say that water, shelter, and fire are going to be on the short list of needs, no matter what your situation.

Why Shelter? If you are in a hot desert environment, shade or shelter will reduce the amount of water you lose through sweat. Water loss through sweat can be considerable. Shelter will also help keep your body temp lower. You are often times better off staying shaded and cool during the day and searching for water in the early morning and evening when there is still light but it's much cooler.

In a cold environment (sub-freezing temps), without shelter you will most likely freeze to death long before you ever fall victim to severe dehydration. Shelter will limit your exposure to frigid cold wind, and should help contain your body heat and contain and reflect any heat you've created with a fire.

In an environment that is either snow covered, or if it rains frequently, water will not be a huge concern, but staying warm or dry will be. If you are covered with water or your clothes get wet you will lose body heat at an alarming rate. If there is a breeze it's even worse. Many people are shocked to discover that they can go into hypothermia in temperatures as high as 70 Fahrenheit if they are soaking wet with no external source of heat. Shelter will keep you dry, and help you contain your heat.



Why water? Dehydration is still on the top 3 killers list, so don't mistake the above for reasons why you shouldn't care about water. Clean water is crucial. We won't get into specific techniques to find water, but you should always try to have a metal water container (so it can be boiled if necessary) and a chemical water treatment tablet. Being smart about managing your water resources is crucial. As mentioned above, you lose a ton of water through sweating in hot climates, and any physical exertion leads to more

water loss. Work smart not hard in a survival situation. You also need to choose smart times to work. There won't always be a great source of water, so conservation of your body's water is important.

It's also important to drink water when it's available. Don't ration your water supply, ration your work and exposure to heat. Dehydration leads to cognitive decline (aka stupid thinking), and muscle cramps. If you are thirsty and have water, drink it. It will allow you to properly tend to your other survival needs. If water is in short supply, you never want to exert yourself to the point where you begin to sweat. Work in intervals at a slow pace, you'll use less water while getting the same amount of work done.



Question 5:

In what order should you secure the following?

Answer: B. Shelter, Water, Fire, Food

Experts agree that, unless there are very specific urgent needs, you should pursue these basic needs in the following order: **Shelter, Water, Fire, Food.**

The biggest surprise here is that water is not first. Why? In many cases, you will die of exposure to the elements faster than you will die of thirst. Additionally, your clothing or some kind of protection from the sun is a factor of shelter (it's not just a cave or tent). So searching for water while exposing yourself to direct sunlight is a recipe for disaster. This goes one step deeper, in the desert you're best off searching for food and water at dusk and dawn when it's cooler, but there is still enough light (if it's a full moon you can do that work at night too). So you'll need shelter during the day. Long story short, your first and most pressing need is usually shelter from the elements.



Next is water. This should make sense now. You can go anywhere from hours to a few days without water, depending on the climate. It's imperative that you deal with water or make a plan as soon as you have an acceptable shelter.

Fire, lots of folks think this should be after food. The fact is, you can go quite a long time without food. Fire is protection from predators, warmth, a signal for help, a companion, and a way to purify water. That's a lot of important stuff! If you need any of those things, make fire a priority right after you get your water situation figured out.

Food is next on the list. You'll think more clearly and be much more comfortable once you get some calories into your system. Focus on things that don't run away, or passive food collection systems like deadfalls, pit-traps, snares, fish traps, etc. You don't want to burn as many calories as you are getting from the food you catch.



Question 6:

Which of the following is not a priority in a survival kit?

Answer: D. Solar Charger For Your Phone

Although communication is super important, it won't keep you alive. Is it a good idea to bring? Certainly. But it doesn't make it onto the **MUST HAVE** list like these others.

The other items on this list **WILL** keep you alive in some way or form, and are very difficult or time consuming to make out of natural materials.

Let's run through the others real quick. They are based on the 5 C's of survival. **Combustion, Cutting, Container, Cover, and Cordage.**

A mess kit: while cooking isn't a priority, having a container you can collect and boil water in **IS** a priority. Mess kits provide this function. Keep it as simple and lightweight as possible. A sealable container is a plus, but a simple stainless steel cup will work just fine.

A tarp or other covering material provides insulation from cold and cover from rain, wind, and sun (all of which are major killers in the outdoors).

Rope or string (a.k.a. cordage) is very difficult and time consuming to make from natural materials. It's endlessly useful. Use it to hold up your tarp or shelter, use it to make a bow drill to start a fire, use it to make traps and deadfalls, and the list goes on...

Combustion and cutting were covered in an earlier question so we won't rehash it. They are the first 2 "C"s in my book because they are indispensable.



Question 7:

Which cutting tool is best for survival?

Answer: B. A Medium Sized Hunting Knife

Look there are an endless variety of cutting tools, but sometimes simple is best. Machetes are great don't get me wrong, but they are large. Although I have a survival machete and love it, it's only in my big SHTF bug out bag. Not in my daypack. It's just too big for that.

Why not a folding knife? Again I love folders, I carry one every single day. But, if you are going to have a dedicated survival knife, fixed blades are simpler, and less prone to breakage because they have fewer parts.

Hatches are awesome. But they are too heavy, and are limited in what they can do. Again, I keep a "light" hatchet in my big survival kit but for a daypack it's just too heavy and too limited in uses.

This leaves us with a medium fixed blade "hunting" knife. Fixed blades are simple and easy to manipulate in the cold or with limited dexterity due to injury. A 5 inch blade or less is best because weight is an issue. I wouldn't go smaller than 3.5 inches.



TRS BLACK OPS BLADE



TRS FANG

Question 8:

When hunting small game for survival it's best to:

Answer: C. Use Snares And Traps

This one is gonna ruffle some feathers. A good .22 rifle is great, but who carries a .22 rifle with them all the time? I don't. And in many places where you might get stranded or lost, firearms aren't allowed (think National Parks and others). Ammo is also an issue. Noise is another (if you want to stay under the radar in a SHTF scenario).

A bow or crossbow is a pipe dream for most people. Unless you are an accomplished bow-hunter forget them! They are large, cumbersome, have limited range (if you're gonna take a bow just bring a gun). And although arrows are reusable, good luck finding them! I've lost my fair share of arrows, if you're an archer you already knew this. It is usually the survival "dreamer" who is attracted to a bow (no offense).

A sling shot is a good answer, but not the best. Here's why. Although they are light, small, deadly, and have endless ammo (think small stones), they still require you to actively hunt for your meal. Which is where the real winner shines.

Snares and traps are the best solution for food collection. They are passive. Once you gain the skill, you simple go around using your knowledge of placement and animal



SNARE TRAP



TRS SURVIVAL SNARE

behavior and set up 5-10 traps, and check them once a day. It's a numbers game. Additionally, there is no reason why you can't add 2 or 3 new traps each day. Pretty soon you have turned yourself into 15 full time hunters. Meanwhile you are free to tend to other survival needs. This is the smart man's survive. Not glamorous, but it's what truly works.

5 Life Saving Items Missing From Your Bug Out Bag

If you are like most survivalists you are constantly perfecting your "kit" or bug out bag. This list contains a few items many guys aren't thinking about that can truly save your life and dramatically improve your survivability in a crisis.

1. One Inch Tubular Nylon Webbing

For making a rappel harness, carrying personnel, raising and lowering personnel and heavy objects, towing a car, and various climbing and rigging uses.



Paracord and bankline are bug out bag mainstays for good reason, but they aren't the end-all be-all of the cordage world. 1 inch Tubular Nylon Webbing is a workhorse and has numerous unique and very important benefits which paracord and other thin materials simply cannot match. You don't need a lot of it (around 10 feet is plenty) and because it's flat it takes up very little space relative to its strength and utility. A high quality 10 foot length will set you back a whopping 5 bucks

5 Life Saving Items Missing From Your Bug Out Bag

2. Hemostatic Agent QuikClot or Celox

Quickly stops a hemorrhaging wound - a true life saver.



You may carry around a packet of QuikClot your whole life and never get to use it. However, when you need it, it's probably the only thing short of an E.R. surgeon and a helicopter that will solve your problem. Rapid blood loss can kill in minutes and a hemostatic agent is the best field expedient way to prevent death in many cases.

Buying it is not enough though, learn how to use it from a competent first aid instructor. Don't overlook this item just because you already carry a tourniquet. Tourniquet's can only be used on extremities, and can be difficult or impossible to use right at the crotch or shoulder (two areas with major arteries and very susceptible to blood loss if injured).

5 Life Saving Items Missing From Your Bug Out Bag

3. Bait For Traps

“Give a man a fish and you feed him for a day; teach a man to fish and you feed him for a lifetime.” That is, if he has bait.



While finding bait for fishing is pretty simple if you know what you are doing (insects and worms are usually plentiful), finding bait for land animals can be more challenging. On top of that, if you are hunting small game you are likely short on food in the first place. Searching for bait wastes valuable time and energy, disturbs wildlife reducing your chances of catching anything, and will use up your remaining energy.

Keeping bait in your bug out bag is a must if you plan on surviving more than 72 hours out of a rucksack or backpack. Peanut butter is a plentiful and easy to pack bait that's pretty appealing to a wide number of animals. However, knowledge of the habits and tastes of the critters in your area is even better.

5 Life Saving Items Missing From Your Bug Out Bag

4. Electrolyte Supplement

Dehydration is one of the top 3 killers in the outdoors. Nearly everyone recognizes this, which is why most preppers are obsessed (rightly so) with water procurement and purification techniques. What most survivalist overlook is the importance of an emergency supply of electrolytes. Electrolytes come in small, easy to carry foil packets containing powders or tablets.

Why electrolytes if you already have water? When covering long distances on foot with limited water and limited food it is very likely that you will begin to lose electrolytes, even if you don't become severely dehydrated. You lose them through sweat, urine, excrement, and some are used up with your body's natural metabolism. Loss of electrolytes compounds the problems of even mild dehydration resulting in muscle cramping, fatigue, and a whole host of invisible problems with your body's metabolism.

These problems can even occur if you have water, but lack food. Remember, pure water can be low in one or more critical electrolytes depending on the water source. Food is an important source of electrolytes.

In addition to keeping you going longer on limited water and food, electrolytes are critical in treating dehydration once it has begun, especially if it is severe. There is no substitute for them. Keep in mind an extremely dehydrated person may not be able to eat any food. Water alone will take much longer to treat the symptoms of dehydration. In short, electrolytes added to water will prevent dehydration and allow you to use your water more efficiently so you need less of it, and electrolyte fortified water is the best and fastest way to treat severe dehydration in the field.



5 Life Saving Items Missing From Your Bug Out Bag

5. Impact Resistant Eye Wear



Your eyes are arguably the most critical sense for survival and self-defense. They also happen to be one of the most vulnerable organs in the body. Protecting them is a must. We recommend high quality impact resistant and UV filtering sun glasses, and impact resistant clear glasses for night time uses. Wrap around lenses are best and provide the most protection.

High quality UV filtering and impact resistant eye wear can reduce visual fatigue, prevent eye ball sunburn (yes, it's a real thing, it's called photokeratitis), and protect against physical trauma from twigs, dust, falling pebbles and debris (think about climbing up a small rock outcropping looking up without any eye protection). Not to mention the critical importance of eye wear if you have to fire a weapon.

Preventing initial trauma with eye wear reduces the chances of developing an infection from the injury. Any damage to the eyes, including sun burn, greatly increase the chances of developing an eye infection. An infection will be a major burden in the wilderness because it can cause swelling, excessive tear production and blurry vision. Poor vision will make you vulnerable to just about everything in the wilderness.

The 8 Enemies and 4 Friends of Survival

8 Enemies of Survival

1. **Lack of Water:** When you have water drink it, don't ration it. We covered this above, but it needs to be re-enforced. If you have water and are thirsty, drink. Dehydration will dull all your other skills and put you in mortal danger. Also, carry electrolyte powder in your survival gear. It amplifies the benefits of having water and allows your body to use water more efficiently.
2. **Fatigue:** Sleep is necessary, don't push through it unless it's absolutely necessary. Allow yourself to sleep. Sleep deprivation leads to cognitive decline just like dehydration, hypothermia, and hyperthermia.
3. **Temperature Extremes:** 30 Degree Fahrenheit temperature swings are the comfortable limit of the human body. For example, high temperatures in the 80s and lows in the 50s can be dealt with. You can adapt and aren't in great danger. You may not be comfortable, but probably aren't in mortal danger even without a sleeping bag or other special gear.

However, in certain locations temperature swings can be as high as 40 or 50 degrees. In a desert environments, with highs in the 100s and lows in the 50s the body won't be able to cope. You will need shelter, appropriate clothing, or fire.

The rule of thumb for temperature issues is to conserve heat in cold environments, and limit exposure to sunlight in hot environments. This may seem overly simple, but it's easy to forget these rules if you are focused on something like building a shelter or searching for water.

SNARE



4. **Hunger:** Get food the simplest way possible. Plants, amphibians, fish, etc. are limited in their mobility. Don't get fixated hunting small or large game animals. Passive food collection is best, traps, snares, nets, etc. Grubs and other edible insects are plentiful and nutritious, if not appetizing they ARE life sustaining.



ELECTROLYTE TABLETS

5. **Boredom & Loneliness:** These only come into play for those who don't realizing the importance or gravity of the situation. You have to stay alert, and in tune with your environment. The more alert you are the greater your chances of finding a lucky break or avoiding risks.

6. **Pain:** Pain leads to poor choices, will slow you down, and can get you killed. Don't ignore injury! Get basic first aid knowledge. Even a small cut can kill a man if you don't recognize the signs of infection and have the tools or knowledge to prevent or fix it. Even seemingly small discomfort like chapped lips or sunburn can gnaw at your mood, draining your mental energy and lead to poor decision making



7. **Fear:** Fear of large predators, venomous snakes, stinging insects, and the unknown are all dangerous. Knowledge and alertness can solve most of these problems. Fear of unknown can be paralyzing if you don't develop a plan. Focus on what you DO know, and how the skill you DO have can help you overcome your situation.

8. **Hopelessness:** Depression and Hopelessness can creep into your world if you aren't careful. Focusing on solving a problem and improving your situation is the best way to prevent it. No matter how dire your situation there is always something you can do to increase your survivability, don't give up.

The 8 Enemies and 4 Friends of Survival

4 Friends of Survival

Innovation, Creativity, Ingenuity, and Preparedness: These 4 things will allow you to prevail over your survival situation.

Remember, no two survival situations are the same. Even if you have adequate supplies it is very likely that you will still need to improvise solutions to unique problems that were unforeseen.

It's difficult to teach Innovation, Creativity, and Ingenuity. They come from experience, and the ability to adapt things you know to new situations. For example, using an alcohol based hand sanitizer as a fire accelerant isn't something most survival instructors would teach, but the aware and observant person would be able to figure it out. Knowledge of the world around you is crucial to the survivalist.

Preparedness on the other hand, is teachable, and should not be neglected. Do you have essential supplies to meet your household's needs for several day in the trunk of your car right now? If not, your survivability is already low.

When you leave the house everyday do you carry enough equipment to survive in your climate at least overnight? You don't have to build a doomsday bunker to be prepared. Take small steps to constantly improve your survivability.

Preparedness does not end with packing a bag. Once you are in a survival situation you should always thinking a step ahead. Are you prepared for the rain that the sky is telling you will be coming shortly? Are you prepared for the low night-time temperatures? Do you have enough fire wood collected for the whole night? You never stop preparing, until your situation is over.

Now that you know the 8 enemies of survival and the 4 friends of survival you should have a solid framework to develop your unique survival plan. The 8 enemies should always be in the back of your mind during a crisis. Forgetting, for even 30 minutes, to conserve your energy or your bodies water stores can get you killed. The same is true of the others.

As for the friends of survival preparedness is the first step, it starts at the mo-



ment you are reading this and doesn't stop until your event is concluded. Innovation, creativity, and ingenuity should be cultivated through "real-life" experience and supported by "book-learning."

Now go out and get prepared!

[Get Expert Level Prepping and Survival Tips From a Decorated U.S. Special Forces Commando Click Here.](#)

