

Jason Hunt

Modern Survival

Field-Book Series
Book 1

MODERN SURVIVAL

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Book 1
The Foundations for Survival

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About this booklet

The Modern Survival field-book series has been designed to accompany the on-site course available through the Campcraft Outdoors Field School (campcraftoutdoors.com) and the online Modern Survival course through the Old World Alliance (oldworldalliance.com).

Alone, we believe this booklet series will transmit a great deal of insight regarding modern survival skills and how they will make your outdoor adventures safer, more meaningful and instill and greater confidence in your ability to endure when the worst conditions are against you.

The Foundation for Survival

While some specialize in skills from the era of the 17th Century long-hunter or stone-age cave dweller, we specialize in teaching the survival skills as it relates to the Holy Bible. While we do not dress in period correct clothing, we practice our experimental archaeology through the understanding and application of the outdoor skills and spiritual principles revealed in the scriptures. We seek to understand why God gave specific skills in certain situations and how the annual training cycles, also known as the Feasts of the Lord, apply to God's chosen people past, present and future and ultimately how these things fit within His plan for the believer today.

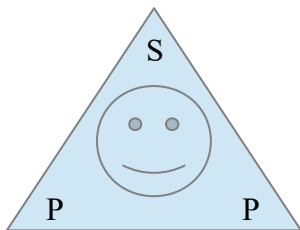
Upon their banishment from the Garden of Eden, Adam and Eve found themselves at odds with the surrounding world that had fallen into a cursed state. Thorns, briars and pestilence had fallen upon the face of the planet- things that Adam and Eve had not been prepared for during their time in the Garden. They would now have to exert constant effort to live from the land and they, now having the knowledge that they were nude, first needed clothing beyond the leaves

they used to cover themselves. So, God himself taught them how to make clothing from animal skins (Gen. 3). The word for 'make' in that sentence may seem simple enough to comprehend- but in the Hebrew language it is the word *asah* which adds more depth to the meaning as it fully translates as *to toil with and transmit an idea*. See, when God made for them clothing, the idea was fully transmitted to them, no doubt by way of example, as we know they left the Garden in clothing of skins and they were not able to return.

Thus, the processes of animal identification, harvest, butchery, cooking, hide tanning, sewing, stone and bone tool making were all fully transmitted as these things were all necessary to make clothing and use the entirety of the animal. So we gather that the first thing God did after the expulsion of man from paradise, was teach them how to SURVIVE apart from his presence. The themes of survival play throughout the bible, trapping, hunting, water filters, debris shelters and warfare tactics are all taught in the Bible. In fact, there are three holidays that were required of all those that followed the faith to practice annually- Passover, Pentecost and Sukkot.

The Modern Survival Triangle

P - P - S



There are three primary festivals in the Bible which were obligatory. These festivals are also called the Feasts of the Lord; the word festival/feast in this context is the Hebrew word *Moed* which means *rehearse or practice*. These three annual rehearsals are times of great importance spiritually and prophetically in the annual Biblical calendar.

Passover is a Spring festival that was revealed at the time of Moses as a dramatic, week long Bug-Out. After enduring weeks of harsh judgment from God, Pharaoh finally conceded and in the middle of the night, after the final plague of death killed all the first born in Egypt that did not have the blood of a lamb on their door jambs, demanded that Moses take all of his

people, the Hebrew slaves and leave Egypt. So, beginning just after midnight, Moses gathered together all his people, their belongings, including their unleavened bread loaves and all their livestock and made their way out of Egypt.

There were about 600,000 men on foot along with their families and livestock and an unnumbered amount of foreigners among them. Their first stop was Sukkoth (which means temporary camp) [Ex. 12:37] and was quite a distance away from Goshen (the land ruled by Pharaoh) at about 25 miles. This was a huge undertaking by so many people and speaks of the urgency of the event. It took them seven days of travel to reach the Red Sea where they would cross into Arabia. The journey they took was south of the Port of Suez as they had more people to pick up for the journey at the copper & turquoise mines. This was a longer than necessary journey, but important in collecting the other slaves who had yet been unaware of their recent freedom. Meanwhile, Pharaoh, having a change of heart after realizing his slaves would never return, rallied his armies and took the wilderness road across the desert catching up to the Hebrew people.

Their lives were again in danger and this is when God parted the sea to allowing the people to make an escape while at the same time destroying Pharaoh and his army within the sea as the walls of the water tunnel thundered down atop them. They then traveled 6 more weeks to the foot of Mt. Sinai for a total of 50 days, learning to depend upon God for their survival.

Skills remembered within this festival revolve around the need to be prepared for danger and to flee at a moment's notice, to always be watchful, to carry our belongings with family and animals in tow . Other skills include items to always have at the ready, how to cook over a fire and leave minimal trace and to rely upon those called to lead us out of immediate danger. This remains an annual festival for all believers that has largely been lost to the modern church and has been replaced with European religious tradition.

These skills are timely when applied to a modern context as a spring festival in that they prepare us for the unknowns that lie within the storm season, Spring flooding and tornadoes account for over 55% of insured losses according to the Insurance Information Institute.

Power outages and late season cold snaps and ice are also potential issues to contend with making the need to evacuate our home or primary area of operation a grim reality. This is also the time we begin sowing our garden crops in preparation for the months ahead. By practicing the emergency survival skills conveyed through the Passover story, we'll be better prepared to endure these events, especially with our families and pets.

Highlighted Passover Skills

Get meat for family, maybe friends: Ex. 12:3-6

Apply blood of Lamb (Jesus): Ex. 12-7

Start a Fire: Ex. 12:8

Cook over a fire: Ex. 12:8

Cook bannock over fire: Ex. 12:8

Leave no trace of meal: Ex. 12:10

Eat quick, EDC in hand: Ex. 12:11

Prepare for Calamity: Ex. 12:12

If you know God, you're safe: Ex. 12:13

In the New Testament, the spiritual elements of this rehearsal has been fulfilled in the coming of Jesus Christ. He died on the cross as the Lamb of God for the sin of the world (John 1:29).

Prophetically however, Jesus himself warned in Matthew 24 that the sign of his return would

look much like it was during the time of Noah and that we should flee to the wilderness into our places of refuge for protection. Noah had the Ark, ancient Israel had the desert, we shall have the wilderness.

Pentecost is a Summer festival that took place 50 days after Passover, in Hebrew it is called *Shavuot* or *the Feast of Weeks* and marks the conclusion of the counting of seven weeks of sevens days since the last grain offering (Barley) had been taken. On this 50th day a new grain (Wheat) was to be offered. In the Old Testament God gave the 10 Commandments as the ancient people encamped around Mt. Sinai (Barley). In the New Testament, the Holy Spirit was given to those waiting in the upper room in Acts chapter 2 (Wheat) after the resurrection of Jesus. In both of these events, the groups were waiting to learn and understand the will, mind and heart of the Creator. Without getting into the deep spiritual matters at work, I'll suffice to say that it is so fitting that this festival falls in the early summers months. All the wild edible and medicinal plants, and trees are in bloom and the animals are moving around often. It's the ideal time to make things off the landscape, to take advantage of the foliage for fair weather shelters

and to begin thinking about the garden harvest soon to come.

This season is marked as one of dependence upon God the creator for our needs. By this time, the ancient Israelites had all but depleted their food resources from the Passover and were now relying upon the manna of God, the quail they were trapping and the water from under rocks in the desert. Upon depletion of their immediate resources from home, they began to rely upon the landscape and the things of the natural environment created by God designed to enable their survival. This season is again, an annual rehearsal wherein we learn to not only identify natural resources, but use them to aid us survival situations and then self reliance- this is where we meet God in the wilderness to learn from and rely upon him.

Technically speaking, due to the disobedience of the ancient Israelites to enter into their promised land the first time they arrived (Deut. 1: 7-35) they lived in the wilderness another forty years. The results of this time in permitted the people to fully come into their skills as they mastered the crafts needed to build, defend, feed, and clothe their families and govern themselves.

They became fully self-reliant apart from the systems of the world around them which gave them great might in the face of their enemies.

Highlighted Pentecost Skills

Camp outside: Ex. 15

Make Water Filters: Ex. 15:22

Survival is hard, train your mind: Ex. 16:2-3

Make bird traps: 16:13

Learn where to find water: Ex. 17:5

Learn self-defense: Ex. 17:8

Appoint camp helpers: Ex. 18:20

Practice good hygiene: Ex. 19:10

Make use of the landscape: Ex. 21:24

Sukkot (Sue - Koat) also known as the Feast of Shelters, Ingathering or Tabernacles takes place in the Fall and was the greatest celebration of the annual festivals as it was the harvest season and last holiday before the rainy season of winter. During this eight day festival we remember God's provision of food, water, shelter, clothing, guidance, light, and heat during the wilderness years. To celebrate this festival, the men were required to gather materials off the landscape to create a shelter made of trees and leafy boughs (a debris style shelter) wherein they were to live for a week.

They were to partake of the seasonal harvest and fellowship together daily and God promised to meet with them during this time. It's also the only festival noted to be continued even after the return of Jesus to the earth in Revelation. It's a season of rest- where we are to come into our knowledge and inheritance of the world around us. We're ready to rest from our labor as we know how to live in relation to the land , thus the holiday represents our restored fellowship with our Creator. The eighth day of the festival is called *Simchat Torah* or *Joy of the Torah* and marks the end of the yearly cycle of readings from the Torah (first 5 books of the Old Testament) and the scroll is rolled back to the beginning in the synagogue. This too represents our proverbial going back to the beginning of mankind, when we dwelt with God in the garden.

Highlighted Sukkot Skills

Build a debris shelter: Lev. 23:42

Camp out for a week: Lev. 23:43

Collect Seasonal Harvest: Duet. 16:13-14

Rejoice!: Duet. 16:14

These three annual training cycles have a much greater spiritual, prophetic and practical meaning than has been given here. My hope is to inform you of the fact that God has laid out a survival training plan that includes skills training and that through the practice of the skills that you are already interested in, you can come into closer fellowship with Him through His only begotten Jesus Christ.

The 5 Survival Priorities

Our survival priorities are realized through the story of David and Goliath. David, a shepherd and survivalist who had fought and killed bears and lions while tending his sheep entered into yet another survival situation when he volunteered to fight the Philistine champion Goliath. We're told that David stopped by the creek on the way to fight the champion to choose 5 smooth stones which he dropped into his haversack. He selected one stone to throw from his sling and the rest as we know is history.



The 5 stones were smooth so that when thrown from the sling they would fly straight, hitting their intended target. These stones were smoothed through the constant movement and flow of the water they were in, abrading against other stones in the rainy season and the droughts. Our priorities consists of skill areas that must be as equally abraded and practiced in good times and in bad so that when the need arises, we can use the skill to overcome our survival situation with confidence.

- ***Safety:*** Unless we demonstrate good safety skills ranging from pre-planning our trips, to tool use and rescue, we have no business engaging in regular outdoor endeavors. Safety is a skill that must be practiced regularly.
- ***Fire:*** We must understand several methods of creating and sustaining fire so that we can effectively manage our bodies core temperature, cook, make medicines and signal for rescue.
- ***Water:*** We must understand how to purify raw water to make it safe to drink. This includes understanding how chemicals affect the body short and long term.
- ***Shelter:*** We must understand how to shelter from extreme elements to manage our core temperature and how to engage with wild environments long term.
- ***Food:*** We must understand how to take food resources from the

landscape and in a way that makes the most sense. Hunting, Trapping, Fishing and handiwork such as simply flipping rocks.

These five skill areas or 5 Smooth Stones are practiced over a lifetime and each skill has it's own season to be trained and seasonal variance. By tapping into the three annual festival cycles, this significance becomes more defined and realized over time.

Survival at Home



Before we ever seek to bug out away from our homes, we should always seek to first take shelter at home where the majority of our belongings are and our family members will congregate in times of crisis. Alternate meeting locations or rendezvous should be discussed with your family as well should home become compromised for any reason. These contingency meeting locations are vital to a good home survival plan.

Storm & Disaster Preparedness

- Know the risks for your area. While

some weather-related disasters are seasonal, other are not. Fires, Floods, Earthquakes and power outages are all risks that face everyone.

- Have a Plan. Understand how to shut off utilities to your home, where to meet if the home is no longer safe, have alternate routes to get to or leave your home and have a back-up method of communicating with loved ones.
- Refrigerated foods begin to spoil in as little as four hours. Have a plan in place to circumvent this obstacle. FEMA recommends a 2-week shelf stable food supply for each family member at minimum!
- If you have pets, make certain that you include them in your plan as a family member.
- Remember to have backups of any necessary prescriptions and if possible, back ups of your important documents and prescription eye glasses.

Essential Supplies (Per Person)

- Small Tool Kit that includes lighters, wrenches for utilities and a can opener
- Weather Radio
- Lanterns & Flashlights
- Phone Chargers with Emergency Phone if possible
- Extra Batteries
- Duct Tape
- Roll of 3mil Plastic Sheeting or a Tarp
- Rescue Whistle
- Wool Blanket
- First Aid Kit
- Toilet Paper
- Map of Area
- Change of Clothing
- 3 days of back-up Food
- 3 days of Water (3 gal.)

Food Storage Recommendations

- Do not put all your eggs in one basket. Food diversity is a necessity.

- If you don't already eat it regularly, don't store it!
- Vitamins, Minerals and Dry Milks and Protein options are vital to good health
- Consider adding fiber supplements to your stored foods
- 2 week minimum food supply per person in your family

Survival for the Wilderness

The mind is the greatest tool for survival, the more you know and experience before a sudden crisis event, the less you will need so far as tools and equipment and the better prepared you will be when such an event takes place. Training such as the Modern Survival course will aid in better preparing you mentally and physically for such a crisis event, but all skills are perishable if they are not maintained. Do not permit weeks or months to go by without refreshing the muscle memories we seek to develop in this

course.

General Safety

Maintaining a basic level of personal fitness is a vital component of survival. If you are unable to hike extended miles across potentially rugged terrain with even a basic survival kit, then it is very unlikely you would survive a potentially life threatening situation with less gear more than likely in worse conditions. Get yourself accustomed to moving your body in functionally related tasks such as by chopping wood, lifting a heavy backpack (up to 50lb) and hiking over rough terrain with time limitations. These simple fitness goals will better prepare you for the rigors of survival and hiking in general.

Begin by walking at least 20 minutes daily purely for exercise and increase the time and/or mileage as you are able. When ready, add a backpack and increase the weight load in the pack as you get in better shape (Rucking).

Perform pushing and pulling exercises as well as squatting and crawling exercises with a backpack. Overhead presses, lying/bench style presses, triceps extensions, curls, air squats, calf raises, bear crawls, push ups, burpees and more are all types of exercises that can and should be completed while wearing a backpack. Begin with as little as ten pounds of weight and work your way up over time.

Controlling your bodies core temperature (*CTC = Core Temperature Control*) is the most important item on your survival “to do list”. You’re body can typically only endure 3 hours of extreme exposure before it begins exhibiting symptoms of hypo or hyperthermia; assuming that the weather is not in perfect conditions.

When you become wet due to perspiration or water drenching, you lose body heat 25 times faster than if you were dry. Therefore, in wet or cold conditions FIRE becomes your most needed resource.

Fire will enable you to:

- Dry wet clothing
- Dry and warm yourself
- Prevent hypothermia

Use the acronym *HOT* as a CTC checklist:

- Hydrate Regularly
- Overheating, Avoid it
- Take time out

Conversely, if you are in hot and/or humid conditions SHELTER becomes your most needed resource.

Shelter will enable you to:

- Prevent overexposure to harsh sun light which prevents burning
- Give you shade which will result in a cooled area to rest
- Aid in preventing hyperthermia

In cooler months, use *COLDER* as a CTC checklist

- Clean Clothing
- Overheating, Avoid it

- Loose and Layered
- Dry
- Evaluate gear often
- Repair clothing and footwear

The will to Survive

Without the will to survive, tools and training will only go so far. The mind has the amazing ability to overcome stress and hardship even when there appears to be little chance of surviving. It is here when the will of survival comes into play. That mental attitude can bridge the gap between realizing the severity of the situation and resolving to endure it without quitting no matter the costs. We read the historical accounts of men such as Daniel Boone who ran 160 miles barefoot through the frontier from Chillicothe, OH to Ft. Boonesboro, KY in only 5 days to warn of an impending Indian attack and Hugh Glass, who, despite being attacked by a grizzly bear and left for dead by his exploration party, crawled more than 200 miles back to the nearest fort to recuperate before again setting out to the

frontier. More recently, we consider the story of Aron Ralston who amputated his own arm after being pinned in a slot canyon by an 800-1000lb boulder and Colorado fisherman, Bill Jeracki, who cut off his own leg at the knee after two boulders fell on his leg while angling in a remote canyon stream.

What explains the actions of these men? Their WILL; their sheer determination to live despite seemingly insurmountable odds. Fear and panic if not kept in check by your will, skills, faith and training will make you a victim if you let them. Maintain a positive attitude and optimistic outlook on your circumstances.

The Rules of 3 & 5's

- It takes 300-500 repetitions to begin to develop neural pathways when learning a new skill such as striking a ferro rod. It takes 3000- 5000 repetitions of that skill before muscle memory starts to develop.
- You cannot live more than 3-5

minutes without oxygen and adequate blood flow

- You cannot live more than 3-5 hours without maintaining your core body temperature
- You cannot live more than 3 days without hydrating your body properly and within 5 you may not recover
- You cannot function normally within 3 weeks of not eating any food or nourishment and after 5 weeks of undernourishment you can die
- You will suffer emotional and psychological breakdowns after 3 months without companionship and usually by 5 months you will suffer permanent psychological impairments.

With an understanding of these guiding principles, you may now begin to develop a Plan of Action, the first stage of which is summed up in the acronym STOP

S.T.O.P.

- S: Sit down, gather your thoughts
- T: Think about your gear and options
- O: Observe your surroundings and weather
- P: Plan and act

Preparedness

When it comes to avoiding a survival situation, proper preparedness is key, especially when you venture outdoors.

Follow these guidelines as a measure of best practice:

- Plan trips, evacuation routes and emergencies ahead of time with a good idea of the area and terrain you plan to visit
- Pack a proper survival kit

- Have a plan in place for your family to follow should you “be late” returning home
- Take with you in your kit extra emergency items to aid you in the event of injury, illness or if you get lost
- When possible carry a cellular or satellite phone or HAM Radio

Essential Equipment: The Emergent C's

Emergent means becoming of greater importance. These 12 C's represent categories of items that will serve as the basis for all kit layers.

The five EDC or Tier 1 items essential to survival in nearly any environment are:

1. Cutting Tools: Knife
2. Combustion Devices: Bic Lighter, ferro rod, fire starters

3. Cover: Proper Clothing, Poncho, 42-55 gallon Trash Bag
4. Container: Steel Container with a Nesting Cup
5. Cordage: 100+ feet of Paracord or #36 Tarred Bankline

These 5 items are considered essential because they are the most difficult to replicate in the field, especially when thrown into a survival situation. Therefore, it's recommended these 5 items be an E.D.C. or Every Day Carry item. These items are also something that can, for the most part, be carried in your pockets without drawing any unwanted attention to yourself.

Equipped to Survive
The Complete 12 C's Survival Kit



The 12 C's represent categories of items which are essential to survival. The first 5 items we discussed are considered E.D.C. items with the following 7 to be considered items that make survival more convenient. This kit would be a Tier 2 kit, or one that is attached to your body by way of a bag such as a haversack or small backpack. As more items are added to each category a Tier 3 kit, which would be carried by conveyance such as a cart, horse or vehicle would be realized. Tier 3 or 4 would be more conducive for longer term wilderness activities, building and living.

1. Cutting Tools: Knife, Ax, Saw
2. Combustion Device: Bic lighter, Fire Steel & Quick Fire
3. Cover: Tarp, Tent, Hammock, etc.
4. Container: 32+ oz Steel with Nesting Cup & Bushpot
5. Cordage: 100+ feet of Paracord & #36 Tarred Bankline
6. Cargo: Cargo Tape such as Gorilla Tape
7. Compass: Orienteering Type with Pace Beads
8. Candling Device: Head Lamp + Spare Batteries
9. Combination Tool: Multi tool or Swiss Army Knife
10. Cloth: 3x3 100% cotton shemagh or 3XL Orange T-shirt
11. Cerate: Medicinal Salves, Medications, etc.
12. Circumvention: Water Filters, Cuff Keys, Lock Picks and other work-around tools

Tool Safety & Maintenance

Triangle of Death



The arteries of the thigh, the groin area and lower abdomen comprise the triangle of death. A deep knife wound in these areas when carving or cutting improperly could result in massive blood loss and death. Therefore, always cut and carve away from your body and away from these areas.

The Blood Bubble



The Blood Bubble is the area around you in which bystanders could be cut should you swing your knife around or again, carve improperly. Make sure bystanders are outside of your circle when using your knife.

Knife Handling



When handing a knife to another, flip the blade back toward you so the handle is exposed enough for the other person to safely grasp the knife handle. Make sure the blade is facing up and away from your hand. Require the person taking knife to acknowledge that they have it by saying “Got it”.

Carving with a Knife

Create a Try-Stick to try out carving common camp notches on a single stick. According to Mors Kochanski the purpose behind the try stick is to practice and demonstrate the skillful use of the knife as a wood carving tool, as well as to learn some of the practical operations that may be used

in wilderness living. Any straight-grained, knot-free wood will do for the stick. with one of the better woods being a straight piece of willow.

For the purposes of this course, we shall only demonstrate the cabin notch, pot hook, round notch and trimmed stick end at this time. Once we get into the trapping section of the Modern Survival series, a full try-stick will be completed.



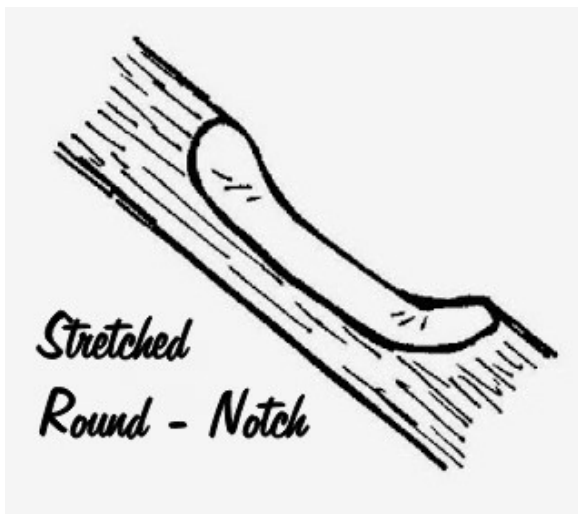
Trimmed - end



cabin - notch



Pot Hook Notch



How to Scrape a Ferro Rod

There are three primary methods we utilize to scrape a ferro rod with the spine of a knife or any other hard object such as a rock, file or back of a saw blade.

1:*Rod Pull*: Holding the knife stationary at the end of your knee or even anchored to your foot; you pull the rod from knife. This works best for dry materials.



2: *Pump*: Holding the rod stationary, pinning material to the fire making surface; you scrape the knife spine downward repeatedly to produce a shower of sparks. This works best for damp or poorly selected material.



3: Hard Scrape: Press the knife spine as hard as you can against the rod and slowly scrape ribbons of material from the rod to create a small pile of shavings which can be ignited. This works best for duct tape and other difficult materials.



Cutting with a Pruning Saw



Use the Plumbers vice method to cut a long stick of wood. Step over the wood with your dominant leg and secure wood in the bend of the knee. Across the opposite thigh, hold wood tight, then saw on the outside of the body for a safe, efficient cut. Consider pocket saws for smaller work for traps and finer woodcraft techniques.

Use of Baton and Anvil



1. Use a baton to gain leverage on your knife to cut through wood up to 5" in diameter.
2. Use a wooden anvil such as a stump end or other flat wood surface to work your projects on which will keep your tools from being pounded into the dirt and potential rocks.