

Chapter 1 : Self-Reliance: Shelter - Huron-Clinton Metroparks

In Season 1, watch Shawn James and Cali, his golden retriever, build an outdoor kitchen in the forest next to his hand built log cabin. Listen to the sounds of the forest while he works and cooks.

Doing that helps open your eyes to the possibilities. In most cases, whatever you find in nature will need to be modified in some way, in order to make it a more effective shelter. Take a rock formation, for example. But you could easily find a rock outcropping on the side of a hill, which offers you protection from two sides. The hillside itself could provide the fourth side of protection. Cutting some branches and placing them over the gap in the rocks could easily provide a roof. You now have a shelter. Build a fire in the entrance and you should be comfortable. How about a pine tree? Pines are unique in that their branches grow straight out from the sides, rather than up. As the tree grows, the lower branches get longer and heavier. This causes them to sag towards the ground. Often, the tips of the lowest branches will touch the ground. But those branches, are three to four feet off the ground at the trunk. Cleaning out the dead branches underneath creates a nice, cozy shelter. In order to turn what nature provides into a shelter, you have to have something to work with. Most shelters require cutting branches and placing them where they will give you protection. Some types require tying those branches in place. Having something to cut with and something to use as cord can make all the difference in the world. Actually, having something to cut with could often be enough, as tall grasses can be used as cordage to hold a shelter together. So, just being in the habit of carrying a knife can make a huge difference in your ability to survive. But the most important part is knowing what to do. There are many different designs of shelters you can make out of things you find in nature, such as a brush shelter or a lean-to. Those are great, but the range of ideas is literally limitless. In the case I mentioned above, when I was a teen, I made a shelter by tying the tops of some saplings together. We used that as a structure and covered it with branches, making a nice, snug shelter. With a small fire in the middle, we were able to keep fairly warm all night; and in the morning managed to find our way and walk out. Be sure to stop early enough to build your shelter and gather wood for the night. More than anything, being ready is being mentally ready. Until next time, keep your powder dry and your survival equipment close at hand.

Chapter 2 : Shelter | New Enland Self Reliance

Self-Reliance Central evidence to support preparing for an emergency and disaster scenario on your own without putting your hopes in crowded shelters.

Print This Article Image source: Can you imagine how helpless we would be if this support system came crashing down? No doubt, many would find it hard to survive on their own, but knowing a few basic survival skills can make all the difference. Moreover, it will give you confidence and more freedom of choice. Food, clothing and shelter are the three most indispensable needs of man. Our self-reliance is measurable by how well we can provide ourselves with these necessities if needed. Do you have these seven essential skills? Gardening and animal husbandry can make us self-reliant to a great extent. We can grow vegetables in the limited space at our disposal, and even rear some animals that would contribute to our nutrition. Did you know that sprouting certain seeds can increase their nutritional value many times over? In history, gathering food from nature actually preceded cultivation, but finding edible stuff in the wild is not only difficult, but downright dangerous today. We have lost the knowhow of distinguishing the good stuff from the bad, be it wild fruits, roots or bulbs. But we can still learn to find a few reliable ones like acorns and pine nuts. Even gathering food from what we grow is a skill to be learned. Preparing and preserving food Limiting our diet to raw vegetables and fruit can be quite restrictive nutritionally – not to mention the sense of satisfaction we get out of eating. Food preparation involves cleaning, combining and cooking different edibles to get a balanced meal. Proteins, especially the ones from animal sources like fish and game, require cooking, and it takes a bit of practice to get it right. Preserving excess food by fermenting, drying, pickling or making long-lasting sauces, jams and jellies used to be a mark of greater self-reliance in the food department before the supermarkets started providing all we need. Making and managing a fire Out in the wilderness, fire can offer much-needed warmth and protection from wild animals and blood sucking insects that spread diseases. It also can cook our food. Making and maintaining a fire in a controlled manner is definitely one of the most useful skills. Self-reliance with respect to fire is not as simple as striking a match to ignite fuel-drenched wood in the fire pit. Being handy with tools and weapons Simple tools , from needles, knives and screwdrivers to heavy ones like axes and saws, can help provide for many necessities, including clothing and shelter. Weapons like bows and arrows, and daggers and guns, can be useful for self-defense and life preservation. Good marksmanship, whether it is with a gun or a simple sling, is a great asset in a wilderness survival situation. But more elaborate and lasting structures need some real carpentry and masonry skills. Knowing how to lay bricks, mix concrete, build strong, straight walls to support a roof, etc. For example, sun-dried mud blocks can take the place of bricks and mud paste to hold them together like cement. Woodworking skills also can make you equally self-reliant, besides providing an immensely enjoyable and productive hobby. Sawing wood, chiseling and joining it to form the structural elements of the house or pieces of furniture, takes knowledge, experience and precision. Any device that makes life easy can be counted as a machine, whether it is operated manually, electrically or electronically. One cannot be an expert of everything, but a minimum amount of mechanical skills can go a long way. Things like tightening a nut here or changing a spark plug there will give you confidence to tackle more serious issues over time. But you need to develop a number of different skills and strategies, depending on where you find yourself. In a city or town with well-laid-out roads, the ability to read maps and road signs may help you get from place to place. But in a less-controlled situation, whether on land or water, self-reliance with regard to navigation depends on our ability to find directions from the cues nature provides. Besides the position of the sun during the day and the stars at night, knowing a few facts like which side of the tree moss grows or which direction the wind blows in a particular season can be invaluable. A good sense of orientation gives us unlimited freedom of movement. Many of these self-reliance skills can be developed further by practicing them when they are actually needed, but knowing the basics ahead of time gives you extra leverage, and a solid foundation to build upon. What self-reliant skills would you add to this list? Share your suggestions in the section below:

Chapter 3 : 7 Self-Reliance Skills You™ Need If ~The System™ Collapses - Off The Grid News

3 minutes without air. 3 hours without shelter. 3 days without water. 3 weeks without food. 3 months without companionship. In a survival situation, you have roughly three hours to find shelter. While this depends upon your location, your activity, the weather, and other factors, it is a g.

When a natural shelter cannot be found, it will be necessary to build one out of natural or manmade materials. The shelter does not have to look pretty; it just has to be functional. A functional shelter is one that will keep you warm and dry by keeping you out of the cold and blocking the wind. A shelter should also provide a level of protection against predatory animals, even if that level of protection is minimal. When it comes to shelter, people situated in warm dry climates often assume that they will require less in the form of shelter, or that a shelter is altogether unnecessary. This could not be further from the truth. Warm dry climates, such as a desert, are only warm and dry during the day when the sun is out and in full force. Those same environments lose an abundance of heat as the sun sets, and temperatures in these regions can become frigidly cold as night descends across the land. In a survival situation there are basically two categories that shelters will fall under; temporary and permanent. A temporary shelter can be built anywhere. The primary purpose of a temporary shelter is to provide an environment capable of keeping you warm and dry for a period of days. A temporary shelter should be constructed from a configuration that is easy to assemble. A lean-to, half tent, or something as simple as tree branches stacked in a circle around the trunk of a tree, will work as a temporary shelter setting. When building the temporary shelter focus on conserving energy. You do not want to exhaust hours of a day in order to build a temporary shelter. A permanent survival shelter should be something that enables the builder to use it for an indefinite period of time. Many temporary shelters can be modified to become permanent shelters if need be. As a permanent fixture this type of shelter may take several hours over the course of several days to construct and complete. The permanent shelter can also be constructed out of natural materials, or include the use of manmade materials. If possible it is advisable to begin constructing a permanent survival shelter long before it might be needed. This will only be possible if you are fortunate enough to own enough land to engage in such a project. The permanent survival shelter, once completed, should provide warmth, cover from inclement weather conditions during all seasons, and a modicum of comfort. Regardless of which type of shelter is chosen, it should provide protection from all of the main elements that are possible in nature; sun, rain, sleet, snow and wind. The site chosen for establishing a shelter will determine how effective the shelter is. If the shelter is built on a bad site, then there is a better than average chance it will eventually need to be moved, which results in lost time and energy. Weather and regional terrain will play a key role in helping you determine the proper location for setting up the shelter. For example, in cold weather regions, low lying areas such as valley floors often experience colder temperatures at night, as well as heavier mist or fog in the morning. Low lying areas also pose the potential of being flooded, especially if they are adjacent to natural sources of running water. In warm weather climates you may want to position the shelter so that it is able to take advantage of shallow breezes as they pass by, yet does not expose the interior of the shelter to the harmful and potentially hazardous effects of strongly blowing dust and sand. Dust, dirt and sand are some of the most destructive elements on earth. You will want to keep your gear protected at all times as much as possible. In cold weather climates and regions, it is recommended that the shelter be erected and situated in such a way as to eliminate as much intrusion from the wind as possible. During cold weather wind chill can cause serious life threatening medical conditions in a matter of moments. It will be important to ensure that blowing snow is incapable of burying the door to the shelter, otherwise it may be necessary to destroy a portion of the shelter in order to get out, which results in lost time, energy and possibly material that will not be easy to replace under those type of conditions. While several members of the insect family are edible food sources, they can also be one of the peskiest problems to contend with when you are trying to rest and relax in a shelter. Finding an area with a light and steady breeze is favorable for selecting a shelter site, as it will help keep insects and pests at bay. Likewise, locating an area that allows sunlight to penetrate the shelter periodically throughout the day, such as a partially shaded setting, will be a blessing in

disguise. Rain, snow and sleet will collect in low lying areas more than at higher elevations. These regions often experience an abundance of bone chilling wind, especially at night when temperatures drop in conjunction with the setting of the sun. If there are trees in the area you intend to build your shelter in, then make sure they are all healthy, solid and standing trees. You will also want to inspect the tree for signs of wildlife. If there is evidence of insects, such as termites, bees, or wasps, then avoid setting up a shelter near that tree. The same applies if there is evidence that squirrels, birds, or owls are using the tree as a primary residence. These types of animals and insects may be territorial to the extent that they terrorize you, your shelter, and your gear. It will also be important to identify any and all dead or leaning trees, as well as any dead or damaged branches. It is also advisable to avoid building a shelter near a single isolated tree as they may serve as a natural lightning rod during inclement weather. In a serious survival situation any naturally occurring conditions can be used as a form of shelter, Cliff overhangs, caves, fallen tree trunks, small natural hollows, and even trees can be used to create a shelter suitable for getting you through the situation. In the event natural materials, or naturally occurring environments, are not available, then it will be necessary to construct one from scratch. If forced to construct a shelter from scratch, then focus on using as much natural material as possible first, before using manmade materials or gear. Once a piece of gear is used for shelter construction, it might not be serviceable for anything else, so be confident in your decision before opting to use and possibly lose that piece of gear. An underground shelter should be roughly feet deep, feet wide, and feet long. Once the trench has been dug the floor should be lined with boughs of pine or cedar to increase padding for a sleeping bag, or to serve as the bed itself. After the floor and bed have been constructed the roof can be placed over the trench. For better insulation arrange layers of pine or cedar boughs on top of the roof logs. If the boughs create a dense enough cover, you may also want to consider spreading the loose soil over the top of the boughs to improve insulation aspects of the shelter. You can also fashion something similar to the image below for an underground shelter. There are a couple of different configurations that could be classified as tree shelters. One of the easiest methods of constructing a tree shelter consists of locating a tree with low hanging branches. By cutting away some of the lower branches, then standing them on end and allowing the lighter end of the branch to rest against the limbs of higher branches, it is possible to create a suitable survival shelter. You may have to cut branches from other trees in the area in order to complete construction of the outer walls, as well as for constructing a bed, but this type of shelter will help keep you out of the elements. A lean-to also falls under this category of shelters, and is another relatively easy project to construct. Find two strong standing healthy trees to use as the corner posts. Find another heavy duty branch that is long enough to cover the distance between the corner post trees and lash it into place approximately feet above the ground; this will serve as the brace. These branches should be arranged so that they make as much close contact as possible. If possible lash these to the brace, if not, then simply lean them in place. To improve insulation aspects associated with the lean-to use your hands and feet to scrape together natural materials in the area and use them to cover the back side of the lean-to from top to bottom. When establishing a lean-to shelter, make sure the back wall protects you from the wind, and serves as a reflector once a fire is built out in front. The image below displays a lean-to shelter with a fire reflector built out in front to direct heat into the shelter. The back wall serves as a fire reflector as well, which increase the warmth of the shelter overall. It can be built as a stand-alone shelter, or as a shelter that utilizes two existing trees as support posts. The easiest method of constructing this off grid castle involves finding two standing trees to use as supports. Once the support trees have been selected, find two similar sized branches and use them as braces; one on each side of the trees, running parallel to each other. The next step calls for finding enough branches to build a lean-to resting against each of the brace branches. Once that has been achieved additional branches and boughs can be used to cover the roof opening and complete the insulation of the standing side walls. If you have manmade materials, such as a tarp and paracord, you can create a suitable A-frame shelter in a matter of moments. Find two support post trees, measure a length of paracord long enough to span the distance between the two trees and tie each end of paracord to opposite trees. Spread the tarp out and drape it over the length of paracord. Cut four smaller lengths of paracord and use them to tie off each corner of the tarp close to the ground. This will keep the tarp taut and provide a temporary shelter in far less time than constructing one out of all natural

materials. First things first, if you are forced to face a survival situation in subzero climates and conditions, then the need for constructing an effective shelter trumps everything else except life threatening medical problems. In frigid, arctic like conditions, building the survival shelter should be the most important part of your battle plan. Regardless of which type of shelter you elect to build in these climates and conditions, there are several concepts to be aware of and adhere to. Entryways should be kept to a minimum, especially in temporary shelters. The more entryways the shelter has, the more potential for heat to escape, or for cold to creep in. Keep in mind that each and every entry will need to be sealed in order to ensure the integrity of the interior. Activities should also be kept to a minimum, especially in cold weather environments. Each and every activity we involve ourselves in exhausts energy. Any time you find it necessary to step outside the shelter, you should have a specific plan of action to follow, and that plan should include retrieving more fuel for a fire, additional material to improve insulation, as well as snow and ice to melt for water and food preparation. Bathroom Breaks should be conducted inside the survival shelter at all times. In cold weather climates exposing flesh to the elements can cause severe damage. Insulation is something you can never have enough of in cold weather climates. Sleeping Bags need to be kept clean and dry as much as possible. In the event they become damp, flip them inside out and allow the moisture to freeze, then beat the frost off the bag itself, flip it back to standard form and allow it to warm near a fire, yet far enough away to prevent it from catching on fire. Snow should be left outside the shelter environment at all times. Knock it off your boots, and make sure all snow has been brushed off the outer garments, prior to entering the survival shelter. Once snow gains entry to the facility it has the potential to melt. If it is left on clothes and boots it could collect and turn to ice the minute it is subject to outside temperatures; this will reduce the effectiveness of the garment and may cause additional medical conditions to contend with. Cold will creep into the shelter whenever an opening presents itself. If you do not have the ability to create and maintain a fire within the shelter itself, then perform a variety of exercises to raise your core body temperature.

Chapter 4 : BUILD OR FIND SHELTER | www.nxgvision.com | SELF-RELIANCE | PREPAREDNESS

strength, stability and self-reliance through shelter. a safe home, and every family should have the chance for a decent life that allows.

Chapter 5 : Impromptu Shelters | When You Need A Survival Shelter You Need It

Learn tips to better your shelter building by learning a progression from quick survival shelters to more involved & effective long term shelter options for outdoor living and self reliance.

Chapter 6 : The most sustainable homeless shelter in America teaches self-reliance with urban gardening

HOW TO FIND A SITE FOR ESTABLISHING SHELTER. In a real world survival situation, it will be imperative to find a suitable shelter. When a natural shelter cannot be found, it will be necessary to build one out of natural or manmade materials.

Chapter 7 : Daniel Sjöberg is creating solutions for self-reliance | Patreon

Habitat For Humanity in Whatcom County is a local, self-sustaining affiliate of Habitat for Humanity International -- a nonprofit, Christian organization that secures land and builds affordable houses for families of any faith that need a home.

Chapter 8 : Self-Reliance Association " Self-Reliance Association

To qualify, a shelter must provide protection from the rain, the wind and hopefully wild animals. Even if it only does that

from one side, it still qualifies as shelter; although you ideally want something that protects you all the way around.

Chapter 9 : Finding Shelter in the Wild – Self-Reliance Association

Walden Labs is a place for information and ideas to be shared about self-reliance, homesteading, permaculture, preparedness, and decentralization. We strive to help people of all experience levels take steps towards happier, healthier, and more self-reliant lives.