

Attitude

***Stay grounded “cage the monkey”**

- Your brain can take over if you do not control it. You could easily become irrational.
- Respond to your body's needs
- Take problems as they come to you.
- Focus only on what you can handle.

***Don't Panic!**

- Panicking wastes energy.
- Remember your body is known to survive in extreme environments, with the help of your brain. We have been surviving this way for years.

***ADAPT! ADAPT! ADAPT!**

- Make yourself think of the wilderness as a big comfortable place... a “living room”. You probably went into the wilderness to relax so do it.
- Find a niche. Make yourself comfortable.
- If you are starting to loose your head tidy up. Clean up your “living room” or straighten your clothing to give your mind something to do other than worry.

***Focus on your ultimate goal => SURVIVAL**

- Getting home is not your primary goal, surviving is!
- People die of exposure more than any other reason.
- Kids and animals instinctively seek shelter first. They do not leave themselves exposed to all the elements.

***Prepare for the long haul.**

- Build or seek shelter first. The average person can only survive 3 hours in severe weather without shelter!
- Follow the sacred order.
 1. Shelter
 2. Water
 3. Fire
 4. Food

***Conserve energy! This is the #1 survival rule!**

- -Spend energy only on what is necessary to survive.
- -Energy is spent by:
 - a. Exposure to temperature extremes.
 - b. Building shelter.
 - c. Walking.
 - d. Worrying.
 - e. Stressing out
 - f. Cooking food

g. Harvesting or hunting food

h. Building a fire

***Devise a flexible plan and practice it.**

- Take hikes.
- Become comfortable with the wild.
- Foresee problems and deal with known fears before becoming confronted by them.
- Find your personal extremes in comfort levels.