

PREPARING TO STAND

Number 28 — December 2009

“In this age, just prior to the second coming of Christ in the clouds of heaven, God calls for men who will prepare a people to stand in the great day of the Lord.” SW 3-21-1905

What to Put in a Survival Kit

by Jim Buller

In the last issue we talked about being in a survival situation with essentially nothing, known as “naked survival.” Remember that the word “naked” is used here in the same sense as it is used in Job 1:21, —“Naked I came from my mother’s womb, and naked I will depart”— so modesty isn’t the issue. We may be wearing clothing that covers, but the clothing isn’t necessarily adequate for the weather, and our pockets are empty —so we have essentially nothing.

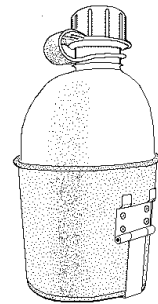
We also talked about the possibilities in a naked survival situation of being able to get everything we needed from nature. One significant conclusion was that if we were to move our camp, we would take anything we had gathered or made with us that would be helpful and practical to carry, such as a fire-drill set. Rather than risk not being able to find the right materials, or having to take the time to make another one, it would only be prudent to take the set along. So, since we would definitely continue to carry key survival items, *why not bring them with us from civilization in the first place?* —which brings us to the subject of this issue.

The next step up from “naked survival” would be to have:

- ① clothing that *is* adequate for the weather
- ② things that could easily be carried in our pockets, such as:
 - a pocket knife
 - a fire-starter —such as: a lighter, matches in a waterproof case, or a flint & steel set
 - water purification tablets
 - a large plastic trash bag —for rain covering
 - a bandanna
 - a bundle of twine
 - some toilet paper
- ③ a water bottle —because we frequently carry one anyway.

With a bit of wisdom, we could use a style of bottle that fits into a metal cup. The water bottle and cup could be carried in the same pouch so they would be together. This way the cup would add no additional bulk, and it would then give us something to cook in.

In a survival situation, these few items would make a world of difference! They have the potential of saving us several days worth of gathering and crafting. In addition, several of these items, such as the clothing, knife, water bottle, and metal cooking cup would be superior to what we could make from nature in a primitive setting.



military style canteen with cup

We have done several trips in this “pockets-and-water-bottle” mode: we purified stream water with the tablets, collected tinder and made fire with our flint & steel sets, gathered wild edibles and cooked them in our cups, washed up with our bandannas, and slept in debris huts we built.

On one of these outings we built a four-person debris hut. We came to call this shelter “greyfox lodge,” because while hiking in we had found a dead grey fox. This camp was set up in a clump of trees near a spring, in an area we frequently explored, so we were able to come back and use this shelter for several different overnight trips. As a result, we learned some significant things in connection with it.

One of these things was that a four person debris hut is really not very warm. We were thinking more bodies would give us more heat inside the shelter. But, by increasing the width of the shelter, (compared to a one-person debris hut), to give us enough sleeping space, we also had to make the shelter taller; since to shed rain the walls must be kept at least at a forty-five degree angle to the ground. However, since heat rises, this increased height left the sleeping area cooler than it would have been with a lower ceiling. So, debris huts are essentially one person shelters.

Another thing we learned is, if the ridgepole is supported against a tree, when it rains the water can come running down the trunk and into the shelter. We were able to wick this trickle off to one side with a bandanna, so it wasn't that big of a problem. But if you are expecting rain, it would probably be better to build the shelter based on a free standing tripod than against a tree.



“greyfox lodge”

On at least one occasion we also used this camp site for a survival class trip. We didn't feel right about stripping the area of everything edible just to feed the group, so we decided to use “simulated survival foods.” These are foods that we could bring in with us which “simulate” what we could gather from nature. (See box on next page.) We still *sampled* the wild edibles we found, so everyone could get plant identification experience. Then the simulated foods were prepared the same way the wild edibles would have been fixed, so everyone would also have a chance to learn preparation methods. This way no one would go hungry if we weren't able to find enough edibles. It also gave us time to spend on a wider variety of survival topics rather than having to

spend a major portion of our time just gathering food to eat. We have used simulated survival foods on survival training trips ever since.

After just a couple “pocket-and-water-bottle” mode trips, we learned that these key equipment items do indeed save us several days worth of gathering and crafting. However, with only overnight, or week-end trips to practice on, we still found ourselves repeating the same basic set of actions over and over—building a shelter, developing water and food sources, and crafting a few utensils and tools. All this *was* good practice and skill development, but we also wanted to be able to learn more advanced skills. Using simulated survival foods helped. And, by returning to “greyfox lodge” we were able to pick-up-where-we-left-off on the last trip, to a certain extent, but then we were limited to just the resources available in that one area. We wanted to wander and explore, and to be able make a comfortable camp more quickly.

Simulated Survival Foods

- raw root vegetables (potatoes, carrots, beets, turnips, sweet potatoes, etc.)
- fresh or dried fruit (no processing other than drying)
- seeds (such as dried corn to “parch”)
- cornmeal (for making “mush”/“grits,” or corn cakes)
- whole grain flour mix (for making “ashcakes;” the only “additives” being salt and *maybe* a little brown sugar)
- “hardtack” (this is essentially “ashcakes” baked at home)
- salt & seasoning herbs (no commercial seasoning mixes)

About this time we were introduced to “Kaywaykla’s Story.” (See separate attachment.) This story is simply phenomenal! In addition to being full of instruction, it also best illustrates the next step up from pockets-and-water-bottle mode survival—a minimum-equipment survival kit.

This story is about the Warm Springs Band of Apache. The Apache Tribe lived in the Southwestern deserts of Arizona, New Mexico, and the surrounding region. They were masters at desert survival. They had to be!—the desert being one of the more difficult places to survive, to say the least!

A couple years before this story begins, the Warm Springs Band, (among others), were rounded up and forced to live on the San Carlos Reservation. San Carlos was not a good place to live. Being confined on the reservation made things worse, as they were not allowed to wander and gather resources from other areas—a semi-nomadic lifestyle being one of the keys to long-term survival in the desert. As a result, many of them died. So figuring they had little to lose, the Warm Springs Band escaped and returned to their ancestral homelands. However in doing so, they knew it would just be a matter of time until the cavalry would come after them.

As far as I have been able to determine, this story took place in Southwestern New Mexico, in the fall of 1878. It is told from the perspective of a three or four years old Apache child, who was called “Torres” at the time. He later became known as Kaywaykla. The text of the story has been adapted from the first three chapters of the book, *In the Days of Victorio*, by Eve Ball, (ISBN 0-8165-0401-6).

As you read this story, pay attention to all they did to prepare for the time they would have to flee from the cavalry. Don't miss the parts about *what* they took even though they were fleeing for their lives. Be sure to catch the parts about everyone wearing food bags 24/7 so they would have something to eat when they fled, and training even their young children to hang onto their blankets if attacked during the night; and how Grandmother stopped to fill the water bottle on their way out of camp—even though they were being shot at! Notice also the parts about the “creep and freeze” game, the planned rendezvous points, and the family whistle signal.

There is *much more* to this story. You will just have to read it. But with a couple observations, let's get back to our subject of survival kit equipment: If carrying a blanket was so important to the Apache, (who were masters of desert survival), shouldn't a blanket also be a part of our survival kit? And, if for months they *wore* a food bag, to be sure they would have something to eat, shouldn't we also have food in our kits?

Based on our experience, it is a good idea to pack both foods which can be eaten without having to be cooked, as well as things that can be cooked for a warm meal. Be sure to also include some salt for seasoning wild edibles. Ideal foods are high in nutrition, low in bulk, won't get crushed in the kit, and are versatile in the way they can be prepared.

Three-days rations also seem to be the amount of food to carry, based on a comment in *Patriarchs and Prophets*, page 483, regarding Joshua 1:11, as well as other sources. This allows for a couple days of travel before *having* to worry about food—although if given the opportunity, our supplies should be replenished. By supplementing the food in our kit, with what we are able to gather, three-days rations *could* be stretched out for quite a while. Of course if we are only going on an overnight practice trip, we wouldn't need to carry three-days worth of food.

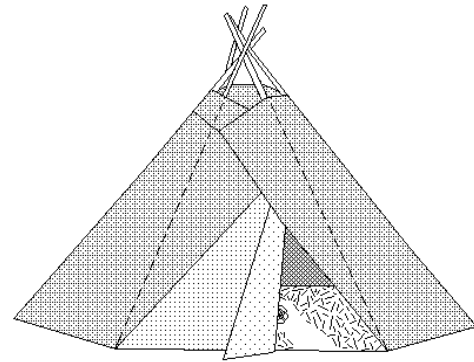
We have also found that although a blanket dramatically increases the bulk of the survival kit, it is a very practical item to carry. By including a blanket pin and a sash, (or length of cordage), the blanket can be worn somewhat like a jacket. This is a very ancient design. It was known as a “match coat” on the early American frontier, and is the same basic idea as the original Scottish “kilt.” Although it isn't as fitted as a jacket would be, when sleeping with it our *whole* body can be wrapped up in it rather than just our upper half. And the pin can be used to pin the bottom of the blanket together so our feet don't keep sticking out while we are trying to sleep.

We have experimented carrying blankets in bedrolls, “horse shoe” packs, and ahuayos, (a square piece of heavy cloth used as a pack by the natives of Central and South America). But probably the most practical way to carry it would be in a medium sized backpack. A pack is also convenient for carrying the rest of our gear. It enables us to have everything in one package instead of *wearing* the survival kit like the Apache did in Kaywaykla's Story. When fleeing with a pack, everything is immediately replaced in the pack after it is used, and the pack is kept “at arm's length” so we just have to reach over and grab it to be on the go.



“match coat”

Since in this mode we *are* using some kind of pack to carry the blanket, it is very easy to also carry a light weight coated nylon or “poly” tarp. We have found the six foot by eight foot tarp to be the most practical size, but if you are taller, or have small children, an eight foot by ten foot tarp might be better. Don’t be tempted to carry a larger one as you really don’t need it. It will just be more awkward to work with, and extra weight and bulk to carry. Each person in the group, however, should carry a tarp.



tarp shelter

Together with some twine, tarps allow us to set up a shelter that will reflect the heat of a fire and shed water much more quickly and easily than having to build a shelter entirely from poles and debris. We have found that we have to “do the work” one way or another. Either it will be less work hiking in and more work when we get to our campsite, or we will have to do more work carrying in a slightly heavier pack, and less work when we get to camp. This same principle also holds true for a few other things. Since the tarp and twine together weigh only about 1 pound / ½ kilogram, in our experience, it has been less work over all to carry them, even though we still need to cut a few poles for the frame and gather debris for bedding when we get to the campsite. Besides, many areas simply don’t have enough debris to build adequate shelters entirely from natural materials, especially for a group.

For cutting and trimming poles, a folding camp saw, and bush knife / short machete or tomahawk can make the process much easier. Different people in the group carrying different tools, gives us the most options when we get to camp. We have found there is need for both a knife to do food preparation and fine carving, and tools like a saw, bush knife / machete, or tomahawk for more substantial wood cutting.

Be careful with the temptation to add “just one more thing” to your survival pack—even though it probably seems like we have been doing just that in the last few paragraphs. It can easily get so big and heavy that you end up not carrying it. There really is a balance between not having what you need, and having too much. To keep things about where they should be, ask yourself, “What am I *willing to carry* when I am *not* planning to spend the night, so I would have it with me if I *did* have to spend the night? We have found that if they are not planning to spend the night, most people tend to not bring *anything*—sometimes not even a water bottle on a hot summer day. But when they *are* planning to spend the night, they want to bring *everything!* On their first few trips, they bring things they really don’t need, and don’t bring the things they really *do* need. The only way I know to resolve this is by your own personal experience. So I can not encourage you too strongly to carry your basic pack even on day trips, and to practice overnight survival camping. Aim for a pack that weighs between 14 to 22 pounds / 6 to 10 kilograms. Taking the survival pack along on day trips gives us the equipment to “play” with things we find along the way, and a chance to develop our skills. Let the goal of the outing be to interact with nature and practice skills, not just to get to some destination and back.

So, what does a survival kit look like that is based on: ① the Conclusions from the study of How the Prophecies Describe Our End-Time Wilderness Experience, ② the Survival Priorities and Survival Priority Equipment, ③ Kaywaykla's Story, ④ the question, "What am I willing to carry when I'm not planning to spend the night, so I would have it with me if I did spend the night?" and ⑤ a lot of experience? Here is my basic list:

Minimum-Equipment Survival Kit

- Warm Cap
- Blanket (wool blanket, or military "Poncho Liner," or sleeping bag?)
- Blanket Pin & Sash or 6 foot length of Cordage
- Rain Poncho (coated nylon), or Large Plastic Trash Bag
- 6'x8' or 8'x10' Tarp
- 3-foot Square of Poly-tarp Material (for a "dry seat," or carrying water)
- Water Bottle (1 quart/liter)
- Water Filter
- Bandanna and/or Cravat and/or Scarf
- Hygiene Items (toothbrush, hair brush, feminine hygiene items)
- ± $\frac{1}{3}$ Roll of Toilet Paper (in re-sealable plastic bag)
- Small* First-Aid Kit (with basic items)
- Fire-Starting Kit
- Food (nuts, flour mix, dried fruit, dried soup mix, salt, etc.)
- Cook-Pot
- Knife (for food preparation and fine carving)
- Bush Knife or 10-inch Machete, or Tomahawk, or Folding Camp Saw
- Twine (50 to 100 feet)
- Sewing Kit (awl, needle and thread)
- Small* Flashlight (1 "AAA" battery) or Headlamp
- Light-Weight Monocular
- Whistle
- Pack
- Digging Stick or Walking Stick

Additional notes on equipment items

- Clothing —wearing clothes that are appropriate for being out in nature and the weather is extremely important in any survival situation —it always bothers me when I see pictures of the Second Coming and the people up in the mountains, presumably those who have fled, wearing church clothes! it also helps if the clothing is versatile, and "earth tone" colors; one change of clothing, what you are wearing, is probably all you will have, choose carefully; carry a change of socks and underwear in you pack for overnight trips
- Warm Cap (and Gloves?) —over 70% of our body heat is lost from our neck up, so a simple warm cap can go a long ways toward keeping warm; depending on your situation, a pair of gloves might also be a good idea

- Blanket —the thickest wool blanket that you can get, (possibly a lighter one for day-trips) —it has been said that wool blankets are one of the greatest inventions of mankind; although wool is heavy, it is quite durable, and wool will keep you warm even if it gets wet; a military “poncho liner” might be another option
Why not use a sleeping bag? —some sleeping bags are warmer and even lighter than a blanket, which may make them a better choice; however, sleeping bags aren’t as multipurpose as blankets —you can’t wrap up in a sleeping bag like you can in a blanket, and you probably wouldn’t take a sleeping bag on an afternoon hike ... more than once we’ve taken blankets on Sabbath afternoon hikes, wrapped up in them around a fire we made as we cooked some food and had sundown worship, then wore them as match coats on the hike out
- Blanket Pins —these are like large “safety pins,” usually available at fabric stores, (they are also known as “stitch holders” —look in the “notions” section), they may also be available at places that sell horse “tack,” (like feed stores)
- Rain Poncho —the vinyl types aren’t durable as they tear easily; even though they cost more, get one made from coated nylon
- 3-foot Square of Poly-tarp Material —useful for a dry place to sit when the ground is wet, a clean work area, or a ground sheet to sleep on, (to keep our faces out of the debris); adjacent corners can also be tied together to make a “bag” that will hold a couple gallons of water to save trips to the creek when camping, or to put out campfires
- Water Bottle and Water Purification —the water bottle should hold at least 1 quart or 1 liter; water can be purified by boiling, chemicals such as purification tablets, or with a filter
- Bandanna and Scarf —many, many uses: gathering bag, towel, washcloth, “hot pad,” “table” cloth, head band, head cover, cordage, bandaging, diapers, etc.
- Toilet Paper — $\frac{1}{4}$ to $\frac{1}{3}$ roll should be enough for a weekend trip, or until you can figure out what else to use —don’t try to carry enough toilet paper to last until Jesus comes; keep it in a re-sealable plastic bag; and don’t forget Deuteronomy 23:12-14
- Hygiene Items —keep it basic and simple, these *are* some of the easier things to get from nature
- First-Aid Kit —keep it basic and simple; this would also include any medications you need
- Fire-Starter —be sure to carry some water-proof method of fire-starting, and be competent with its use
- Cook Pot and Utensils —a cook-pot can be made by attaching a wire “bail” to a can; to be efficient it should hold about a 1 quart or 1 liter; for utensils, carve some chop sticks, or flatten a stick for a spatula, or carve and burn out a spoon
- Knife & Machete / Saw / Tomahawk —also carry something to keep them sharp, see Ecclesiastes 10:10
- Twine —50-100 ft; natural fiber twine will biodegrade if it gets left behind, and can also be used as tinder for fire-starting