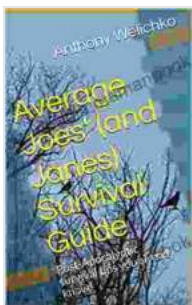


Post Apocalyptic Survival Tips You Already Know but Have Forgotten in the Comforts of Civilization

In the modern world, we rely heavily on technology and infrastructure to meet our basic needs. We have access to clean water, food, and shelter at the touch of a button. However, if a catastrophic event were to occur, such as a nuclear war or a global pandemic, we would be forced to fend for ourselves.

While we may not realize it, we all possess a wealth of knowledge and skills that could prove invaluable in a post-apocalyptic scenario. These skills were passed down to us from our ancestors, who lived in a world where survival was a daily struggle.

In this article, we will explore some of these forgotten skills and how they can help us survive in a post-apocalyptic world.



Average Joes' (and Janes) Survival Guide: Post-Apocalyptic survival tips you already know!

by Drac Von Stoller

★★★★★ 5 out of 5

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One of the most important skills for survival is the ability to find food. In a post-apocalyptic world, there will be no grocery stores or restaurants. We will need to rely on our own ingenuity to find something to eat.

Fortunately, we are surrounded by edible plants and animals. If you know what to look for, you can find food in even the most barren environments.

Some of the most common edible plants include:

- **Dandelions:** The leaves, flowers, and roots of dandelions are all edible. They are a good source of vitamins A, C, and K.
- **Chickweed:** Chickweed is a small, delicate plant that is often found in lawns and gardens. It is a good source of vitamins A and C.
- **Purslane:** Purslane is a succulent plant that is often considered a weed. However, it is a good source of vitamins A, C, and omega-3 fatty acids.
- **Lamb's quarters:** Lamb's quarters is a leafy green plant that is related to spinach. It is a good source of vitamins A, C, and iron.
- **Nettles:** Nettles are a stinging plant, but they can be eaten if they are cooked. They are a good source of vitamins A, C, and iron.

Some of the most common edible animals include:

- **Rabbits:** Rabbits are a good source of meat and fur. They can be hunted with a bow and arrow, a snare, or a trap.

- **Squirrels:** Squirrels are a good source of meat and fur. They can be hunted with a bow and arrow, a slingshot, or a trap.
- **Fish:** Fish are a good source of protein and omega-3 fatty acids. They can be caught with a hook and line, a net, or a spear.
- **Insects:** Insects are a good source of protein and fat. They can be eaten raw, cooked, or dried.

Another essential skill for survival is the ability to purify water. In a post-apocalyptic world, there will be no clean tap water available. We will need to be able to find and purify water on our own.

There are a number of ways to purify water, including:

- **Boiling:** Boiling water kills bacteria and other microorganisms. It is the most effective way to purify water.
- **Chlorination:** Chlorination is a chemical process that kills bacteria and other microorganisms. It is a common method of water purification in municipal water systems.
- **Filtration:** Filtration is a physical process that removes bacteria and other microorganisms from water. It can be done with a water filter, a coffee filter, or even a piece of cloth.
- **Distillation:** Distillation is a process that removes impurities from water by boiling it and then collecting the steam. It is the most effective way to purify water, but it requires a lot of fuel.

In a post-apocalyptic world, we will need to find a place to live. We may be able to find an abandoned building or a cave, but we may also need to

build our own shelter.

There are a number of different ways to build a shelter, depending on the materials that are available. Some of the most common types of shelters include:

- **Lean-tos:** Lean-tos are simple shelters that are made by leaning a tarp or a piece of plastic against a tree or a rock. They are easy to build and provide basic protection from the elements.
- **A-frames:** A-frames are more complex shelters that are made by building a frame out of sticks and then covering it with a tarp or a piece of plastic. They are more durable than lean-tos and provide better protection from the elements.
- **Log cabins:** Log cabins are the most durable type of shelter, but they are also the most difficult to build. They are made by stacking logs on top of each other to create a walls and a roof.

Fire is essential for survival. It can be used to cook food, provide warmth, and keep away predators. There are a number of different ways to make fire, including:

- **Matches:** Matches are the easiest way to make fire, but they are not always available.
- **Lighters:** Lighters are another easy way to make fire, but they also run out of fuel eventually.
- **Flint and steel:** Flint and steel can be used to create sparks, which can then be used to light a fire.

- **Bow drill:** A bow drill is a simple device that can be used to create friction, which can then be used to light a fire.
- **Fire plow:** A fire plow is another simple device that can be used to create friction, which can then be used to light a fire.

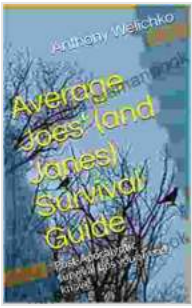
In a post-apocalyptic world, we will not have access to modern medical care. We will need to be able to treat our own injuries and illnesses.

There are a number of basic first aid skills that we can all learn, including:

- **Wound care:** We need to be able to clean and bandage wounds to prevent infection.
- **Fracture care:** We need to be able to splint broken bones to prevent further injury.
- **Burn care:** We need to be able to treat burns to prevent infection and scarring.
- **CPR:** We need to be able to perform CPR in case of cardiac arrest.
- **First aid kit:** We need to have a basic first aid kit with supplies such as bandages, antiseptic, pain relievers, and antibiotics.

The skills that we have discussed in this article are just a few of the many that we will need to survive in a post-apocalyptic world. While we may not have practiced these skills in a long time, they are still embedded in our DNA.

If we are ever forced to live in a world without modern conveniences, we will need to rely on these skills to stay alive.

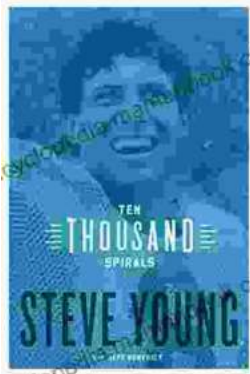


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