

21 DAYS SURVIVAL



21-DAY SOLO SURVIVAL CHECKLIST

21-Day Solo Survival Checklist

Everything You Need to Survive Alone in the Wild for 3 Weeks

Starting Primitive Fires

- Bow drill (master the full technique)
- Ferro rod (with char cloth or natural tinder)
- Flint and steel (always carry both)
- Tinder bundle building (fatwood, dry grass, bark shavings)
- Practice Tip: Be able to start a fire in under 5 minutes - wet or dry.

Fire Building Techniques

- Teepee, log cabin, and Dakota fire hole methods
- Creating coal beds for cooking
- Managing smoke for signaling or concealment
- Fire safety and backup ignition
- Flint says: "Anyone can light a flame. Survivors know how to *keep it burning.*"

Shelter Building

- Lean-to, Debris hut, Tarp shelter, Snow cave (if in cold climate)
- Choose safe, dry, and elevated ground
- Insulate from ground and wind
- Essentials: Cordage, tarp, knife, emergency blanket

Water Purification

- Find water: streams, rain catchment, dew collection
- Purify by: Boiling, Charcoal/sand filters, Tablets, Portable filters
- Warning: Always assume water is contaminated.

Navigation

- Learn cardinal direction tricks (sun, moss, shadows)
- Use a compass (and actually know how)
- Follow natural terrain features
- Understand topographic maps
- Pro Move: Create a natural map of your area as soon as you arrive.

Foraging, Hunting & Trapping

- Foraging: berries, roots, mushrooms (*know your plants!*)

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- Hunting: slingshot, spear, bow
- Trapping: deadfalls, snares, fish traps
- Preserve meat: smoking, drying, burying
- Survival Ratio: Spend less energy acquiring food than it provides.

Tools

- Fixed blade knife (full tang), Folding saw, Multitool
- Ferro rod, Compact shovel or trowel, Paracord (100 ft min)
- Flint's Rule: One tool = survival. Two tools = insurance.

Gear

- 40-60L backpack, Lightweight tarp or bivvy
- Sleeping bag or emergency blanket, Metal container, Duct tape
- Fishing kit, Small first aid pouch

Clothing

- Moisture-wicking base layer, Insulating mid-layer (wool/fleece)
- Waterproof outer shell, Hat + gloves, Durable boots
- Extra socks + underwear
- Bonus Tip: Wool insulates even when wet.

Food

- Dehydrated meals, Jerky, Trail mix + nuts
- Energy bars, Instant rice/oats, Electrolyte tablets
- Goal: 2,000+ calories/day, if possible. At minimum, eat *something* daily.

First Aid Techniques

- Stop bleeding (pressure, clotting agent), Clean wounds
- Treat blisters, sprains, dehydration
- Recognize hypothermia, heat exhaustion, infection
- Carry: Gauze, tape, ointment, wipes, tweezers, pain relievers

Gear can break. Food runs out. But if you have grit, fire, and a sharp edge - you will survive.