

SIMPLE SURVIVAL SERIES

(Skills & Techniques to Keep You Alive)



SURVIVAL 101

Hey, welcome to a bonus video of the [Survival Shake](#). Here's what I wanted to do for you: I wanted to give you some basis on everything you need to know. I think this video is really important about surviving. It's important for your children, for your friends.

And I want to take you through everything you need in a survival situation. And of course, at the end I'm going to save you a lot of time of hunting, of finding water and things like that. And you could just use the survival shake, which I think is very, very important.



So in a survival situation, I want to get your mindset right. And here's your mindset: you are probably not a green beret. Maybe you are and then you know this stuff, or at least a bulk of it, but you're probably not. You're probably just a regular man or a regular woman and you just want to know how to survive when things get tight.

So I want to instruct you on that and really kind of filter it to you so it's nice and easy for you. And in a survival situation, being calm and being ready and prepared and knowing you can do things is more than half the battle.

So as we go through this, we're going to go over how to get water, how

to find food, which I'm going to give you a little hand up on, and get shelter. Okay? Then there's going to be things. I'm going to show you what you need in your backpack. I'm going to show you what you need on you at all times to make it easier.

Now, you can survive with nothing if you're an expert in preparedness, I mean, you could build shelters by hand. You could dig holes. You could even start bojo fires and things like that. But you really need to be an expert.

So what I want to give you is the tools that you need and that you could pass on and that will really help you get a hand up. This will help you in camping. This will help you in outdoor situations. And this will help you be equipped for the rest of your life.

So you can know no matter what happens and this world is going crazy that you will always be ready and have many options in preparation. There's not only one way to start a fire. There's not only one way to build a shelter. There's not only one way even to find a shelter.

Sometimes you could find shelters without building it. There's not one way to find water. There's all different ways. There's not one way to purify it. There's different ways there too. So we're going to take you through that. We're going to show you everything you need to know. So at the end of this, and with the PDF, you could be fully equipped to survive anything. So the first thing I think you'll want to look at in a survival situation is water. I think you should carry water with you. But water is very heavy.

So over the days and times and hours, if you're out there in the field, eventually you're going to need to find your own water source. Okay?

So we're going to do that now because you want to stay hydrated. If you stay hydrated, you can do everything else.

You'll have a clear mind and you'll be able to do a lot of things. But if you don't stay hydrated, it's downhill fast. So what do we need to do to find water? Well, the first thing we need to understand is if you find water and that water's really infected, you have a big problem, because you're going to get diarrhea and you are going to dehydrate a lot faster and die quicker.

We don't want you to die. We want you to be safe. So what we want to do is we want to make sure that we have fire and we gather fire on the way to get water. And that's what we're going to do now. So as we're looking for water, we want to kind of **go downstream.**

So anytime there's a downward motion, since water sits at the lowest level, we want to kind of get there. So looking at this place, it seems to be going down and there seems to be more and more foliage and more and more things growing. So that's a good sign for water.



So that's what we want to do.

So as we go down to get this water, Zeke, what do you think are some of the things that we could use to build fire to purify it?

Mostly dry leaves and dry twigs.

Right. I think so. I think dry leaves are really good. Unfortunately, it rained a bit yesterday. But this foliage right here on top is pretty good. The only thing with leaves are they smoke a lot. If you ever want to send a smoke signal for rescue, leaves are really good.

Some pine is really good. It doesn't even have to be dead pine. And you could make a smoke stack and you could signal someone for rescue. That's smoke signaling. So that's really good. But we don't always want to use leaves unless it's really, really dry because then they'll have a good flame to it. But they go out very quick.

So you want certain things and certain burn times. And it's very easy.

It's very simple. Some people make it hard. **The things on the bottom to start the fire have the least amount of burn time and burn the easiest.**

Okay?

And then as we stack up, the



things that are all the way on top take the longest to burn, but burn for the longest. And that's basically it. So what we're going to do is we're just going to go over to a tree and we're going to break through that bark. And then we're going to start shredding that bark and taking as much tinder as we can.



Now, in a survival situation, you always want to pack. And I have so many different fire starters because you always want to second and a third one just in case some fail. So that's my suggestion. But again, in the wild, you have to do it.

You'll want to look for sticks that are leaning against trees because they won't be as wet if it had rained. Of course, if it's dry, you could almost start a fire with anything. **But in the winter, in cold situations, you want to look for leaning sticks.**

You want to look for some dead trees. You want to look for some bird's nest because they have little fire and feathers and



things in there that'll go up right away. Now, if it's really wet out and you get the bark and you start a little fire, you want to put logs around that fire and twigs around that fire and kindling and even tinder around that fire so they can dry out as you start to build your fire. Okay?

So let's get something from trees so we could start a fire. When we get water, we could have that on us. So we could immediately **purify that water** and then we could drink it to stay hydrated in our first step to survive.

So we have two sets of trees over here. One has some closed in bark and one has some exposed bark. And I'm going to show you how to harvest from them some dry tinder to start a fire. So first we'll start with this tree.



We'll move in here and we'll come across here and we'll start to shred this bark a bit. Okay? And now this bark is a bit wet, but I think that'll be used well.

So we want to gather some of this and this bark, actually.

You want a trusty knife. I mean, this knife is the sharp of the sharp. It is expensive, but you do want an expensive knife in a survival situation. So most likely your knife is not going to be able to get a piece like that, like that thin. Okay? So my suggestion is you continue to

scrape with your knife and catch with the other hand.

But this, I mean, this is like... I've seen stakes tougher with a knife like this.

So you just keep going and you can get all this. I can probably just carve here. For the sake of time, I'm just going to carve a little bit. But I can carve the actual wood into stuff that will just go up immediately. So right there. Okay?

What I would want to do is I want to shred off all this right here. It's not that wet. It's under some brush right here. You want to look for that. So see, there's other trees. There's some vines.

So even in a rainstorm, this isn't getting that wet. You want to pull that out just like that. And this is now wet. The interior wood is wet. So we don't really want that. We want to get all this dry stuff right here.

Oh, look how dry that is. Look at that. Look at that. So easy it comes off there. This'll go right up. That's moss. So you know that's a bit wet right there, just like this. We'll keep it on us. Okay? We'll stick it in our pack. Zeke, why don't you keep



carving over there and show them how you do it. Show them how it's easy. Now I'll keep this in my pack. I want to make sure it dries as well and it's not raining outside. So when I put this in here, I'll use this zipper function right here of my pack. I'll kind of keep it open.

Even I would take this bottle out and I would keep it right here. Because as we go through the day, we want this as dry as possible. This is our baby. This is going to start our fire. This is going to make logs. This is going to make it so when we go to sleep at night, we're going to be warm no matter what the temperature is out.

We're going to be able to purify and cook food if we want to. So if we get cut or if we get hurt, we're going to have a fire that we could put our knife in before we clean our wounds. So it's very, very important. So I'll keep this out right in that little nest, then I'll just put my water bottle inside there.

Get back up. We haven't wasted much energy. So let me talk to you about energy. **Energy is a key component.** Okay? And you don't want to lose a lot of energy. It's actually one of the reasons why I made the survival food I made as light as possible. You don't want to burn calories.

So that's why equipment is important. So with this [BLAK KNIFE](#), I didn't have to go vigorously into the tree to get stuff to start my fire. It was a lot easier. Therefore, I maintained a lot of my energy, a lot of my calories. So you'll always want to do that. Even my pack has triple harnesses. Okay?

So I'm not expending too much energy lugging everything around. Not only is it lighter than most packs out there and the equipment lighter inside, but I have three sources that I can clip here. Here you go. So I don't have to worry about as much fatigue as the next person in a survival situation.



I'm just going to put my bottle back up here. So the next thing we want to look for, Zeke, if any sticks are leaning up top. This is is a vine. Sometimes we'll just take a moment to... All right. So here we are. So we got some tinder and we keep going down. We want to find the water.

We hear some birds. So there's life over here, which is pretty good. You don't have to be an expert tracker, but you could see some twigs are broken. You could see some footprints. It's easier of animals.

It's easier to see this stuff earlier in the morning. You may have to change your level to look down. Sometimes you could see



weeds that are pressed down into the soil. If you see that, you know something has walked by, something has pushed that down. You can look right over here. There's some breakage. This should be straight up like this, but it's not. It means something was walking on it. Okay? So that means if there are animals here, if animals are walking downward, you have a good chance to find water.

It's not failproof. Maybe they're looking for it as well. But with all the tracks that we kind of see here, we know there should be water



somewhere in the distance. Now, if you look on the edges, sometimes you can find even a little bit of food. Sometimes you can find wild strawberries over here.

This looks like a wine berry bush and animals were eating it. So this is another sign that there's life here and animals are hanging out around here. And where animals hang out, they need to survive. So if they can survive, you can also survive.

I bet you can find a wine berry here, unless they ate them clean, which I don't think they get them all. Sometimes they're sloppy. But it looks like whatever came over here pretty much got them all.

So that's unfortunate because I'm pretty hungry and I want a wineberry, but they ate them all. Zeke, you see any wineberries around here?



No.

You do not. Got them all. Okay.

Look at this. Oh, take a look over there. Look at that foliage. If you look out in the distance, you could see that foliage. That dollars to donuts means that there is water right underneath that. Okay?

Whether we can see it, that'll be another thing. But there's definitely water there. So even if we have to dig, we can get the water. I'm really distracted on these... Ah, right over here. So the little fat animals didn't get them all. Okay?

So here's a wineberry.

You can see these things on a trail.

Sometimes there are little strawberries.

Sometimes there are things like that.

These are delicious. They give you a little bit of energy. They have a lot of built in



antioxidants and they are so sweet. This is one of nature's sweetest little things that grows here in Virginia. How do those tastes?

Pretty good.



Pretty good. Yeah. So we can look here. There's probably more inside that brush over there, but we're okay. Just a little bit to keep us going. Because the main goal here is not to collect wine berries. The main goal is to get water.

Okay. So come over here. If you could see right here, we see **MUD**. You see mud? What does mud mean?

WATER'S CLOSE!!

Water's close. So when someone sees mud, they're like, "Oh my gosh, there's mud here. Water is close." I even see some cattails. If you look here, these look like cattails.

Cat tails grow by a lot of water. Okay? So they're a little spiky, the vines, but here's a Cat Tail. Okay? So you cut it with your knife. Cut it off.





We'll just come here and pull that out. Cut that dirt off. So that's a cattail in there right? Now, these are really nutritious for you.

You want to be sure there's no bugs or pest, no parasites or anything like that.

But you can in a pinch eat it. It tastes kind of like an artichoke.

It's pretty good. Yeah. And it will sustain you. I'm not going to eat these or digest these right now, but these are good. And this is a whole little forest of cattails.

Sorry. Oh, and look what we have here. So we have a stream. Look at this. So we have a fresh stream. We did it.

So this is awesome. The fresh stream seems to be pouring over there. I see some garbage in the water over there. So I'm not really apt to get that.



But what I want to do is I want to see this filter. I want to move up a little bit. I want to see where it's filtering from.

So I'm going to come under these trees right here. Oh. So we have a pretty big stream right here where it's flowing from. Now, I want to see if anywhere in this stream there's life and I want to see it by rocks.

So I see it streaming in here. I've heard some frogs around here. And I want to look to see if there's any microorganisms or small organisms in the water. I don't see any. It looks pretty clear. And I would tell you, in a survival situation, you're face deep in this thing drinking it.

You would be face deep in this drinking this in a survival situation. But before you do, you want to use your intelligence. I mean, it's streaming down. I bet you there's some rocks up there that it's filtering through.

So the only thing I would suspect that would be wrong with this water

possibly is if there was a parasite or two, but I believe it's pretty clean. So here's what I'll do. I'm going to be here for a little bit because I want to get water.



Oh, there goes my flashlight. But that's okay. These things happen. As we go, grab this light and I'm going to clean it out. Make sure that guy still works.

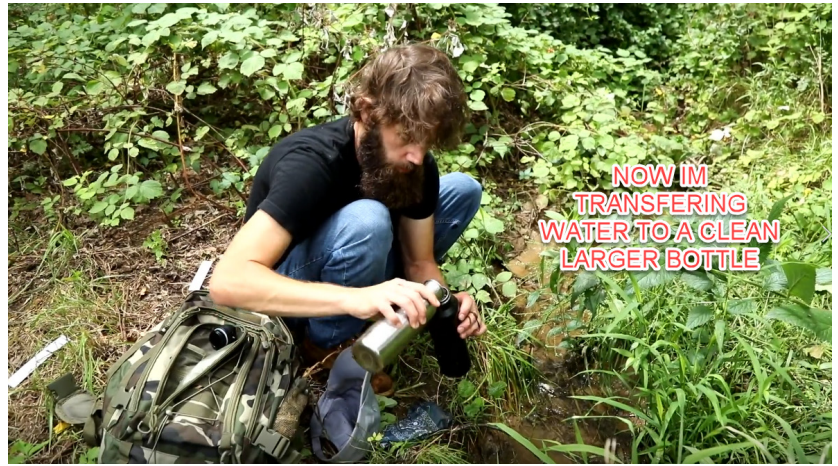
That's the **NOVA** for you. If you soak it in water forever, it might get a little into the battery there. But it's pretty good. It's pretty water resistant. So you can use that.

Now I'm going to put this over here. I'll leave it on my bag. I need a water bottle. I would use this water bottle.

This is really a water bottle to keep it hot. So if you want a hot tea or something,



you keep it in here. Or if you want something cold, maybe you're in the winter and you want to keep it cold. I wouldn't though. You probably heat things in the winter.



So basically for this is to keep stuff hot. But I won't boil anything in here because it's double insulated and it would blow up. So you got to be careful of that. You can't just light anything on fire. So I'll look in here. I should have a steel water bottle in this little pack. It's open.

Zeke, is there a water bottle on your hip?

Yeah. Just make sure you have that zipper out. Okay. So it's not in that compartment. So I'll open this compartment. Yep. I knew I packed one. So this is just a thin stainless steel water bottle. These are great. You always want to carry one of these.

This even has just the packaging in there. We'll



just get rid of that. And I want to filter this water, but I want to even filter out any of the stuff I could grab. So what I would do here is I would take my blade and I would cut a shirt and I'd put it over here.

But I do have a bandana. So I'm pretty sure there's no parasites on my head. So I'll just go like that. And what I'll do is I'll look to tilt this gently in here. And as that water's now flowing, you always want to get it from a flowing point.

I mean, I think we're really fortunate that we found a stream. And I'm just going to get all the really bad dirt. I think we're really fortunate we found the stream and I'm just going to get all the clumps of dirt out. It's going to filter right through the bandana.

It's going to take a little while. What you'll want to do is you'll want to tilt it. So you'll almost want to bury the front side as much as you can, even if you have to dig out a little, because you want to get in as much water as you can here. You don't want to lose any of this.

Now, you could always come back to this stream. But always remember, **ENERGY IS LIFE**. Okay? So that means if you're burning more energy getting up there to getting back here, you're going to lose. So you always want to **use as little energy as you can and get as**



much as you can.

So if you have to stay here for a little longer to get more in your water bottle, I suggest you to stay. This stream is really, really cool. That's a good sign. What that tells me is that this has come from a fresh water source.

Okay? Probably a spring that was underground.

Because if this was coming from somewhere else that was a stagnated water source, it would be hot because it's hot out here today. So if you look in here, it's about half way filled up. And see all that dirt that's collected on the outside.

We'll even do it more. I'll even wedge in here a little bit as far as I can down. Okay? So the tilt is a little different so we can get more flowing in that water bottle. And really the best part about this stream is the energy of the stream is filling the water bottle. So I don't have to use any of my caloric intake. That's going to be used as energy later.

So I'll fill this up. That's pretty good. And here's what I'll do with that. I'll take this water and I'll put it here, again, because we want to conserve energy and we want to get as much as possible. And I'll take this other bottle that I have for water and I will pour it all in here. Okay?



Now I'm not going to keep this bottle up, but now I have doubled the room to get more water.

So when I go up and I heat this up, I might throw some pine needles in this. Pine tea, if you don't know, has really good properties for your intestines and your stomach. And it destroys parasites.



So to be doubly sure that I don't get parasites from this water, I'll heat this water with some pine needles in it. It's been used medicinally for a long, long time. And that will help make sure that nothing bad is going to get in there. So keep doing that.

Okay. Well, that didn't really fill up well. See, sometimes you're just going to miss it. Look at that. All that time, there's absolutely no water in that. That means I had some air between here and it. I wasn't taking the time.

Sometimes I'll cut off a piece of my rope that I have on my bag and I'll use it so there's no air flow. So it just goes right in. I'll wipe the top off and



I'll try that again. There we go. We're starting to get some water in there now. I'll take both of these and I will bring them up.

That's all right. Go further. Get the front side of that bottle. Get the water coming in. Yeah.

It's kind of hard.

Yeah. Crouch on your knees and then try get a focus on it.

Yeah. Got it.

Okay. Now you'll say something like this. You'll say, "Lou, what if I don't have a bandana?" Well, I would tell you, you have a shirt. So here's what I would do if you didn't have a bandana. I'd take one of your shirts, whether it's the underside or the overside.

Take your [BLAK KNIFE](#). Just cut it. Cut that shirt just like that. Just like that.

Now, again, this is a super sharp blade. So you might have a little more trouble than that. And I'll look over here and see if I have rope. I had some rope attached. I don't see any right now.



If you want to improvise in survival situations, here's what I would do with this. I would take this off. You want to use the tools that you have all the time. Come around here just for a little help on this and see if I can get this to secure this bottle.

So I'll do that. I'll put that around there. I'll bring this around it, just like that. And then I'll want to tighten this off as best I can. So that is a makeshift can/tin filter. And I want to stretch this fabric as much as possible. This is a very light cotton.

So this isn't a be-all-end-all. But what this is going to do is this'll get most of the dirt out. So when you heat it later, there'll only be a little sediment that'll be at the bottom and you'll pour it slowly and you'll be good. So we'll take that.

We'll just put it in there. What this is going to do as well. Is it saves me energy from holding this so tight as the water filters in there. So I'll just do that. It'll take a few minutes and pretty soon, because the stream is flowing pretty briskly, it will fill this water bottle nicely.

Now that's almost filled up already. Cotton shirts work really, really well. You saw me do it with a bandana. The problem with the bandana is the fibers are a lot closer together. So after a while, it'll just get so much sediment in it, it won't filter. But cotton works pretty well.

So you always want to wear a cotton or a cotton polyester blend. And then in a pinch you could always cut it and you could always use it to fill

your bottle. Now, here's a question. So that's pretty full. The question is, "Hey Lou, what if we didn't have a shirt? What if we didn't have a knife? Could you just fill the bottle up?" Yes.



The answer's yes. But then you would just have more rocks, more dirt, and possibly more living things in it. And what you would want to do is you would want to make sure it boiled for at least five minutes. That's very, very important.

And to be extra safe, you want to make sure that you put in a leaf of the area that is medicinal. So for example, pine tea. Sometimes there's wild mint growing. Sometimes there's plantain and you can use that and boil it in the water. Okay?

So right here,. If I was in a lost situation, I would take this bandana and instead of drying it out so I could wear it later, I would tie it to a tree or something like that to signal that someone's been here and they're close by.

Obviously, if I was looking to vanish, I would keep it on me. Not that anyone's looking to vanish. And let's head back up. Okay. So different people will think of this different ways. So when you have a stream here that's collected, there's a few things.

You know animals are going to be around here. So do you want to set up camp here? Some people might. Some people won't. The people who might want to set up some traps for animals. And if they make fire, they're really not going to fear that that animal is going to come near them.

Or you want to be like maybe a little less than a quarter mile out so you don't have to really deal with the animals as much if you're not as crafty that way. But I would say we would set up camp within this radius so we could always have water.

This stream, you always want to find where the stream leads. There's a big mouth to a little lake over there. That lake could possibly have fish in it. I saw some life. I heard some bull frogs down here. You want to listen for that.

And when you do, then you can fish or you can set up some netting or traps even using this bag maybe to see if you can catch some fish in there. You can bathe, stay clean, and of course cool down from the elements. That'll also give you energy. Yeah.

So right now we're going to head back up to where I think we should make camp. It's a little pine forest type area, just off the beaten path.

There's going to be a lot of shelter there. It's going to be cooler there at night because it's under the tree brush. And I think it's a pretty safe environment.

Plus there is loads of pine needles there. So you can make bedding. You can make some shelter very, very quickly and you can also have fires that will last you through the night rather easily. All right. So let's head back up and go from there.

PART 1 END

So here's another good point, like in the woods there's a lot of shade. It's probably 10 degrees warmer in the sun, like right here. So what you would want to do is you kind of would want to trace the shade just for a little more energy, a little more coolness. Want to just walk step by step, right left, right left.

Not too intense, right, because **we want to save all our energy!**

When I rest I'd rather lean than sit, because then I have to get back up. Make sure my pack is braced on something, just brace that pack on something so the weight's off my body, and then we just rest a little bit.



It's pretty hot out here, it's like 90 degrees, it's about 80 in the shade, but we have some water. It's about three o'clock and we're looking to set up camp for the night, so we have a good five hours in this situation before the sun goes down. So you need to know your environment, you

need to know your situation, you need to know the time the sun comes up and when it comes down, and you need to do your work during the day. You want to get up early in the morning and do most so you're out of the heat of the day. We had no choice but to move in the heat of the day, but we find some shade, some shelter, and that's how you do it. So now let's continue to go get this water heated up and get real food in our system.

Yeah, so a lot of these things I'm telling you now is just to save any energy you can. You have to think of your body as like a video game and it has energy up to here. And the more things you do, the energy comes down. But if you can gain actual good rest, if you could drink actual good water, if you could eat actual good food, and you could stay warm, stay hydrated, that energy starts to rise up again. **So you want to really be balanced. You never want to feel dizzy. Stop if you feel dizzy, okay, and get hydrated.**

So we feel really good, we haven't exerted too much energy in getting water. And now we're pretty clear, but if we don't get water soon we can get really tired. We can get groggy and our minds won't be as clear, so we want a clear mind. So rather than go and set up camp right now, thinking about it, Zeke hasn't drinken anything since about nine o'clock, it's like three o'clock right now. We want to get some water in us. So that means the first thing we need to do is build a fire, get this water purified, and get some water.

And in this case, because we have [Survival Shake](http://www.survivalmilkshake.com) that's super light and is packed with nutrients, it'll be like a whole meal for us. And then

we'll be fully ready in about a half hour to build a camp with total energy, clarity, and we'll be full of electrolytes. And we probably won't need a drink till the morning. Okay. Word.



Yeah, it's about 15. I'd say about 15 degrees cooler, believe it or not, in this shade. I think because there's a wind blowing through the pine forest. So yeah, even in heat that's 90, 95 degrees you can find a place that's around 80, and this is it. So this, this in itself, doesn't burn as much energy. So we're really thankful to find this spot. **You want to look for these spots in the woods that have good airflow and are heavily, heavily shaded.**

No. So I think this is a really good place to start a fire. We have a lot of shade here. We have a little ledge right here. Off in the distance I think I saw a tree that is tilted, so we're going to make a little shelter there. But first we're going to get the fire going and then we'll take it from there.

All right, so we're here, we're back, and now it's time to make a fire, which is **one of**



the most important things in survival situations. So what

I'm going to do is I'm going to take my blade, Zeke's going to take his blade, and we're going to start to clear away this brush because we don't want the fire to spread. We only want it in a localized area so we could heat our water and get warm



tonight if the temperature drops. So we'll come here and we'll just start scraping this away until we build a circle that doesn't really have any roots to it, because we never want to start a root fire. But if you'll see right here, you see how wet this is? We're not really in danger of a root fire because it's rained so much, it's kind of rainy season down here, so we just want to spread it away so where the fire won't catch on the tops of these pine needles. Pine needles are great. They do smoke a lot, but they really light fast.

Now what you could do is you could find some rocks around here, and you could put rocks out of the outer edge of the fire. It's sort of like a primitive man's fireplace if you think



about it. But dirt kind of works the same, so we want to get the dirt here and just kind of mound it up because the dirt, especially this wet, it's not going to go on fire. And we'll keep this flame just kind of in the center, just to be safe. Okay? So we'll dig this up a bit right here. So it'll almost be like a multi-layer fire.



Again, some knives aren't this sharp, some knives won't do this. So you'll want to, unless you have a really, really good sturdy knife, you'll want to grab like a mini shovel or something like that. This dirt is actually very hard, but the knife blade is so sharp that it's just pushing through it kind of like it's nothing. Even if you see right there, that's a rock and you got to really trust your blade if you're going to dig out rocks. But I trust this blade, and it's very, very good. So we'll get down there a bit and we'll just run this fire kind of right in that pit, keep the dirt around the fire. Pull these roots out. And so we're good to go for the base of the fire. Put my knife away so I don't lose, it very important.

Put my knife away



so I don't lose it, very important. And now I want to start the fire. So there's a few ways to start a fire. You could do a bow drill fire. They're very, very hard. So I suggest in a situation, you always have fire starters. But first we want to put a bit of kindling in this. We had some sticks here that we had brought, they're pretty dry. So we're going to make a little base on the bottom right here with just a little air. And we're going to take some dry pine needles because they're right here, so I'm going to take some dry pine needles just like this. They're really good. Like I said, you could look in trees for birds nest and things like that.



I'm going to spread these out, put a little on the bottom. Because the biggest thing about fire is **LAYERS**, right? So you always want layers. Here is what we scraped off the tree. We've been walking with it. So it's really, really dry. So we're going to put these fibers and we're going to spread those fibers out. Now again, we're going to grab some sticks and



they're right here.

This one's wet, so we're not going to use it. These aren't wet. These are really, really dry.

That one's dry too? So what I'm going to want to do with these and you can do the fire how you like, but I'm going to just put those over like that. And the



reason I'm doing that is because that's going to be a little air. There's still a little air pocket there, so I'm hoping this flame will get up. I'll take some more pine needles just to make sure it climbs. But remember the pine needles have a short, short burn time and they do smoke, so we want to separate them a bit so they don't quench the fire. And then I want to take some of these little sticks just like this. And I kind of want to just stack them around the fire like so.

Yep. And as you go, the bigger you get these big ones are so dry, I'm thinking they're going to go up right away, so that's why I have a little bit bigger. But you can experiment. I say you experiment with fires in your own backyard. It's very, very important that you know how to do them and you know how to make them. Now with this guy, I'm going to wait until this fire gets a little bigger, but then I'm going to want to make a cup holder and I'm going to show you how to do that. Once this fire starts to go up, I'm going to have a cup holder.

So now we need a fire starter. So fire

starters, we could use matches. We could use little winnowing things. We could use little tiny fire starters from Zippo. Those are pretty good. What I like best, what's

the easiest for me, is just a lighter or a match and a fire rope. So I'll look in my bag to see if I have fire ropes with me, which I should because I make them and they're important. So we're going to get this out for later too. Zeke, hold this because this is our food. Tell you about that in a few minutes. This is a great rope.



And then this we'll need at night. This will scare any animals away. This is the brightest light ever. We won't need that yet, but I'm going to show you how I'm going to use this even to help me start a fire.

So I'll take this. You can use a knife to cut it open or you just get it open just like that. I'll make sure that I have some bigger pieces of firewood around and then what I'll do with this rope, and I'm going to use a whole rope, you can cut pieces of this off and they have certain burn times to them. I'm just going to do that. And then kind of fray these edges out, because that's what catches fire. And then I just need a light. I usually have a lighter on me, for some reason, I don't have one in my pocket right now.

I'm going to check in here. Oh, you know what? Here, I can use this. This is the advantage of having a Canon. I can just use this guy right here. I can carry fire starter in there if I wanted, but I just have so many things to start fires in my bag. I'll just do that. And let's see if I can catch this little guy and these frayed edges on fire. So there we go. Yep. So now I'm just going to let the air hit that a little bit. Okay.

And we have a lot of flashlights, obviously that light fires in a pinch like me. I didn't have my lighter in my pocket, but I always have my flashlight on me.



So I always have the ability to light something. So this is almost like a torch and this will give you about, this small one will give you about 30 minutes burn time. So what we want to do is we want to take it, we want to just sit it under there like that. There we go. And that will act as the kindling for the fire.

And now what we want to do, I told you those **pine needles smoke**. Even if this wood's wet, it doesn't really matter, because the burn time of that rope is so good. We'll just put these here like this and then, yep, and we'll just let that rope burn. Okay. Now, since this is starting to get flat, let's let it go up a bit.

But what I want to do is I want to take it and just go like that. Make sure that's there, Now if you didn't have a fire rope, you might not want

to use these big ones at the bottom. But since we do have a fire rope, we don't need to worry about it and I'm just going to go like that and like that. Okay. So that's what I want



to do, I want to build a ledge just like that because I want to heat this water and I want to make sure that it stays sturdy. Okay. So now that's going to start to catch. We can use some bigger pieces, make sure this fire lasts a little longer.

Okay. And I'll grab in my bag, I believe I had the water in here. Okay. It's very important, you want to see it boil, so I wouldn't put the cap on it. I'm going to just sit this guy in here, make sure he stays just like that. So you see how I have a little leverage there. I stuck it deep in the hole. I can even add some of this to secure it and make sure it doesn't fall, because out in the wilderness, water is like gold. It's very, very important.

So as this is going, me and Zeke will keep taking sticks and we'll keep giving the fire life until it spreads a bit more. And you might say, oh my gosh. But look at that. The fire is not really touching the water bottle.

That is okay. That is more than heavy enough. And we use this, see that? See that's very bad. So what I want to do is I want to hold that. I never want to touch that. Because that's going to be flaming, put my knife right there and just make sure this stays sturdy. Okay.

Even if you have to hold your knife on it, that's okay. You won't. Zeke, just make sure when you put the sticks in that you don't lean them into the wrong place, so we're going to turn this just like that. Okay. That's it. I'll just put this here. There we go. Keep burning that. Make sure that blade's ready to go. Zeke, you'll control it from that end of the fire.

There you go. Yeah. Drop that right there. Perfect. Perfect. These are wet but once this fire gets going, it really doesn't matter. So it's just that beginning of the fire that you have to watch out for. In a flame like this, this shouldn't take more than 10 minutes to boil. And when you reposition it, you can always use your knife just to make sure it doesn't tilt over. The sticks will break as we go and then you may have to tilt that. So you want to keep your eye on it.

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See what I'm doing here, I'm taking things that aren't burnt and I'm putting them on either side of this. Because I want to make sure that when these break, this water isn't spilled.

Right? So you see how I have a handle right here that I can push a bit to get this back flowing?

And this is flowing good now. It's always good to have, if it's just yourself, I would've set this up more, but I have Zeke here, so it helps me a bit. If I have to tell him to go get sticks or something like that, it's a bit easier.

Yeah, that's boiling now. So it depends how thirsty you are, to be honest. I think things get killed within one minute. **If you want to be super safe, you boil it for about five.** This would be a great idea, a great time to get pines, fresh pines, to throw in it. Zeke, why don't you grab a few fresh pine needles, maybe a handful? We could throw them in there. And now if any parasites or anything like that are in it, that pine will kill it, kill it fast. So just go to the outskirts, grab some pine needles.

Is that supposed to happen? That's no problem. When it boils that much, it'll just take the fire down a little bit, which is okay. It's still going to boil. You want that to boil off. Don't get scared, like, "Oh my gosh. I'm going to lose it all." Yeah, you can hear that. Can you hear that? He's going to come back with some pine tea. He's going to do it fast.

Now, pine tea. I take a bunch of these off. You'll need a few pine needles, but I like it extra potent. So I'll wait until it comes off because that's really all you need. And bring it out here. You got to be very careful with this now. This is super important because you don't want to lose this. This is gold. Okay? You want to keep it out here. If you get it out here and you're fine, that's okay. So you'll be hot a little bit and that's all right. Put that in there. We never want to touch this obviously because it's so, so hot. What I should have done prior to is I should have dug a hole. I should have dug a hole and I should have filled the

bottle in. **So in survival situations, there's always learning and growing.**

So I should have dug a hole right here, because it's cool underneath, and it would've been place where I could have just taken this bottle

out and I didn't have to worry about spilling it. So now I got to be a little more careful and I had to carve the hole myself, and then there it is. So put that in a hole. Okay, there, and that's it.

Now I'm going to wait, and this is going to sit here and those pines are going to be in. And when it cools down, we're going to have quite a mount to drink. Now, if this was a regular situation, we would be pretty hydrated. We would've filled maybe three or four bottles up. We would've filled about three or four bottles up, down, down by the way.

But because **we have survival food**, this water will go much further because we have a food that's going to give us protein. It's going to give us electrolytes. It's going to give us the best electrolytes that you can have from the bottom of salt lake, and it's going to



give us the salt we need for our body.

It's going to give us the fat we need for our body to maintain energy and optimal focus. It's going to give us some caffeine, and not this



crazy man-made caffeine or a coffee type caffeine. This caffeine comes from a leaf called **GUAYUSA**. It's in the rain forest and it's going to give you energy and clarity at the same time, and it's not going to give you palpitations or anything like that, which is perfect for a survival situation. And of course, we're going to have energy and that energy's going to come in the form of a **carbohydrate, which is organic sugar, cane sugar** that's picked the same day and cut the same day. So it's a little different than all that fake stuff you get in Coca-Cola all that.

Reiterate and beat that out. And this is going to keep... That's the best part. So we'll take it now. The best part about this, one of the good parts about this is you can have it cold and it tastes delicious or you could have it warm. You can do it either way. So we'll pour some of this in it. And when we do that, this powder will cool this off a bit, and we want that. We want it to be cool. So we'll do that.

And still a bit hot. There's sap, so it's still sticky. So we're going to go like that. We're going to keep it like that. We can screw this top on

just like that, if we wanted. Shake it a bit, I would shake it in the hole because you never know. And then, come off a little bit, just like that. Okay. So that looks good. That looks good. I'm ready to drink it. Can you see inside there?

Smells like hot chocolate.

Yeah. Smells like hot chocolate. I'll go again. Stir it again. Open it again. Right? We want to get all that heat out of there.

We'll keep this fire going in the meantime, because we'll need this fire for tonight. So we'll make sure those hot coals are burning. Zeke in a bit will go get some more wood for that.

Now, listen, once you have hot coals burning like that, it really doesn't matter what else you throw on that fire. It's going to burn. Even if it's a bit wet, like it's been damp here, that'll be fine.

At night, what you want to do, if it was really, really cold weather, you would **want to get logs that are about four feet, five feet long, the length of your body**, and you would want to build a bit of a wall here so you didn't go on fire at night. But you want to keep those logs handy that you could just stick a log there at night, and you would want a shelter to be built up, so the wind could be blocked that way and the fire could be that way. Yeah and that's it.

So, so far today, what we've done is we've procured water. Okay? We made sure there were no parasites in that water. We then came and we

built a fire for a shelter tonight, and we heated the water until it's boiling point. We got out our food and we put it in the water. And the amazing thing about this is this is food for me and Zeke. This will sustain us through the night, give us clarity, give us energy, put all the electrolytes back in our body and put all the protein, the fats and the carbohydrates to get us ready for our trek the next day and anything we want to do.

So that is the tutorial for you today on procuring water, the first few steps of survival, building a fire, and having an essential food with you and getting hydrated. But to be hydrated regularly, you need four or five of these bottles to be hydrated the right way and fill the right way and have optimal energy. And the nutrients you need, you'd need survival shake to carry with you.

Oh, they're good. Oh, yeah. Yeah. Let me shake this a little more. But, So it's starting to get hot, so I have about 30 seconds to hold and drink this, so I'm going to do that again. Okay? It's stirred a little more. Pop it open. Look at that smoke coming out of there.

It's so good. You could even... This will actually just calm you down. In a situation, you have food in your hand. You have every single thing you need. You don't need to worry about what you're drinking, or how the water is going to run through you, or give you no energy. You have every single thing right here.

It's hot. It's hot. So we're going to have to wait for it to cool more before I chug it. But, man, is it good!

Not only will it keep you hydrated, not only will it keep you refreshed, not only will it keep you revived, not only will it give you energy, but it just tastes good. Survival Shake.

So after a long day, to be able to procure water and have a food that's lightweight in your bag that is optimal for you... I mean all your carbohydrates, all your fats, all your energy, all your electrolytes and just antioxidants. It really is perfect for you. It's light. It keeps you moving and it's just good.

Survival Milkshake. Grab it.

Yeah. Like I'm saying, "this is really good." Not because it doesn't suck, like most guys are saying about their food. This is really good. I would choose this over so many drinks out there. And in a survival situation, I choose it over anything at any time. It's better than any protein I've ever had in my whole entire life. And it's very similar... I mean, this is just with water from a lake pretty much. It's very, very similar to shake. If it had milk in this, it could be served as a dessert. And for the electrolytes, the carbohydrates, the clean protein, and the antioxidants, and the caffeine that gives you clarity. I can't imagine anything better.

Hey. So this video and the techniques I showed you here are timeless. They're not the be-all end-all. There's other instructional courses, but they're pretty good. They've really helped me. And they get me ready for survival.

At the time of this video, this is not released. So you'll want to get it if there are any in stock when it does get released. But I will tell you, it is an amazingly powerful survival food. It's something you want to keep and you want to always have. And it will be on the market soon.

So that's it for this right now. We built this video. We wanted to show you a lot of techniques to survive, especially early on. And how to get water, how to procure it, how to make it and how to get what we believe is the best food in it.

As of the time of this video, Survival Shake is not on the market, but the video I believe is timeless. It gives you a lot of tips and tactics on how to survive, especially how to survive before you get water.

As far as Survival Milkshake, at the time of this video it's not out yet. So just be ready. Keep yourself posted because a lot of guys want pallets of these. They want pallets of the shake because it's so good and so good for you. And it really eases yourself into a camping or survival situation if that ever happens. And it's not like anything out there.

So you'll need to be ready because even though I have about 8,000 bags, people have requested a lot of bags at a time. So be sure you keep on the lookout for that.

Keep this PDF for the rest of your life. Just so you know what to do in certain steps in survival. And you can give it out to anybody you want. I don't want to keep it. My goal is for you to be healthy, well, and survive and prepared. And that's really the only reason I built Survival

Milkshake. I'm prepared with it. And if you can get some, you'll be prepared too.

That's it. Lou from Lone Survivalist with our new creation, Survival Milkshake. Keep a lookout and move fast when I reveal it to the market.

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