



DOWN N DIRTY SURVIVAL HACKS



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50+
Survival Hacks

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Lone Survivalist: 50+ Survival Hacks

Alright, welcome to the 50+ Survival Hacks guide.

This guide is for people who want quick, simple and effective survival hacks to add to their arsenal.

Even if you think you've seen it all, I bet there's one or two hacks in here you've never heard of... that may just save your life!

Let's dig in!

CRAMP BALL



Cramp balls AKA coal fungus is easily identified based on its charcoal-like appearance.

You'll find it attached to dead, fallen trees.



Simply snap it off the tree.

Throw sparks at it with your ignition source.



Easily catching an ember.

HORSE'S HOOF FUNGUS



Known as Horse's Hoof Fungus.

It looks just like a Horse's hoof, making it easy to identify.



The inner layer is extremely flammable. Throw sparks at it to ignite it.



An extra bonus is how long it can carry a flame. Allowing you to use it as a portable fire lighter.

SIGNAL TORCH



Split a stick about 5 inches down the middle.



Stuff as much Birch bark as you can between the split.



Ignite the bark to act as a fire signal.

This will be hard to miss for a passing vehicle or aircraft!

BIRCH BARK



The bark from Birch is great for tinder.

Strip it down to thin strips to easily catch a spark.



However, if the bark is from a rotten, or damp tree. It may not be so easy.

Simply scrape up the top layer of dusty residue.

And throw a spark at it for a quick fire.



Pencil shavings are also a great source of dry tinder on a rainy day.

Who ever thought those Elementary school days of sharpening pencils would come in handy?

THISTLE



Thistle is another great source of tinder as well.

They're often found close together, so you can gather as much as you can for future use.

FEATHERS



Young feathers create a large quick flame with a spark.

Keep your eye out and collect as you go!

DEAD PINE NEEDLES



Dead pine needles are great for dry tinder.

They're all over the forest floor so they're accessible year round.

Of course, that also means to clear out a spot when you make a fire, so you don't torch the forest floor!

PINE RESIN



Pine resin can be found encrusted in bark.

Crush it into small granules and powder to increase the chance of igniting.

The resin may be in a glue-like form. This simply means it's fresh. But, it will still light.

You can also melt it down to patch up holes in tents.

FATWOOD



Fatwood is the heartwood (center) of the pine tree.

It's soaked with the pine resin we covered in the last step.

The thin shavings of fatwood are very flammable, and easy to harvest by flaking off the stumps of dead pines.

SIGNAL FIRE



Take the branches of a living pine, or spruce boughs and put them over a fire.

This will create large plumes of white smoke. Impossible for nearly any passerby to miss.

SELF-INSULATION



Insulate yourself by stuffing your clothes with dried grass and leaves.

This keeps your body heat trapped keeping you nice and toasty.

NATURE'S JUICE BOX



Take a sandwich bag and fill it up from a natural source of water.



Throw a purification tab into it.

Let it purify the water.

Throw a straw in, you've got a makeshift juice box!



For your Protection: a condom would also work when in a pinch.

MOSS



You can get a surprising amount of water out of moss.



If it has recently rained you can harvest about a liter every 20 minutes simply wringing out moss.
Fair warning: It won't taste good.

DEWEY MEADOWS

All that foliage is dripping with water in the morning.

Get up before Sunrise. Tie rags or spare clothing around your ankles and waist and simply walk through the foliage.

Once you're done, wring them out for some nice fresh water.

WATERPROOF YOUR GEAR



Throw your material into ziplock bags to prevent water from drenching them.

But, not just fire making materials, think compasses and the like as well.

WATER FILTRATION



Filter your water before purifying it.

This keeps the bigger stuff out, like feces, toxic plants and other miscellaneous stuff you don't want to be drinking.

While simply taking a piece of cloth and wrapping it over the mouth of your water container can remove the majority.

You can take it a step further by using a 3-tiered water filter.

Take a sock.

Put charcoal, sand, and grass into the sock.

This specific order will allow each portion of the filter to grab the gradually smaller materials.

Simply pour the water through for a nice "chunk-free" water. Remember, this only filtering. NOT purifying. You'll still want to boil this water before drinking.

MAKESHIFT CANTEEN



Take a sheet of tin foil, crumple it round a smooth rock or your fist.

Fill it with water and place it beside your fire to boil water.

SHOTGUN SPEARS



Melt down used shotgun shells to shape the plastic into various tools.



For example, you can poke your knife through the plastic to make an arrowhead.

Trim off the material, and stuff the hollow cavity with clay or wet mud for some weight.

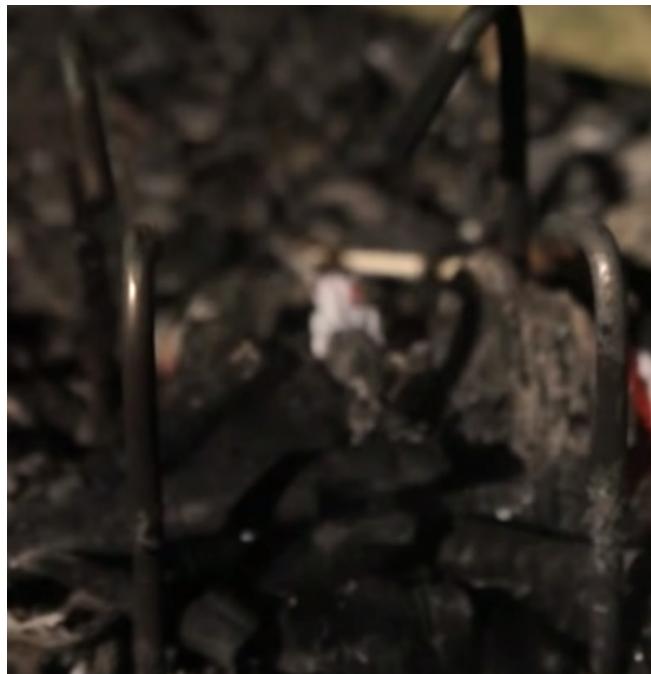
PINE CONES



Pine cones are great for kindling.

Gather them when possible for later use.

CANTEEN HOLDER



Take four tent pegs and stick them into the ground.



Place your canteen on top for a handy canteen holder than you can build a fire around to boil water.

HEAT REFLECTION



Take your space blanket and wrap it around two sticks



Stick them inside your camp.



You'll have an amazing heat reflector. Pushing heat back towards you instead of being washed out by the wind.

NATURAL FIRE REFLECTOR



If you don't have a space blanket, no worries. You can build a fire reflector wall with wood by driving four stakes into the ground in a rectangular shape.



Then stack green material in between. Reflecting the heat back.

SOLAR SIGNAL



Roll up the edges of your space blanket around a couple of sticks.

Creating a giant mirror effect to signal aircraft.

MAN-MADE SIGNALS

It's a great idea to pack some man-made signals as well.

SMOKE GRENADES



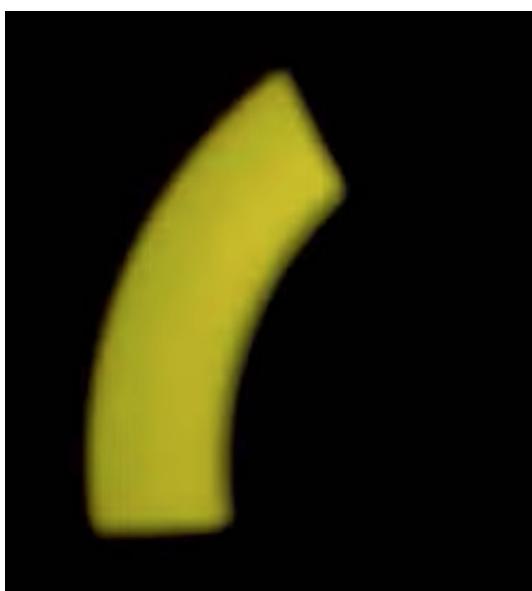
WHISTLES



SIGNAL FLARES



GLOW STICKS



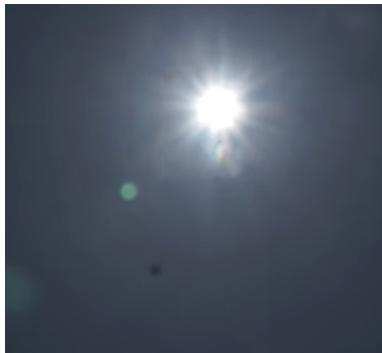
SIGNAL MIRRORS



Signal mirrors are the most common signal included in a survival kit. But, don't rely on them exclusively.

You don't want your survival resting on whether or not the Sun is out.

DUE SOUTH



If you're in the North Hemisphere.

The sun is at the highest point in the sky at 12 PM in the summer and 2 PM in the winter.

Walking directly towards it takes you South.

CRAB APPLES



If you have a cut or open wound, rub raw crab apples over it.

They'll help tighten up the skin and blood vessels to prevent bleeding.

ANTISEPTIC LIQUID



Add water to pine resin.

You can use this externally to apply to your skin, or gargle like a mouthwash for mouth and tooth

infections.

If you find it off the tree while it's still in its glue-like form, you can apply directly.

“I DRANK DIRTY WATER!” SOLUTION



If you've drank untreated water, or you're just unsure on the safety of the drinking water.

You can create a tea that will help battle the effects.



Acorns and Oak Bark are high in a chemical called tannic acid.

An effective anti-diarrhea agent.

Brewing them in hot water brings out the medicinal properties of this plant to battle cholera, dysentery and more.

“I DRANK DIRTY WATER!” SOLUTION 2



You can also take leaves from the Blackberry plant for the same effect.

However, the tannic acid is much lower, so it won't be quite as effective.

CONSTIPATION RELIEF



Dandelion tea also creates a mild constipation relief.

The whole plant is edible as well.

You can also boil Rose Hips with young leaves for another great constipation reliever.

SNOW-BLINDNESS



Snow-blindness is when the Sun reflects off the snow and into your eyes for a prolonged period of time.

This can eventually lead to permanent eye damage.

Prevent this by rubbing charcoal on your fingers and wiping it under your eyes.

The exact same as a football player does.



An alternative is to create a mask out of birch bark.

Cut some small slits for eye holes. Run cordage through the bark to wear as a pair of sunglasses.

TIP: Eating cold snow and ice will reduce your core body temperature. Melt it first and then consume.

ITCH RELIEF



Dock Leaf sap contains an antihistamine.

Chew on a leaf for a few seconds. Then rub your saliva (now mixed with the anti-histamine), over the sting or bite to relieve itching and discomfort.

COLD & FEVER MEDICINE



Steeping in water, or even chewing the inner bark of a Willow tree can treat symptoms of cold and fever.

It's also a pain reliever thanks to Salicin, one of the active ingredients found in Aspirin. Which also means not to consume if you're allergic Aspirin.

CATTAIL

Cattails are found in wetlands, marshes, swamps and ponds.

Crack them open and you'll find thousands of seeds that can be used as tinder.

TOOTHPASTE

Grind up some charcoal and add a few drops of water to create a toothpaste that's abrasive enough to clean your teeth, but not so abrasive it will damage tooth enamel.

LATE NIGHT BINGES



If your food situation is running scarce. Consume your calories just before bedtime, as your body will use those calories to keep you warm at night.

ANTISEPTIC ALCOHOL



You can use 150+ proof alcohol to cleanse cuts, wounds, burns and other first aid issues.

PARAGLUE



Put fire to a piece of paracord.

Extinguish the flame, and you'll have a few seconds to apply your new gluey substance for things like patching up a tarp, or attaching an arrowhead.

TAMPON BANDAGE



If you're a woman, or are travelling with a woman. There's a good chance there's a tampon sitting around.

These are made for soaking up blood.

So they make great bandages.

TINDER TAMPOON



Bust your tampon apart for a great Tinder.

FIRE-HARDENED TOOLS



Hover your weapon or tool over a fire without burning it.

This evaporates the moisture, making the object fire-hardened AKA more durable.

BURN-PREVENTION



Place a piece of duct tape or birch bark over the rim of a freshly boiled canteen to prevent those pesky lip burns.

FOIL BOIL



Take tin foil and place it over your canteen to boil the water faster.



Alternatively, if your canteen comes with a cup you can use that instead.

METAL CLEANER



Scrunch up a ball of tin foil to scrape food off your cookware to prevent it from molding.

GARBAGE BED



Take a couple garbage bags, throw in some dead leaves and dry grass to make a padded bed.

TIP: Garbage bags can also be made into emergency shelters, ponchos, bivvy bags, collect rainwater, or just be used as a moisture barrier to keep you off the damp ground.

KAFFIYEH

A versatile piece of equipment that shouldn't be overlooked.



Use as a tourniquet.



Use as a bandage.



Use as a water filter.



A sunshade.



A firewood carrier.



Even a bug net.

DUCT TAPE



Include some duct tape in your survival kit to patch up holes in your tarps or shelters.

HOT BLANKET



Some people think foil blankets are only good for cold weather.

But, if you have a reflective and non-reflective surface. You can flip the reflective side outwards to begin reflecting the Sun's heat.

Keeping you much cooler.

INSULATION



Insulate your shelter with natural materials.

Think layers of pine, spruce or fir branches.

Also can be used as a bed to insulate from the cold ground.

SHINGLES



Take large strips of birch bark and create roof tiles.

This will give you a waterproof layer to prevent rain from slipping in the cracks of your shelter.

MAGNIFIED CONDOM



Put some water into a condom.

Manipulate it until you start to get a focused point of light just as you would a magnifying glass.

Keep this focused to start a fire!

GUITAR SNARE



Take an old discarded guitar string.



Loop it into a snare to catch small game.

This will be more effective and foolproof than the typical paracord or brass wire snare traps.

RAT TRAP



Often overlooked in a survival kit is a rat trap. But they're extremely valuable.



TIP: tie the trap to a tree so your catch doesn't run off into the woods.

STORM PROOF



While a red sky in the morning may be a beautiful sight.

It's often the tell of trouble. It's an indication a storm may be approaching.

It's probably wise to hunker down until the storm passes to avoid being left drenched and cold.

SINGLE PINE



Pack toilet paper.

You don't want to be stuck using a pine cone!



DOWN N DIRTY SURVIVAL HACKS

Medicinal Teas

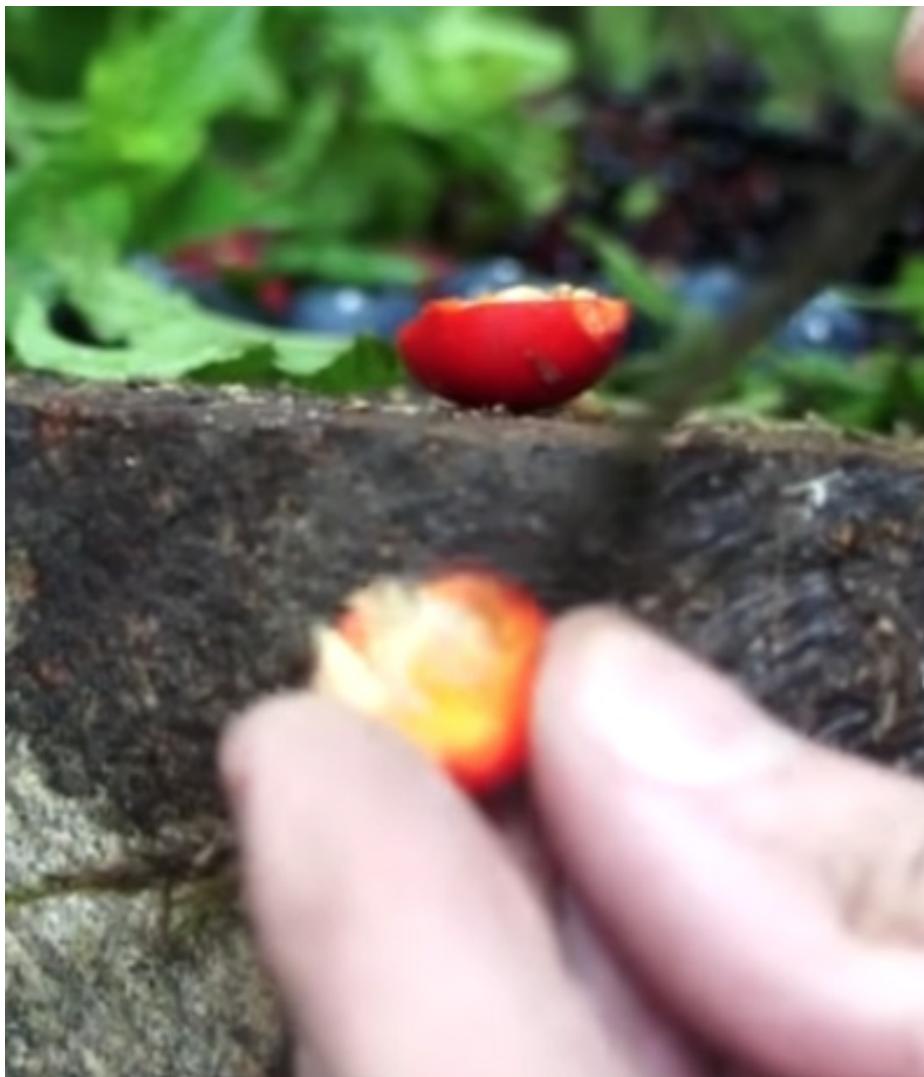
Lone Survivalist: Medicinal Teas

Many medicinal teas found in stores are often simply herbal blends.

Luckily, in the Wilderness, you're surrounded by the freshest variations of these herbs.

Steeping in boiled water can unleash their medicinal properties, and even just give you something nice to sip on when flavor is scarce.

ROSEHIP TEA



Remove the seeds and brew the fleshy part, as well as the young leaves.



This tea can help with mild constipation, and urinary tract infections.

It's also loaded with A, B, E and K.

As well as a high amount of Vitamin C and antioxidants which are great for when you're sick or just want to boost the immune system.

BLACKBERRY LEAF TEA



Brew the leaves of this plant.



To help with sore throats, ulcers, gut inflammation and even intestinal infections like dysentery and cholera.

It's loaded with Vitamin C. But, it does contain tannic acid. Which, can damage your liver.

So only use this on a must need basis.

ACORN/OAK BARK TEA



Brew acorns and oaks.



Used for hundreds of years. It can be used on blisters, rashes, wounds, lacerations, burns, any skin condition and it will help with the healing process, it will help seal it up.

Since it has a higher amount of tannic acid than Blackberry Leaf Tea it's also effective in helping relieve dysentery and cholera.

That also means it's even more damaging to your liver. So drink on a needs must basis.

DANDELION TEA



To make the tea, brew the fresh petals, root, and young leaves.



Great for cleansing your digestive tract, liver and kidneys.

As well as anti-inflammatory, antioxidants and a good dose of vitamins.

MILK THISTLE TEA



You can eat/brew the flowers...



Leaves and roots.



Easily identified by the milky cobweb pattern on top of the leaves.

This is commonly found in liver supplements due to their ability to help protect and repair damaged livers.

Making it a wise tea to brew after Blackberry Leaf Tea/Acorn tea to cleanse the build up of the tannic acid.

LAVENDER TEA



Make this tea by brewing the buds of the plant.



Often found in teas that help with insomnia.

This plant is all about relaxation.

Soothing upset stomachs. Relieves headaches. Can even ease menstrual cramps for women.

It also acts like a bug repellent when you rub it on your clothes.

Some say it can trigger estrogen. So if you're a guy, you probably want to keep this to a minimal.

NETTLE TEA



To make this tea, boil the fresh young leaves.

Nettles are full of nutrients and fatty acids.

Minerals like calcium, copper, iron, magnesium, manganese, phosphorus, potassium and more.

Use to help alleviate the symptoms various respiratory illnesses like asthma, hay fever and colds.

MINT TEA



You can brew both the stems and leaves.

However the latter have the best flavour.

This acts as a decongestant so it's great for alleviate cold and flu symptoms.

Plus it's extremely nutritious.

CHAMOMILE TEA



For Chamomile tea, brew the flower, and the plant.



It's a powerhouse tea.

Anti-inflammatory, Anti-inflammatory, full of antioxidants, antimicrobial, antibacterial, and great for your immune system booster.

Can also helps soothe stomach aches and intestinal problems.

PINE/SPRUCE NEEDLE TEA



Slice up some pine or spruce needles for this tea.

It has a strong, nice fragrance with Vitamin C.

Great for alleviating symptoms from the cold and flu.

BIRCH SAP



You'll have to do some digging to get the ingredient for this tea.

Take your knife and dig into a birch tree to drip the sap out of it.

It's clear and sugary.

It contains Vitamin C, potassium, calcium, zinc, sodium and iron.

This can be eaten straight from the tree, boiled, over even added to a drink to give it a bit of sweetness.

WILLOW BARK TEA



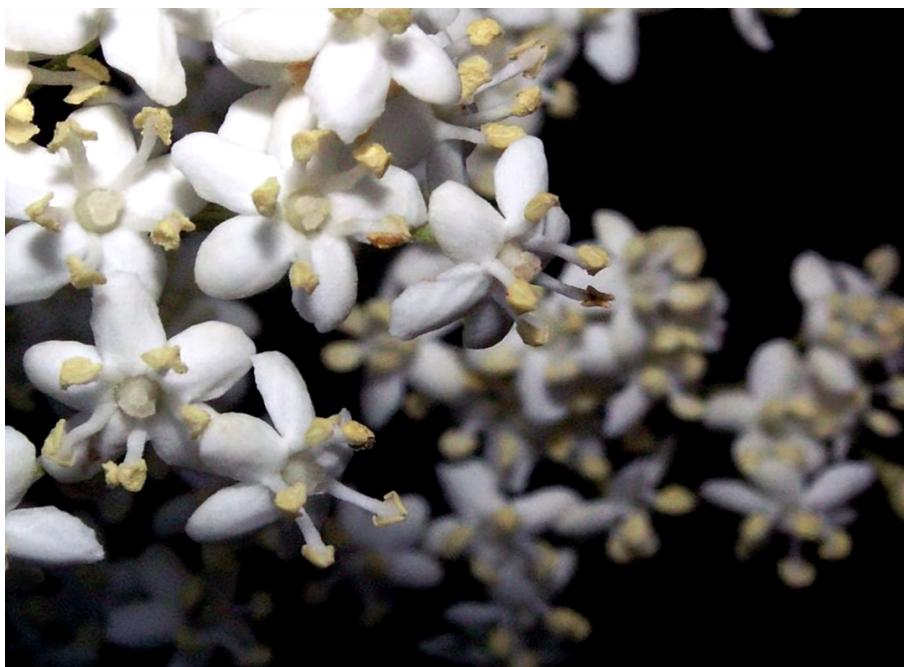
Brew the inner-bark of a Willow tree for this tea.

It contains salicin. Which is closely related to the active ingredient in Aspirin.

Great for pain and alleviating symptoms of cold and flu.

It also means you should skip this one if you're allergic to Aspirin.

ELDERFLOWER TEA



To brew this tea you can take either the dried or fresh flowers.



Only harvest the flower and the ripe, dark purple black fruits. The leaves, stalk and bark are toxic.

Elderflower contains essentially fatty acids, calcium and vitamins.

Thanks to it's high antioxidant count it can be used as an antiviral booster for your immune system as well.

If you're stuck in a survival situation during allergy season. Keep this on tap.

It helps alleviate allergies, and related symptoms like hay fever, runny nose and itchy painful eyes.



DOWN N DIRTY SURVIVAL HACKS

25 Wild Edibles

Lone Survivalist: 25 Wild Edibles

When you've run out of all your rations.

What are you going to eat?

Here are 25 wild edible plants, some are packed full of more vitamins than an Orange, and some with more carbs than a pound of french fries.

Let's jump in.

PRIMROSE



First is Primrose.

This is one of the first plants you'll spot in the Spring.

And in some cases as early as winter.



Easily identified by its bushy, tongue-like leaves.

They also have a noticeable white spine going down the middle.



Flip it over to the underleaf, which is much paler, and has fuzzy hairs along the bottom.



Notice the top of the leaf has well defined “crinkles”.



The flower has 5 distinct petals, with notches at the end of each petal.

It's often white on the outside with a bright yellow middle.



You'll notice the flowers don't grow out of the flower stems.

They grow directly out of the ground instead.

You can eat the flowers, stock and leaves raw.

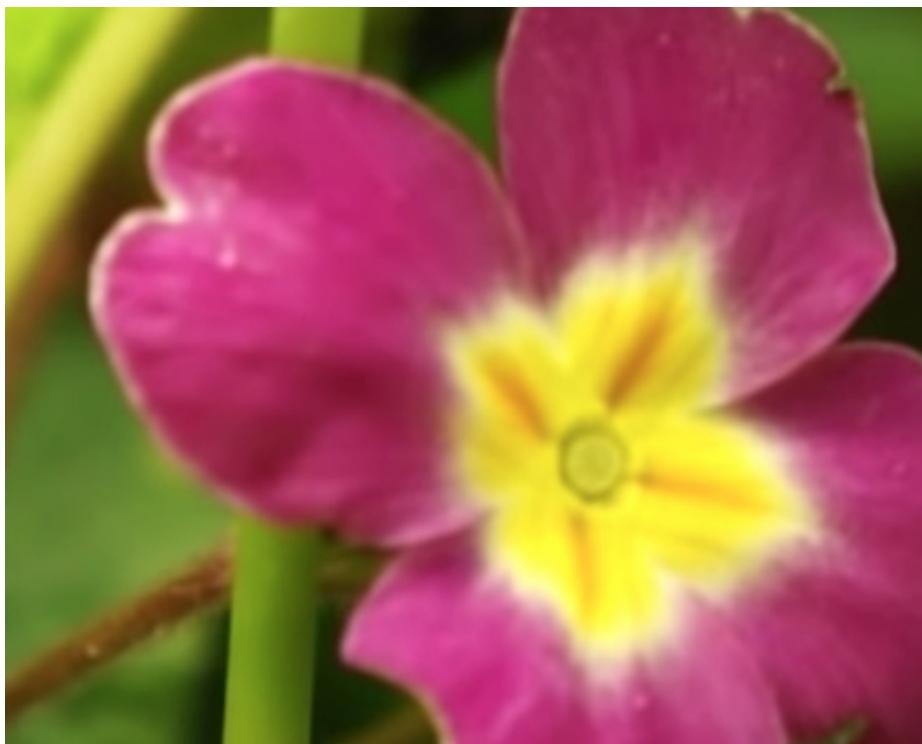
They're slightly sweet. Similar to lettuce.

You'll mostly find this plant in Spring. Though it is known to be around in both Summer and

Autumn as well.



You can also find varieties of Primrose in orange.



And violet.



They also have quite a large root.



Simply dig your knife in beside the leaves and dig it up.



Wash away all the dirt in water.

Leaving you with a tasty, carb-loaded, starchy, calorie-rich, fiber-full source of food.

Meaning you'll have hit the jackpot of survival foods.



Keep in mind.

Everything in this guide is going to be edible. But, that doesn't mean it's clean.

So always try to boil these foods first.

While not entirely necessary. It isn't a bad habit to get into.

THISTLES



Depending on where you are these may be a common sight.

Easy to spot with a green thorny bulb sprouting purple flowers out the top.



Everything is covered in spikes.

Including the stems.



However, it's the root you're looking for.

So in similar fashion to above, dig your knife in to dig up the root system.



You'll get nice thick roots.



You can eat these just like a stock of celery.

Note, you can also eat the leaves and stalks of the thistle. Though, you'd have to spend time cutting away all the needles and spikes.

Which may not be worth it.

FIREWEED



Easy to spot, the fireweed will reach heights of up to 8-feet tall.

Often grows in large colonies near woodland clearings and riverbanks.



Their height and distinct colors make them easy to spot from a distance.



Their leaves are quite narrow and pointed.

It also has a pronounced midrib running down the middle.



In the Fall the seed capsule split and erupt into a seed.



All parts of the Fireweed are edible.



But the best part is found in the center of the stem.

Run your fingers up the stem removing all of the leaves.



Split the stem down the middle with your knife.



Exposing the pith in the middle.

This is full of nutrients.

You can eat it raw. Tastes similar to cucumber.

You can also use this to brew into a nice, refreshing tea.

Once you've learned to recognize this plant, it's easy to identify.

YOUNG FIREWEED



It emerges in the Spring.

Identifiable by the thin, pointy leaves, and smooth stem.



They will often both have a bright red tinge to them.

The redder the better. As they'll be much sweeter than their less-red counterparts.



Though any of the plants above ground is edible raw.



But like many of the plants featured here...

The best part is the taproot.



Dig it up, to expose another root full of carbs, sugars, and calories.

DANDELION

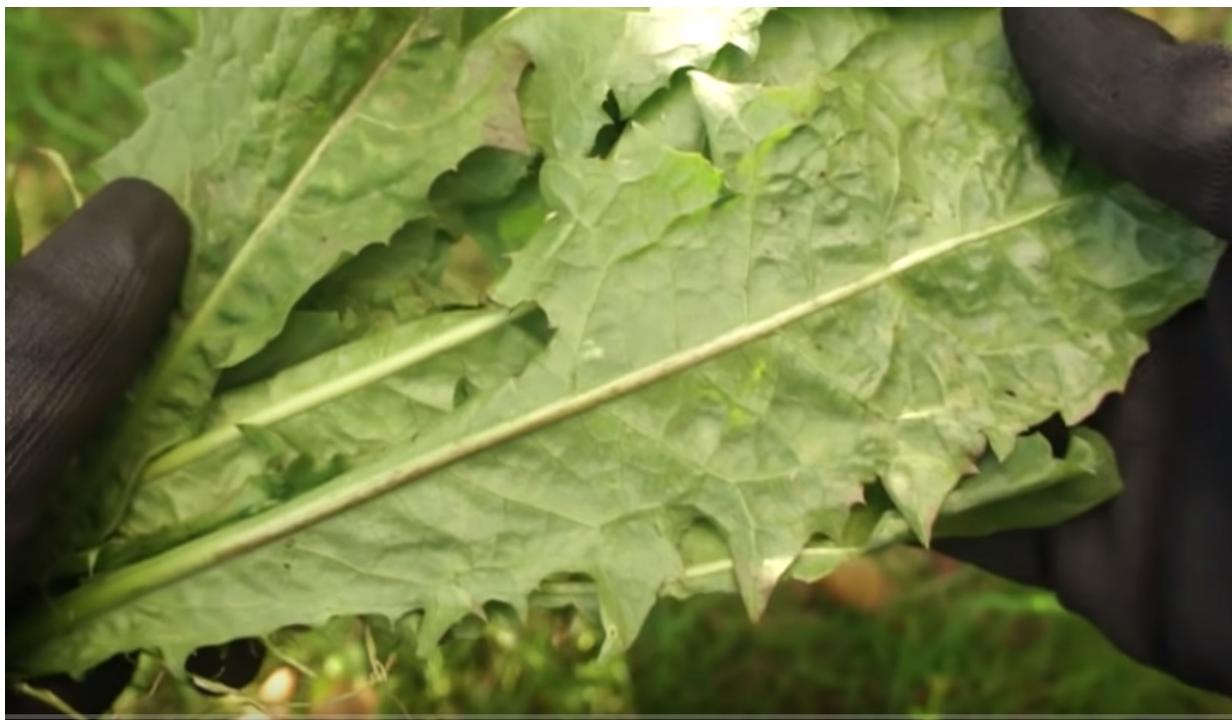


No introduction needed for this one.

It grows everywhere and is often considered a pest.

It has a yellow flower that sits atop jagged leaves.

All of it is safe to eat.



Though, you'll quickly find the larger leaves are quite bitter.



While the younger leaves have a fresher taste.



All parts of the plant are rich in potassium and iron.

Even more so than spinach!

So this plant is far from a pest for a survivalist.



You can also dig up the root. Which can be eaten, but it is a bit on the bitter side.

However...



You can roast the root.



Grind it up and put it into a pot. Pour water in and boil it.



Boom, you've got delicious coffee.

While there's no caffeine, it's still a nice treat.

STINGING NETTLES



True to their name, these things are full of stinging needles.

However, the leaves are full of vitamins like Vitamin C, Iron, and Protein.

This makes them great at battling malnourishment that will invariably come from starvation.



Easily identified by the arrowhead-shaped leaves that are serrated along the edges.



They also have droopy flowers when in bloom.



Though a bit of a pain to handle.

Use gloves, or wrap a piece of clothing around your hand to harvest them.



Hold them over a fire to burn off all the stinging needles.

And they're good to consume!



You may also encounter a variety that has plump white flowers.

Surprisingly unrelated to stinging nettles. They're equal in almost every way.

Even better, they don't have any stinging needles, so they're easy to handle.

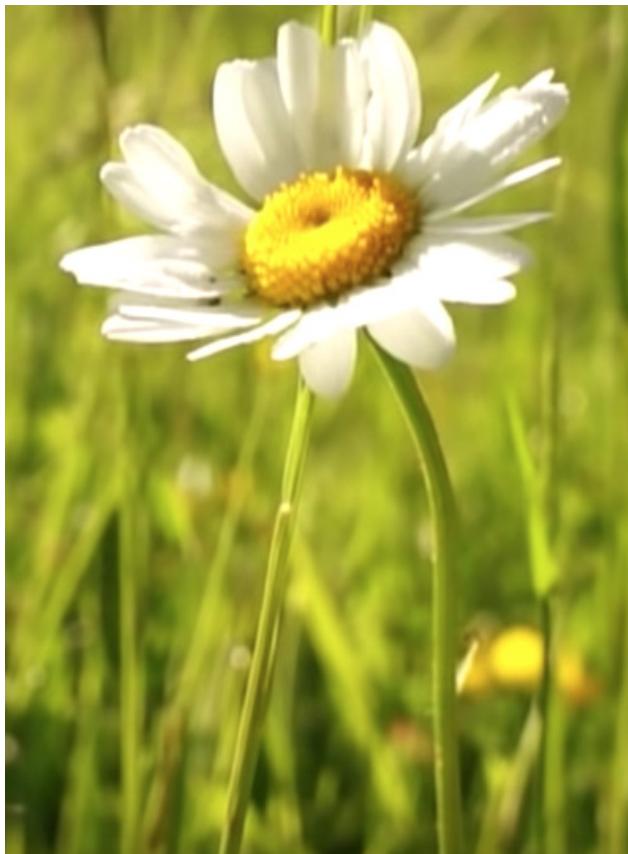
DAISY



Another popular plant on the list you probably didn't know was edible.

The daisy is completely safe to eat.

Often found in open grasslands they're great to grab on the go for a burst of energy.



However, a cousin of the Daisy which isn't as well known is the Moon Daisy AKA Ox-Eye Daisy. These things can grow to be knee-height.



Also identified by its furry stems.



And serrated leaves.

This is a key feature in telling it apart from similar plants like Dog Fennel.

Want another identifier? The flower releases a disgusting smell when damaged.

However, the yellow center has a slight taste of pineapple.

A fair trade off.

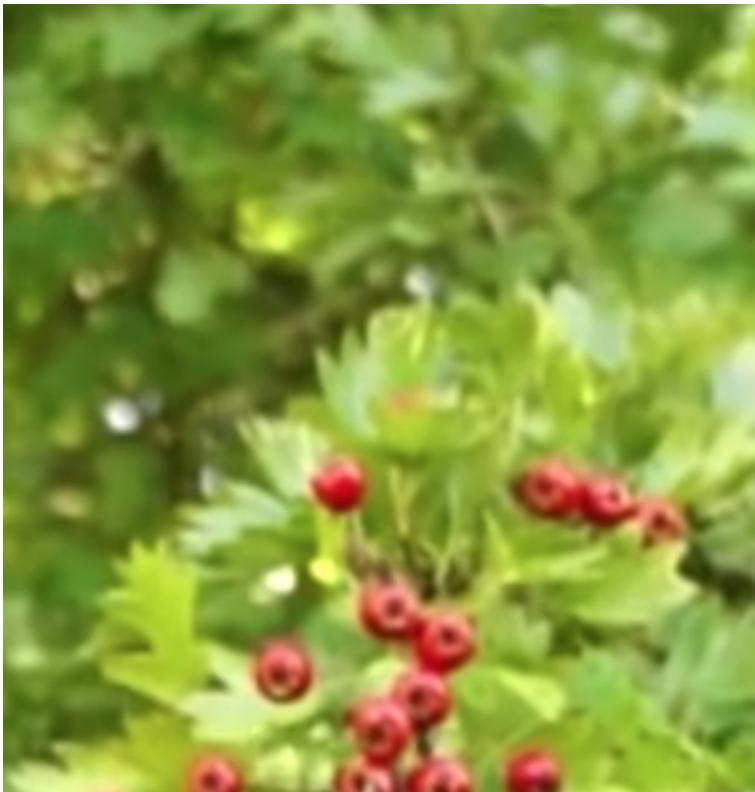
HAWTHORN



You may have heard that red berries should be avoided at all costs.

However, Hawthorn is one of few exceptions.

With that being said, make absolutely sure you're dealing with Hawthorn before indulging at all.



It's found in a wood tree.



However, the leaves are the biggest tell.

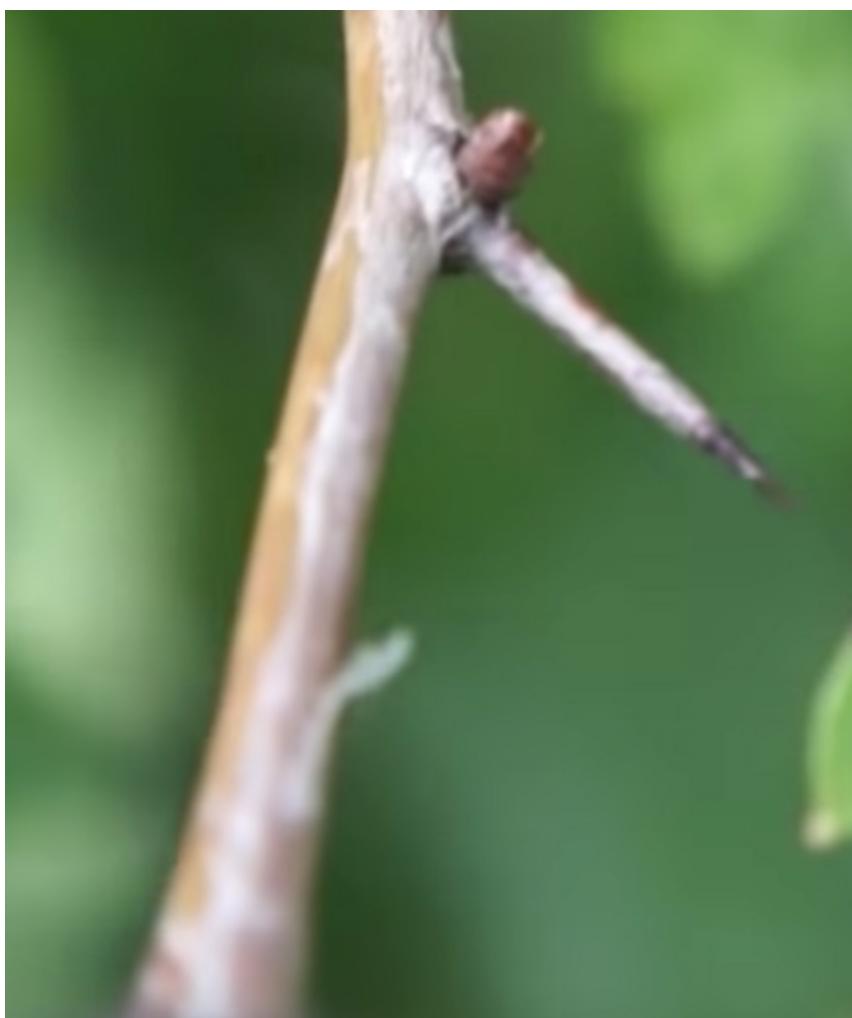
They're a glossy, dark green. Divided into sections.

With large protrusions that stick out, opposed to being rounded.



The berries themselves have a glossy, bright, blood red color to them.

But, they also have a large crater on the bottom of the berry.



The branches of the Hawthorn have sharp thorns.



Once you know you're dealing with Hawthorn berries.

Don't crack into them just yet.

They have a large hard pit inside.

So crush them down, and remove the pit before eating the tasty flesh.



A bonus is the fact you can also eat the leaves of this plant.

Which is found in the Spring. A time when wild edibles can be hard to come by.

ROWANBERRY



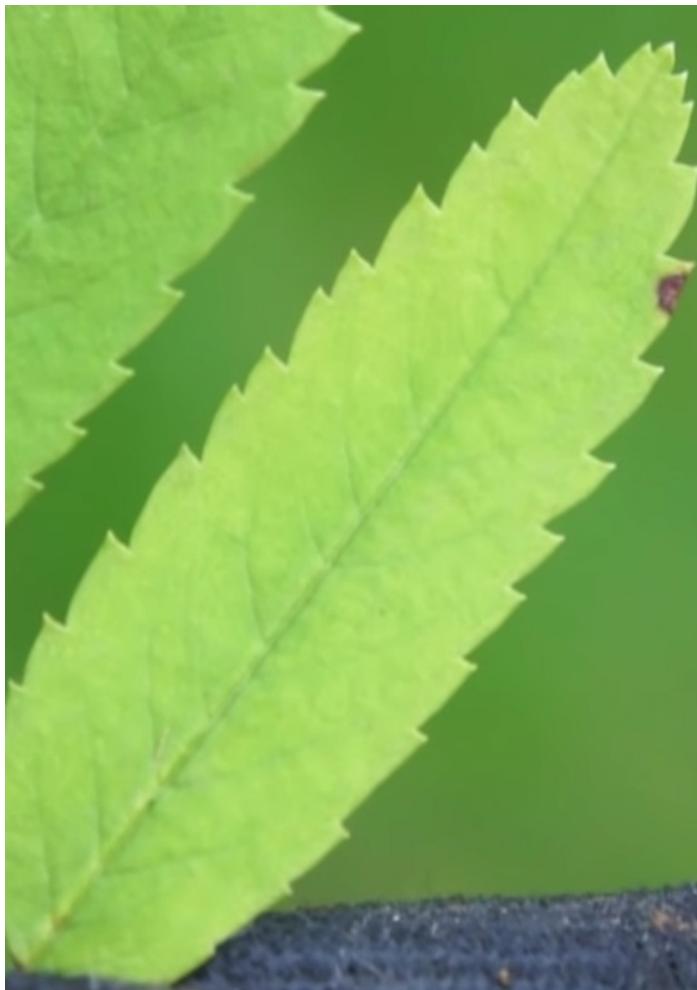
While we're talking about red berries, let's bring up the Rowan Tree AKA Mountain Ash.



As with the Hawthorn, it's the leaves you want to focus on.



They're quite largely spaced along the stem.



Composed of around 15 leaflets, which are all serrated along the edges.



The berries themselves are an orangey-red.

With a small brown star-shaped stud in the middle.



Bad news is they're toxic when raw.

So break some off, take them back to camp and throw them in a boiling pot.

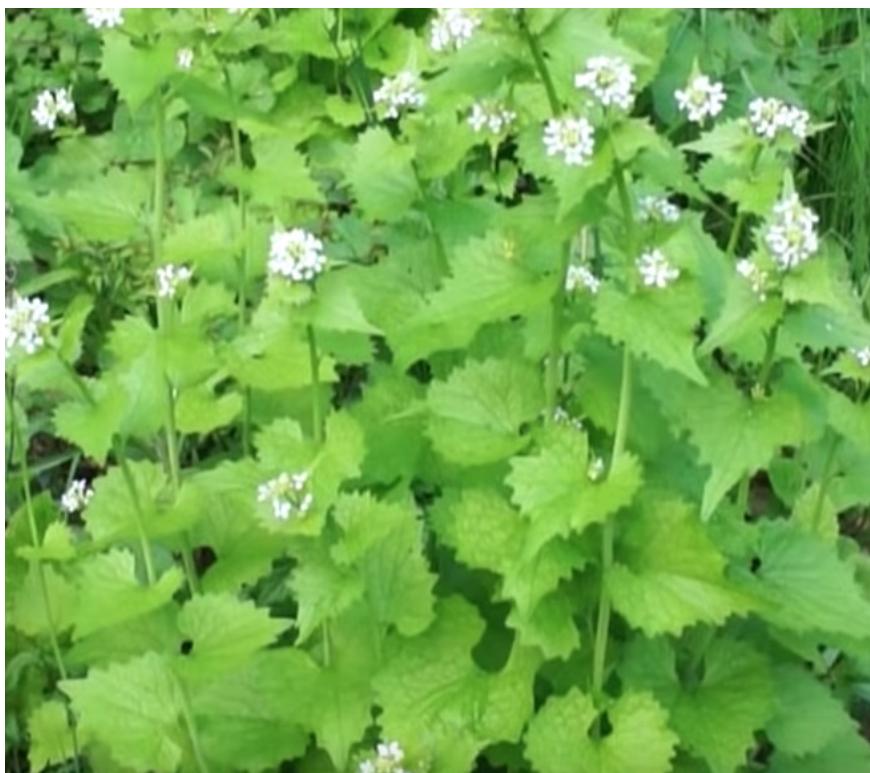
Unlike the Hawthorn berry, there's no pits inside so you can pop them whole as soon as they're done cooking.

Also high in Vitamin C. They're healthy and nutritious bursts of sugar and energy.

GARLIC MUSTARD



With a spicy, oniony taste, these are definitely one of the tastiest edibles on this list.



Found along side riverbanks, it can grow to one meter in height.



The leaves have distinct prints, heart-shaped leaves and serrations.



Smooth stems adorned by a four-petaled flower on top. Their small size seems out of place with the rest of the plant.



If you're unsure, simply crush one of the leaves and you'll get hit by a strong smell of garlic.



All parts of the plant are edible.

Including the leaves, stems and flowers.

So the fact you can eat the entire plant, it tastes great, and is available year-round.

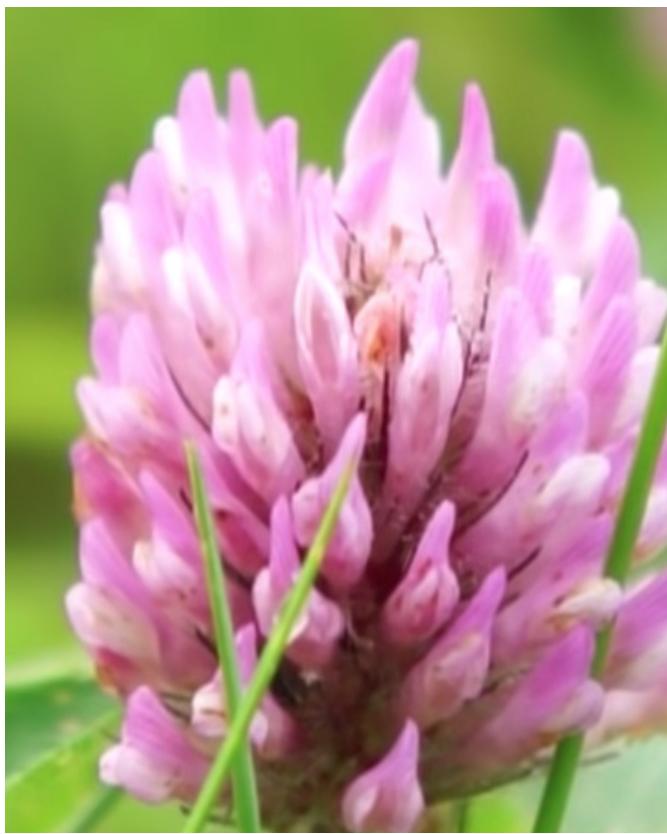
Might make it one of the best wild edibles there is.

RED CLOVER



You'll find these carpeting the forest floor.

Three and four-leaf clovers.



The clover has a bulbous and edible flower.

Which, depending on the location, can be up to 20% protein. Meaning 10 grams of protein per 100 grams.



It's reddish-pink in color. Each flower has hundreds of smaller tubular florets.

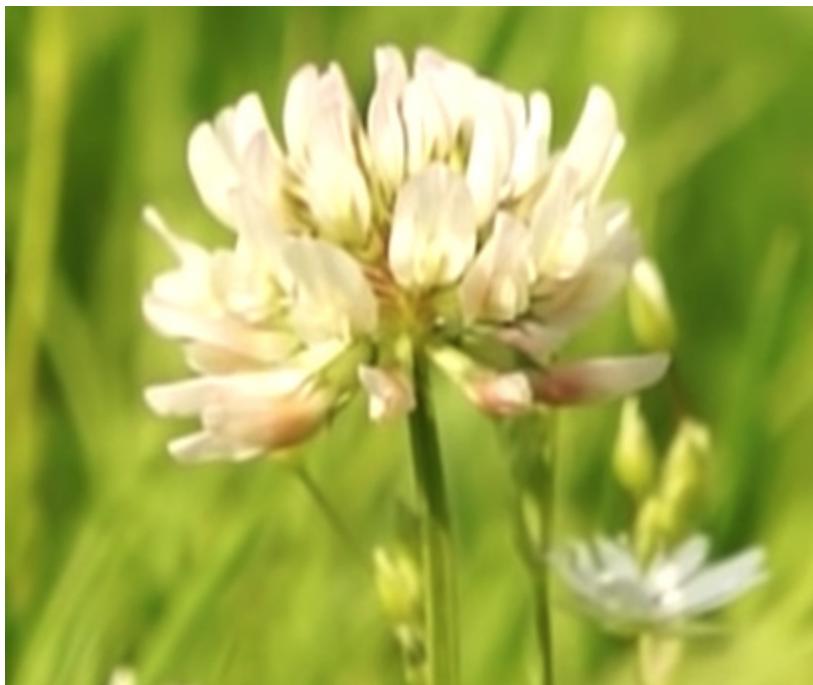
You'll find them in the late Spring, right up until the early frosts in Winter.



You can also ID the plant based on the small Chevron print on the leaf.

Once you find a positive match, you'll have hit quite a bit of food as the entire plant and bulb is edible.

You can eat them raw, however, best to cook them to aid in digestion.

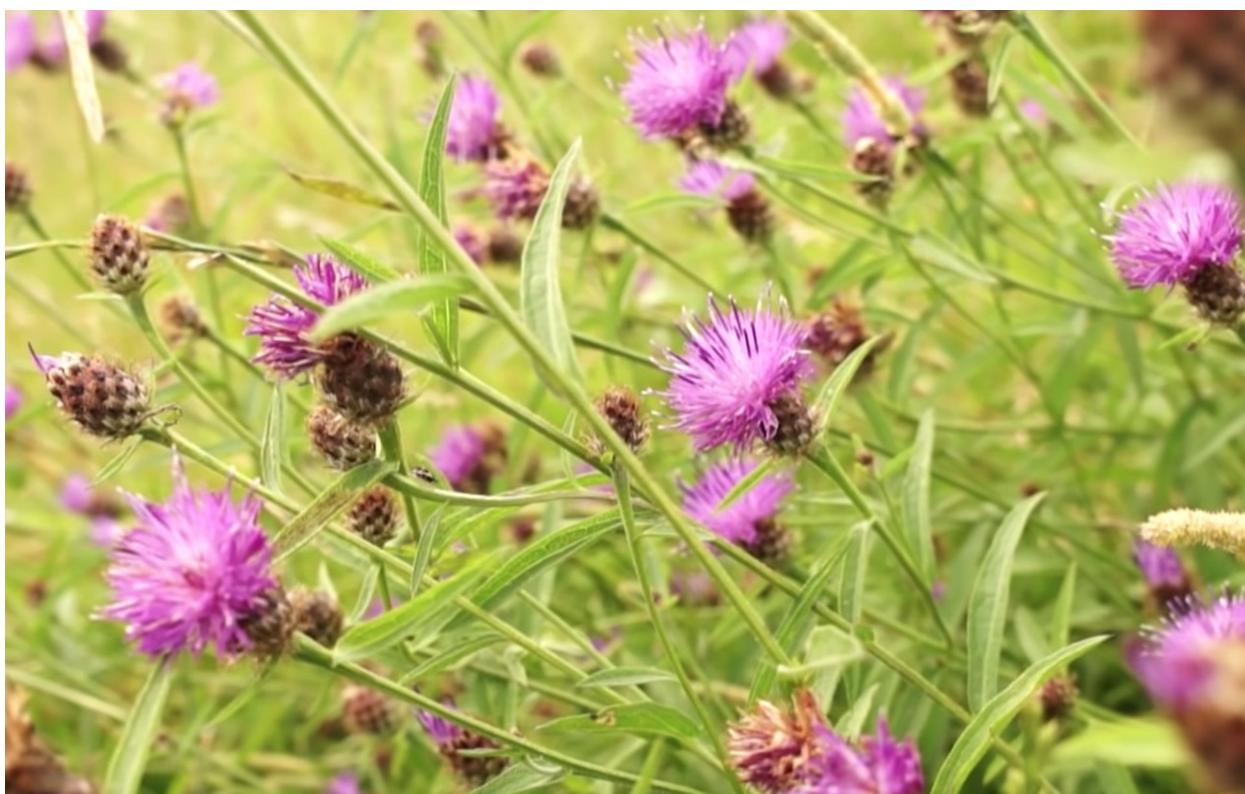


The bulbs are also found in a pale-cream color. Which, is equal in every way.

These used to be a go-to in famines.

You'll find they taste similar to peas. As they are from the same family.

KNAPWEED



These look a lot like Thistles. However, unlike the Thistle, it does not have any sharp spikes.



Upon closer inspection you may find the flower more closely resembles a clover.



It's smooth and easy to handle.

The flowers are safe to eat.

However, the rest of the plant is tough, and hard to chew.

Actually earning the name 'Hard-Heads' for that reason.

GREAT KNAPWEED



Identical to Knapweed in every way.

However, you'll notice it's larger and scruffier looking.



Like the Knapweed, most of the pieces are tough to consume.

So grab the flowers for some quick snacks while on the move.

BURDOCK



These are large clusters of giant leaves.

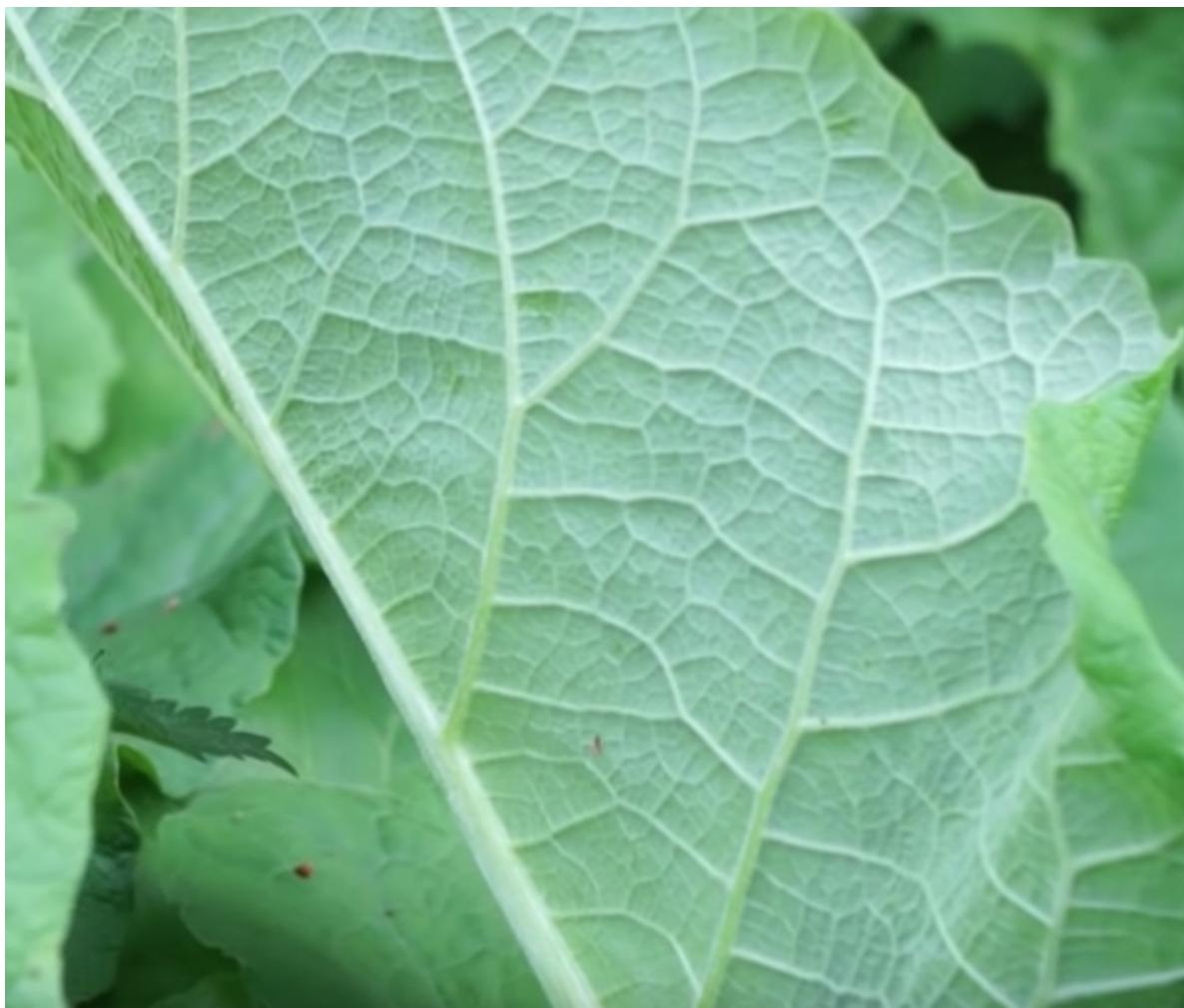
You can find this from the Spring onward.





The leaf can reach three feet in length.

The top is covered in a distinct “veiny” imprint.



The underleaf is fuzzy and a much lighter shade of green.



They grow in a tuft. Which means instead of one main stalk. They'll have several individual stalks.



You can eat both the leaves and stalks raw.



The best part of this plant is the root.



Dig up the plant to expose the massive root which can be 30 cm in length and an inch wide.



Peel off the outer-layer (and dirt) with your knife.



It's crunchy and full of water.

Amazingly it's equal to a potato in calories, carbs and protein.

Admittedly, it's quite the task to dig this up. But, the amount of calories makes it worth it.

ELDERBERRY



These berries are sometimes found in a bush.

But, more oftenly in a tree.



They're black, BB-sized, edible berries.

Often considered super-fruits based on how nutritious they are.



You'll find them in large clusters with up to 200 berries per branch.

They're connected by purple stems.

The density of the bundle, and how it hangs down is how it's easily identified compared to lookalikes, like...



Pokeweed which is nearly identical but grows on sort of a cob.



Or Dogwood berries which are not nearly as dense. Also dull compared to the shine of an Elderberry.



Once you've identified them as Elderberries you can eat them straight off the tree.

However, they are slightly toxic if they're not yet ripe.



Also avoid eating the stems as they contain small quantities of cyanide.

However, if you find the dark-purple berries, you've hit a nutritious jackpot.

Full of antioxidants, more vitamin C than tomatoes, twice the protein of apples, and double the calories of strawberries.

BLACKBERRY



Blackberries aren't overly abundant in the Woodlands.



However if your leg is ever snagged while walking through thick brush.

It's most likely a Blackberry vine.

Follow it to paydirt!



Identified by its thick thorny vines they can be up to an inch thick in diameter.

Often red...



or green in color.



The leaves grow in groups of three or five which have very jagged edges.

The top of the leaf is a dark green.



While the bottom is often a pale green.

Fold it over and you'll find tiny spikes along the midrib.

Run your knife down the midrib to remove the spikes.



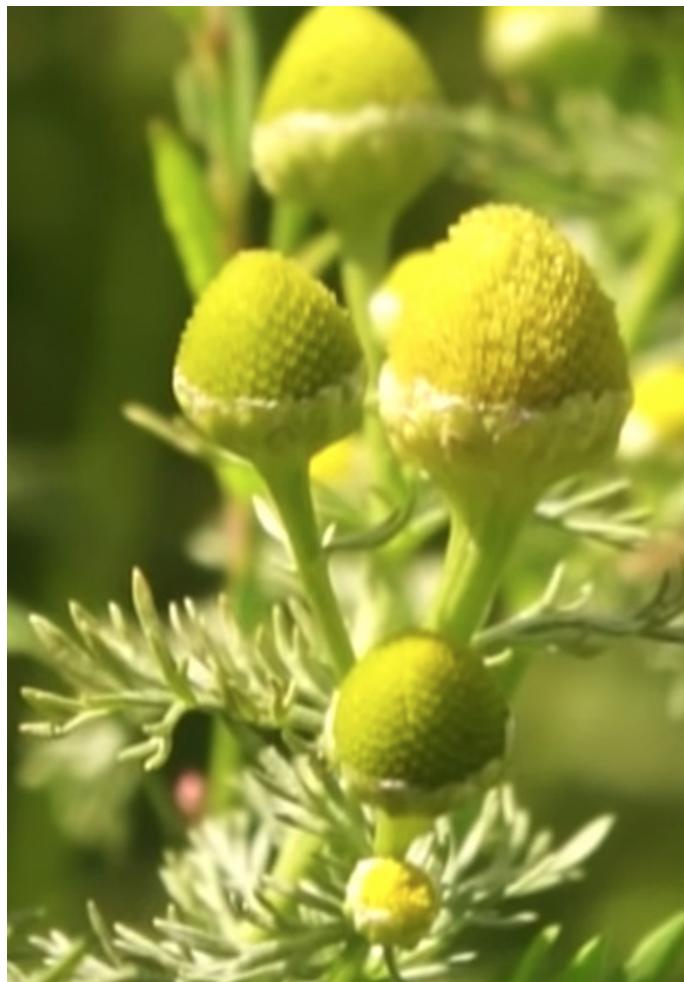
Allowing you to also eat the leaves raw as well.

Plus, they're available all year round. Even in the middle of Winter.

PINEAPPLE WEED



This is a low-growing plant with an acorn-like flower head.



Just like an acorn, it has no flowers on it.



The leaves are extremely thin, almost feather like.

If the plant is crushed or damaged, it gives off a pineapple smell.



The entire plant is nutritious and safe to eat.

It's delicious, with the mild taste of pineapple mixed with a bit of citrus.

So you can eat them while on the move, or steep them in hot water for some tea.

ROSEHIP



These are bright red that hang off of Dog Rose trees.



The tree has small, serrated oval-shaped leaves.

With five-petalled flowers poking out.



After pollination, these flowers turn into edible fruit.



They're shiny, firm and have an oblong shape.

With a dark brown stem coming out the bottom.



The unique shape makes them easy to identify.



You do have to prepare them before eating though.

So split them down the middle as shown.



Then cut out all of the seeds in the middle.

The seeds have little hairs that can act as irritants and can even cause choking.

Once you've cut them out, you can eat the red fleshy sections.

These contain 10 time more Vitamin C than an orange. So they're great for boosting your immune function and battling the common cold.

CRAB APPLES



You're probably familiar with crab apples.

They vary in color from green to red.

And can be anywhere from the size of a golf ball to a baseball.



These are non-toxic and edible.

But they are extremely bitter and sour when eaten raw.



So take your crab apples back to camp.

Dice them up into small pieces.



Throw them into a cup of boiling water until all of the water has evaporated.



Leaving you with a thick puree.

It's a great source of carbs, sugar and much needed calories.

PINE NEEDLES



Pine needles are great because they're around all year.



You can eat them raw off the tree.

While there are little in the way of calories, they're high in Vitamin A and C.

Steep them in hot water for a nice, refreshing tea.

PINE NUTS



Pine nuts are shed from the pine cones once they mature.

You'll often find them scattered on the forest floor. Underneath leaves and such.



They're oblong in shape with a cream colour.

Full of protein, fat and calories these are a great survival food.

However, animals like Squirrels love these as well.

So don't expect to find a jackpot of this tasty, nutritious survival food.

POPPY SEED



The Poppy is easily identified by its red petals, with small black stamens sprouting in the middle of the flower.



Easily spotted from a distance.

However...



In this case, you're looking for the dead Poppies.

An oval bulb that has turned brittle and grey.



Snap off the dead bulbs.



Crack them open to find hundreds of tiny seeds.



They'll look like pepper grounds, though smaller and kidney shaped.

These are extremely nutritious. Surprisingly some of the highest sources of calories you can find due to their high fat content.

Per gram they have five times more calories than chicken breasts, and three times more than a steak.

Best of all, they're good to eat raw. So pop them while on the trail for a major boost of energy.

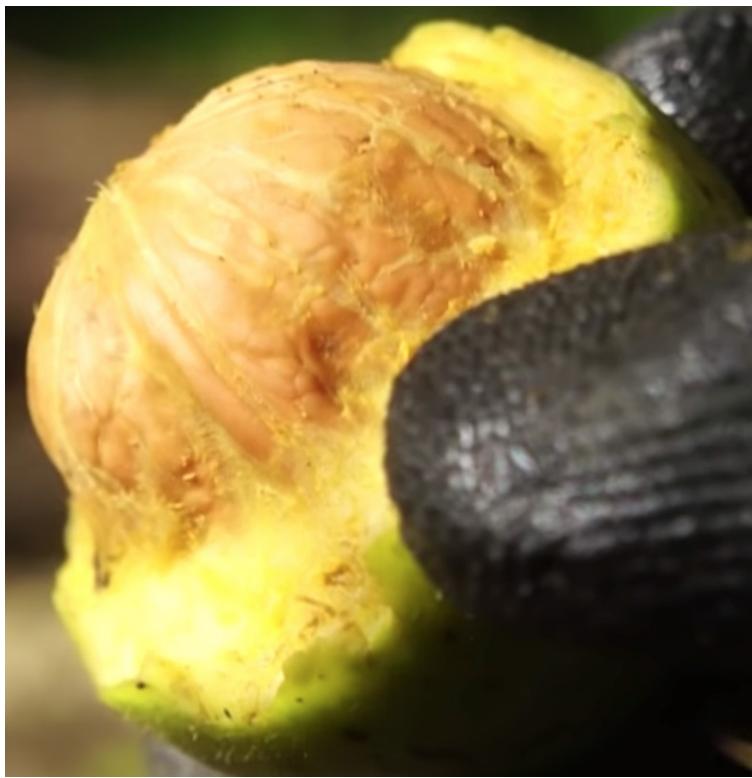
WALNUTS



You may be surprised to find out walnuts are actually found inside these green, golf-ball sized husks.



Found in, of course Walnut trees.



The husks are extremely difficult to get through.

But, you don't actually want the fresh green ones because that indicates the nut hasn't ripened inside.



Instead look for the most rotten and brown husks you can find.

Which will indicate the nut inside has matured.

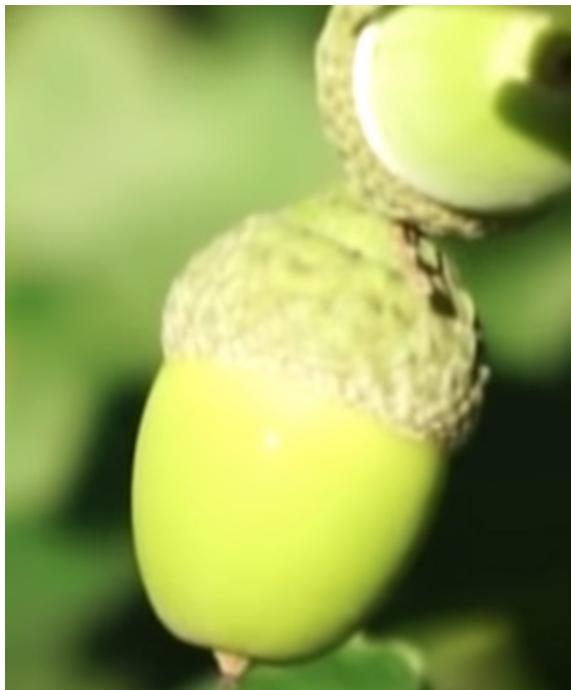


Gather them up, take them to a rock, and bash them open with another rock to find the tasty nut inside.

They're extremely high in fat, protein and calories.

Everything your grumbling stomach desires in a survival situation.

ACORNS



Lastly, acorns.



So common they're often overlooked.

You'll find them high in the trees, or dead on the ground.



Simply dig your knife into it and slice around the side.



Peel it open to find the nut inside.



Note, you may find the nut a little too bitter to enjoy.

Simply drop it in boiling water for half an hour for a more palatable snack.

However, be aware they are quite dry. So limit your intake if running low on water.



DOWN N DIRTY SURVIVAL HACKS

20+
Survival Hacks

Lone Survivalist: 20+ Survival Hacks

From hunting, fire-starting and random tools designed to make your life easier.

You'll probably find yourself printing this guide out to have these 20+ survival hacks on hand in a survival situation.

Let's dig in!

IMPROVISED FISH HOOK

Turn a regular zipper into a fish hook.



Break the zipper off your sweater or jacket.

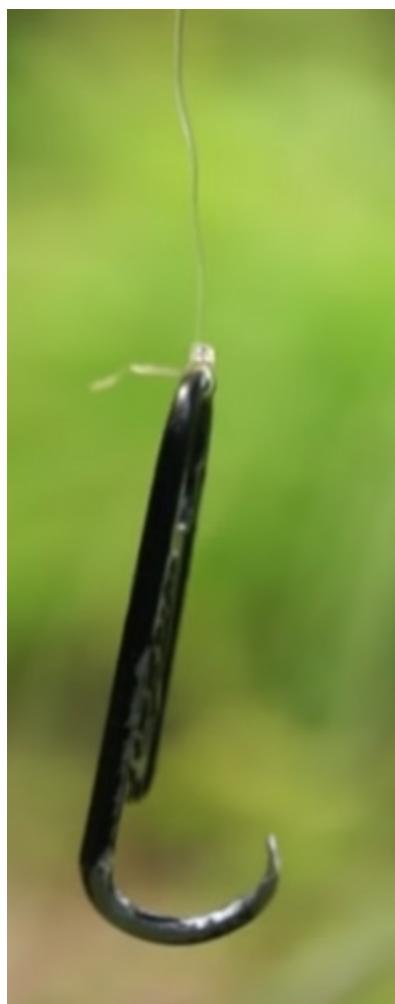
Crack open the loop, and twist it to a 90-degree angle.



Take the end and grind it on a stone to a point.



Once it's nice and sharp...



Tie a fishing line on it and you're ready to go!

Alternatively...



You can take the top of beer/pop cans to do the same thing.

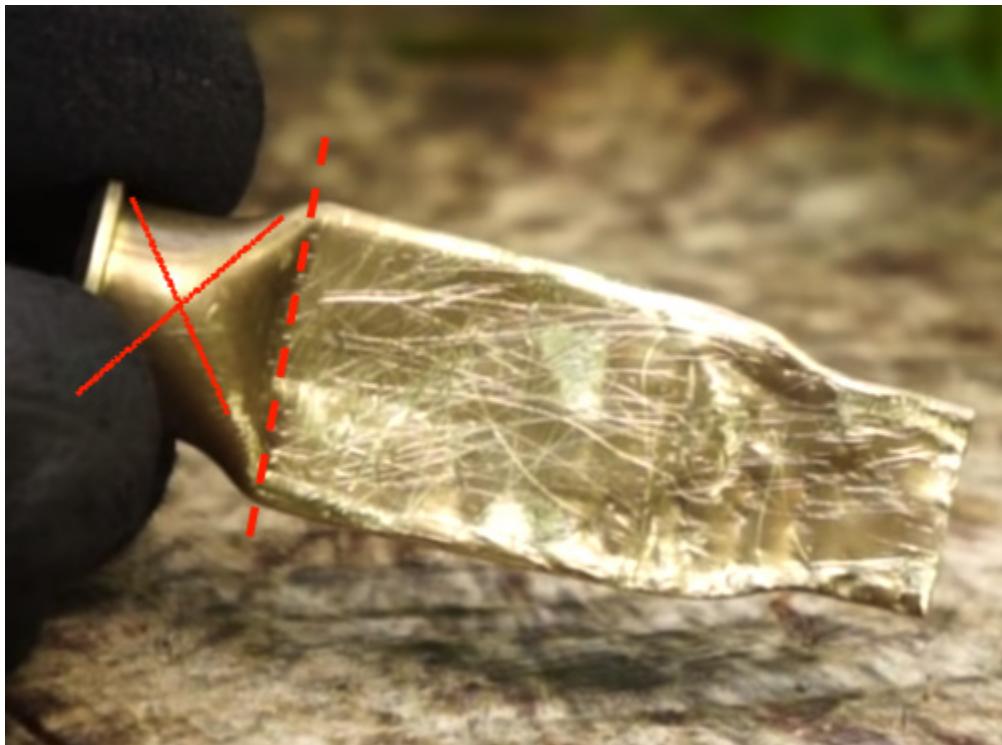
SPEARHEAD



Take a discarded gun shell.



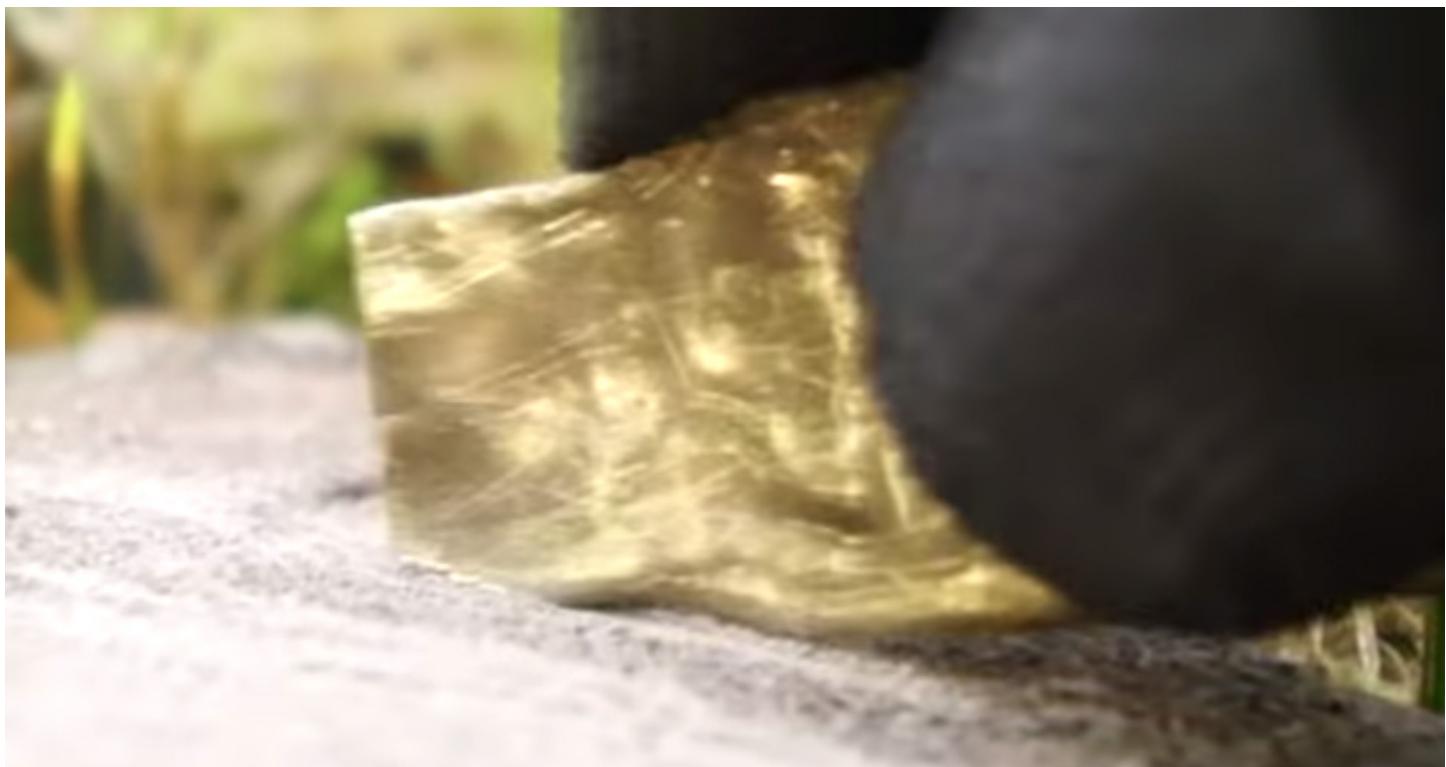
Grab a large rock and pound it flat.



Remove the end by twisting it back and forth along the crushed line in the picture.



Once that's done, grab a coarse stone.



Grind your material along the top of the stone until...



It's reached your desired shape for a spearhead!

DRY YER BOOTS



If your boats are soaked.

Speed up the drying process with this little trick.



Find a couple of dry, non-porous rocks.



Throw them into your campfire.

Wait until they're extremely hot.

Carefully remove them from the fire...



And plop them into your boot!



Set them beside the fire so they dry from the inside, AND the outside.

KEY SAW



You probably have a key on you.

Provided it has a jagged edge, you can use it as a saw.



Easily carving notches into sticks...



Allowing you to setup handy contraptions like traps!

SOCK FIRE



If you need tinder to start a fire.

Check out your socks.



Pick away the loose material, and you can build up a nice little tinder pile in short time.



Use a Ferro rod or whatever else you'd use for an ignition source...



And your sock material will catch like any other tinder bundle.

MOSQUITO REPELLANT



Get rid of those pesky mosquitos with the scent of pines.

They hate it.



Grab some pine and crush it up into your hand.



Take the “pine juice” and rub it on your jacket.

Plus, you can also burn pine needles to flush out mosquitos as well.

FLINT ROCKS



If you need a cutting tool.

Look around for flint rocks.

They're often beige with a shiny black material.



Glance off the end of it with another rock.

Giving you smaller fragments.



Chip away one of the fragments until you get a nice sharp edge.



Be careful, these edges are razor sharp!

PARACORD LACES



Replace your regular laces with 7-strand 550 paracord.



If you're ever in an emergency you can pull out one of the strands.



Or even use it as cordage for your bow drill.

BIRTHDAY CANDLE



Consider adding a small birthday candle into your survival kit.



If your fire situation is looking grim.

Like a lighter low on fuel, or you're down to your last match.

You can transfer your flame over to a candle, giving you a lot more time.



Even better, those party trick candles where people can't blow them out are wind-resistant.
So use them on windy days to carry a wind-resistant flame!

FOAM TINDER



A lot of backpacks these days have foam padding.
Generally found in the arm straps, and the back.
The padding is generally flammable.
So if you're needing some tinder. Cut a small slit into your bag and remove a small piece of foam.



Use your preferred ignition source.



Boom, it'll catch just like any other tinder.

Don't breath in the fumes. They're toxic.

MAGNIFYING BOTTLE



Use the convex curve of your water bottle to start a fire.



Simply angle it "just right" to act as a magnifying glass to focus a stream of fire-starting sunlight!

PLASTIC POT



Use a plastic bottle to purify your water.



Hack it in half, and place it on the edge of your fire.

As long as there's water inside, the bottle won't melt.

CAUTION: Only use this as a last resort. As this will cause carcinogens (cancer-causing chemicals) to be released into your water.

WATER FILTER



If you only have a source of disgusting water to drink from.

You can filter it with just a regular plastic bottle.



Simply cut the bottle in half.



Pierce a few holes in the lid.



Fill up your top half with moss...



Some grass...



And some stones.



Throw them in the bottle.





Pour your water through your new, make-shift filter.

Which will leave you with filtered water, free of all the floating chunks.

IMPORTANT: The water is only filtered at this point. You must still purify it.



So take your other half of the bottle. And put it in the fire to boil and purify.

Again, be aware of the fact that boiling water in plastic will release carcinogens (cancer-causing chemicals) into the water

WILD CHOPSTICKS



Being in the bush can leave your hands pretty dirty, grimy and bacteria-infested.

So the prospect of using them to shovel food into your mouth isn't all that appetizing.



Instead, quickly make a set of bacteria-free chopsticks.



Simply split a stick down the middle. Holding it in place with a twig or rock.



And you've got some make-shift chopsticks.



Dip them in boiling water to play it safe and kill any bacteria lingering on those chopstick tips.

PRESERVE THE EMBER

If you're on the move, but don't want to worry about the hassle of starting a fire at your next location.

Grab a large chunk of charcoal from your current fire.



When you arrive at your new location, simply bring out the charcoal.

Throw some sparks at it...



Which will reignite the charcoal and bring back those red-hot embers!

PORTRABLE WINDPROOF STOVE



Take a soda or beer can.



Cut it down the side.



Then cut along the bottom.



Do it along the top of the cut as well.

Should be in the shape of an “I”.



Open the “doors”.



Stuff in your tinder and kindling.



Light it up.



To get a nice, portable, windproof flame.



That can act as a portable stove to heat food, boil water and more!

PREPPED IN DAY LIGHT



Take a small, pre-drilled Ferro-rod.



Loop it onto your jacket for a low-pro way to always have the ability to make fire!



CELL SIGNAL



Your cell phone is full of survival tools.

Note, a working phone can get you rescued if you find a signal.

Only take your phone apart in a desperate situation. Or, when your phone has stopped working/ran out of battery.



First, remove the screen.



Proceed to remove the first few layers as well.



You'll eventually come across the perfect mirror for signaling.



Use this to capture the attention of passerby's.

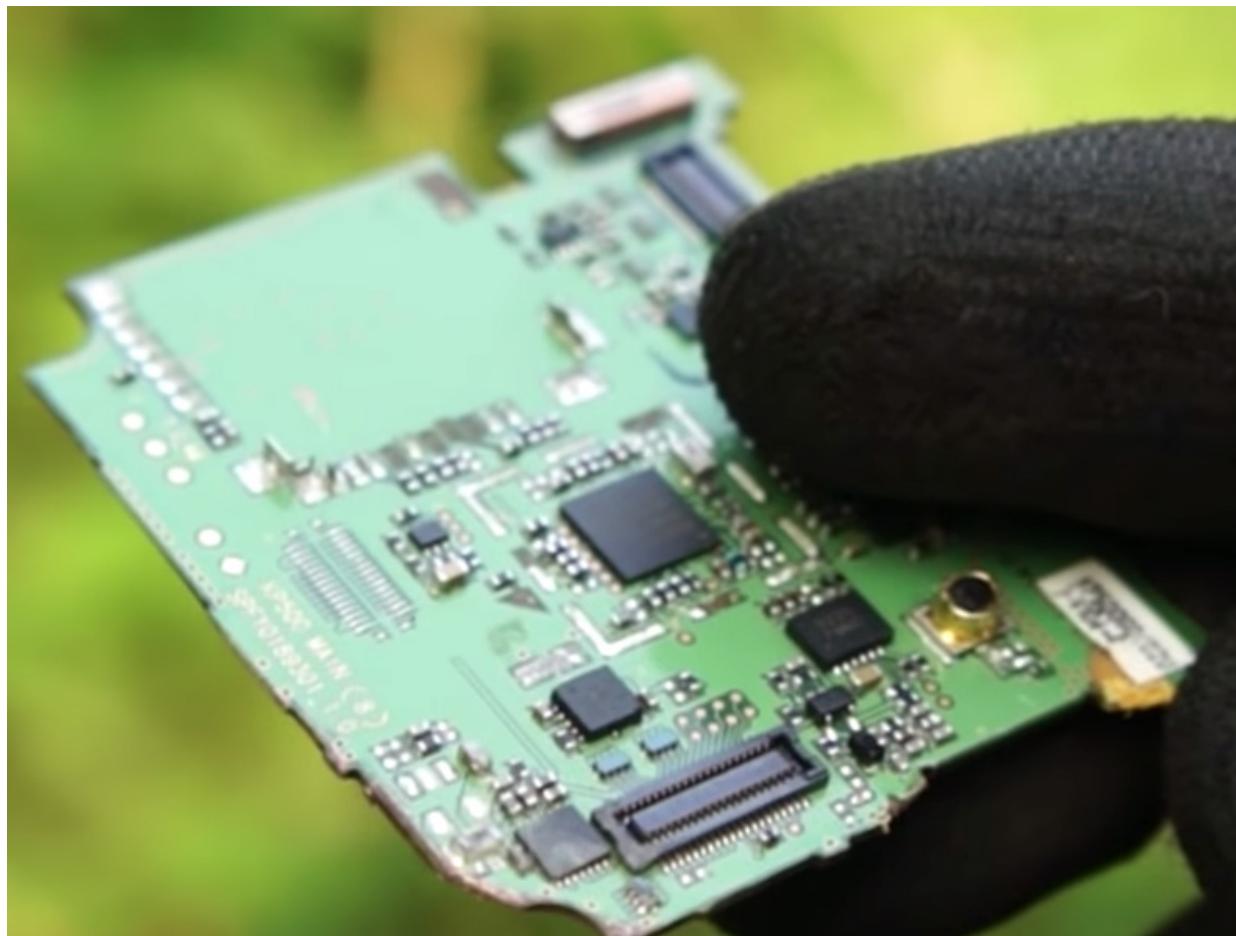
Even cars, trucks, planes and helicopters.

CIRCUIT HACKING



Go deeper and you'll find the circuit boards.

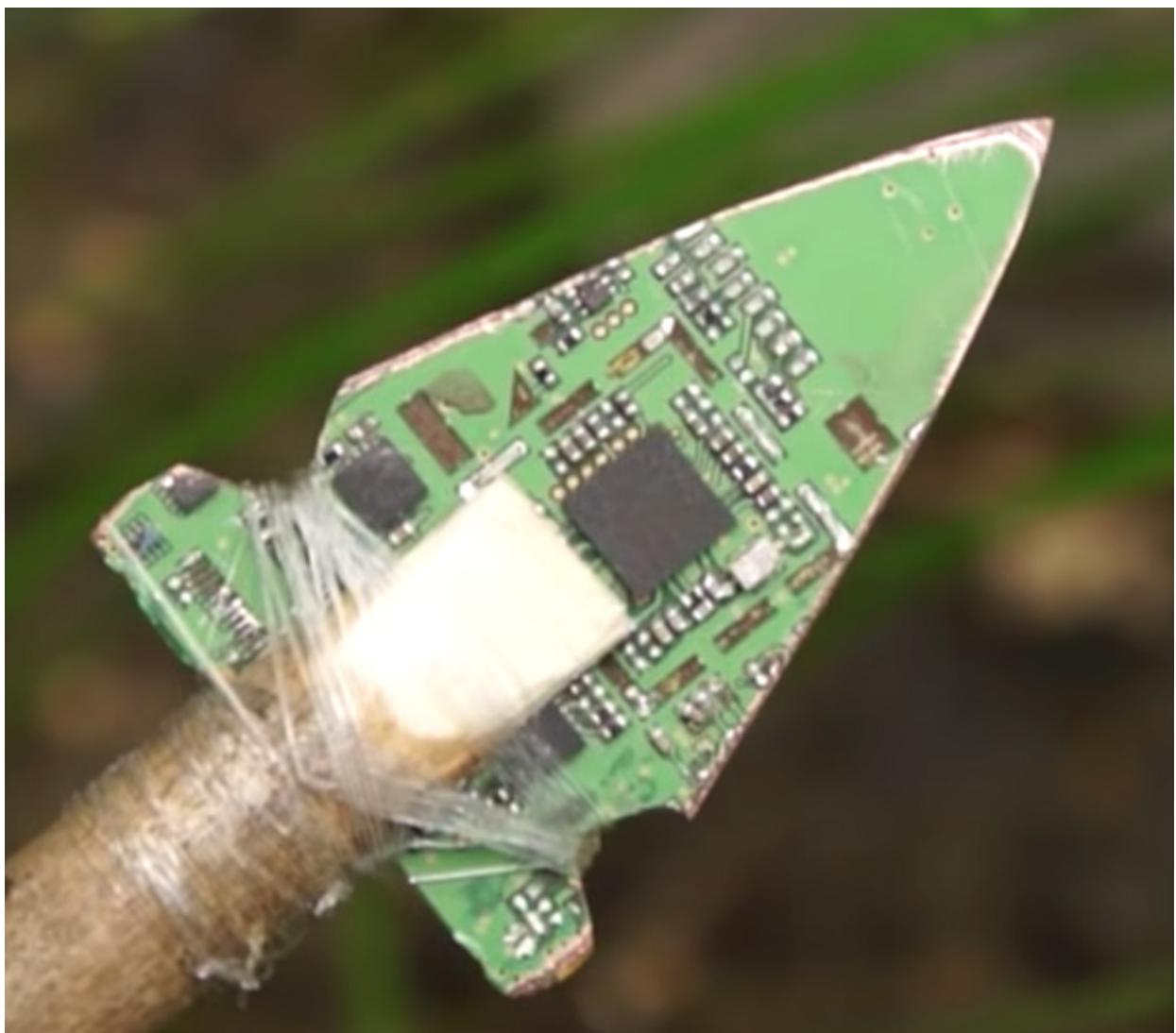
These can serve two purposes.



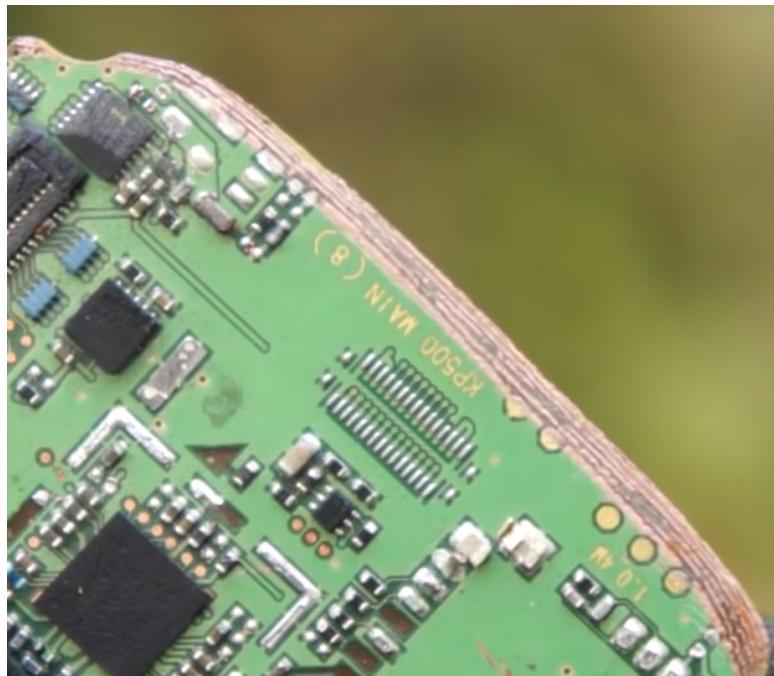
One, you can create an arrowhead.



Snap the board. Grind it against a rock until you get the ideal shape.



Attach it to a shaft, and you've got a spear for hunting and protection.



Alternatively, you can create a razor sharp cutting tool.

Simply grind the sides into a sharp point.



Watch yourself, this thing is deceptively sharp!

WIRE SNARES



If your phone came with headphones, you can use them as wire snares.

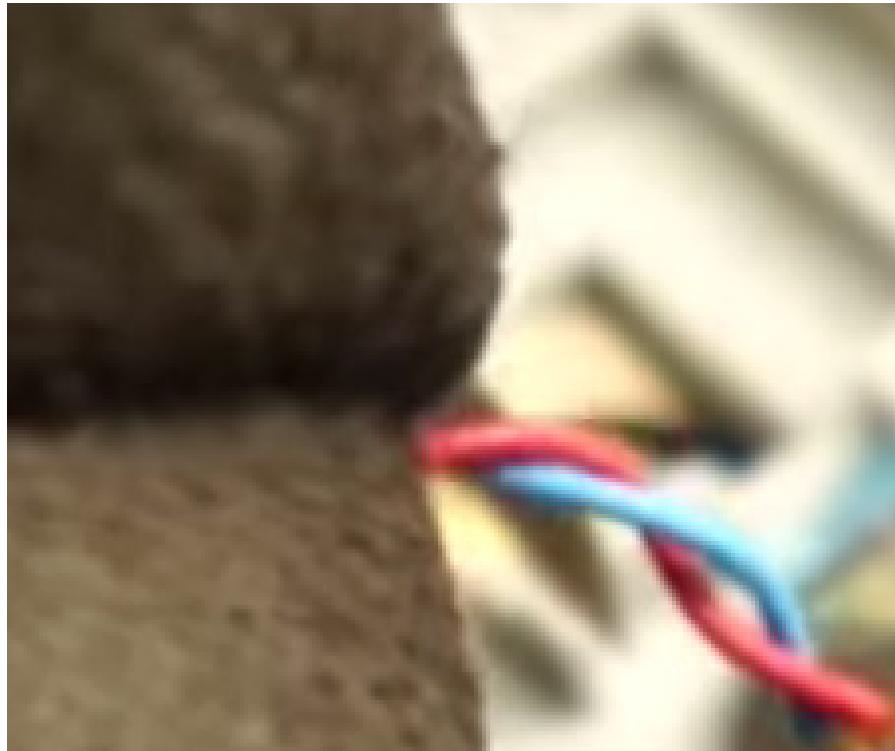


Probably not that effective. But, in a dire situation, it's worth a shot.

GPS



Remove the speaker to expose the magnet.



Remove the magnet.



You'll need a metal strip made either of iron or stainless steel.



Think hairpins, hair clips, or a metal pin out of a watch strap will all work.

If you don't have any of those, check your first aid kit.



Take your metal piece and rub it along the magnet.

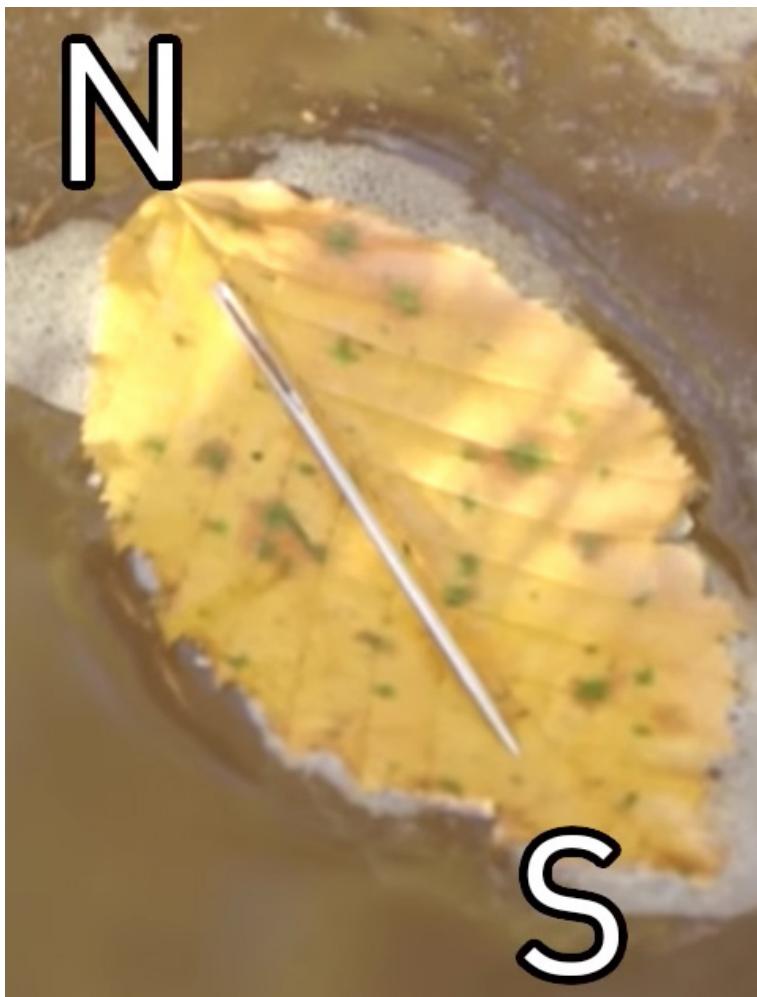
Do this for several minutes.

Your metal pin will then be magnetized.



Take your pin and lay it upon something that floats.

Like a leaf.



This will cause the leaf to rotate to point North and South.

In most cases, the pin that's pointing furthest from the sun will be North.

That will be the opposite if in the Southern Hemisphere.

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