

■■ SURVIVAL SHELTER GUIDE — 1 PAGE QUICK REFERENCE

1■■ PRIORITY

Exposure kills faster than thirst. Protect from wind, rain, cold, sun. Build shelter before dark. Conserve heat, stay dry, insulate from ground.

2■■ SHELTER PRINCIPLES

Location: Dry, flat, elevated; protected from wind/falling debris; near materials.

Avoid: Flood zones, animal trails, dead trees ('widowmakers').

Insulation: Leaves, pine needles, grass for ground pad & cover.

Ventilation: Allow airflow to avoid condensation or smoke buildup.

3■■ TYPES OF SHELTERS

■ DEBRIS HUT (Cold/Wet)

1. Build ridge pole between supports or lean on log/stump.
2. Lean sticks to form triangle shape.
3. Cover thickly with leaves/grass/pine needles (2–3 ft).
4. Add bedding inside for insulation.

■ LEAN-TO (Quick Rain/Wind)

1. Lean branches against log or ridge pole at 45°.
2. Cover with bark, leaves, or tarp.
3. Build fire in front; reflect heat with rock/log wall.

*■ SNOW CAVE / QUINZHEE (Subzero Snow)

1. Pile snow into mound; let harden 30–60 min.
2. Dig entrance tunnel & hollow inside (~1 ft walls).
3. Poke air holes; build sleeping platform above floor.

■ SHADE SHELTER (Desert)

1. Use tarp or vegetation for shade canopy.
2. Allow air gap above for cooling.
3. Rest during heat; move at dawn/dusk.

4■■ MATERIALS CHECKLIST

- Poncho or tarp
- Paracord or rope
- Knife or multitool
- Mylar blanket (heat reflection)
- Stakes or sturdy sticks
- Debris (leaves, grass, pine boughs)

5■■ HEAT RETENTION TIPS

- Insulate under you — ground steals heat fastest.
- Close shelter openings at night with debris.
- Use Mylar blanket behind fire to reflect heat.
- Body heat: share shelter or use clothing layers.

■■ RULE OF THREES: 3 min without air • 3 hr without shelter (cold/wet) • 3 days without water • 3 weeks without food