

Survival Rule of 3s

3 Minutes without Air

3 Hours without Shelter

3 days without Water

3 weeks without Food

That pretty much tells you about priorities, doesn't it?

3 Minutes without Air - Do you need a better reason to learn CPR?

3 Hours without Shelter - Extreme weather can kill you, which is why making a shelter is the first priority. Get cold and wet, and hypothermia can kill you. Hypothermia makes you stupid before it kills you.

3 days without Water - Dehydration can make you stupid, too, before it kills you. In our Tips, you'll get used to the "Bring 3 gallons of water per person for three days." Other sources suggest that you just bring a way to treat water to make it drinkable. Great - unless there isn't any water! Bring your own.

Because water weighs 8 lbs. per gallon, you'll have to figure out an easy way to carry it. An AquaTainer that holds 7 gallons is a good choice, if you put it in a kid's wagon. See the Tip, "**Handcart for Emergencies - DIY!**" Making a wooden box to hold 12 2-liter soda pop bottles works, if you add wheels and a handle. A cart to tote a golf bag and clubs can be modified with a plywood platform to carry 50 pounds of water. Any option is better than carrying it on your back.

3 weeks without Food - For most of our evacuation scenarios, we assume you could go several days without food. However, you don't have to! Assume that if you bring food, you will need 15 to 20 lbs. per person per week. Hmm... maybe get a bigger wagon? And if you do that, it can carry the 72-hour survival kit/pack, too. You can go farther pulling a wagon than you can while carrying the same weight.

3 Months without Human Contact - I've added this because we are social animals. You'll need to avoid the antisocial animals - mostly the two-legged kind. The rest, the social kind, may be a source to barter what you have for what you need most. See the DisasterGuy Tip: "**Barter Instead of Buying!**".

3 Years without Civilization - I've added this because my Native American roots imply some cataclysm ended our civilization hundreds of years ago. This could happen to any civilization, including today's. If the big disaster happens, and we're not back to being a civilized nation in 3 years... well, your guess is as good as mine!