

<- A Rewilding Community Toolbox V ->

by Nikanoru

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For green anarchism,
Nikanoru



Upper cover image by Packard Jennings reprinted from "Business Reply Pamphlet" @http://centennialsociety.com/business_reply/businessreply.htm

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Part I: Introduction & F.A.Q.

A. Why did you make this document?

This document embodies over a year of off-and-on research, effort, and practice, and cobbles together wisdom from my own personal experience, wilderness living enthusiasts, primitive skills practitioners, back-to-the-land types, homesteaders, permaculture people, "appropriate technology" aficionados, frugality fanatics, survival instructors, survivalists, do-it-yourself punks, radical authors, and even a preemptively post-apocalyptic daydreamer or two. My motivations have changed somewhat throughout the process, but two threads bind them.

First, we as individuals raised by the dominant culture - and I say "as individuals" because "communities" have become fiction for most of us - have almost completely lost our collective memory of the traditional skillsets that sustained people for generations in reciprocal relations with their landbases. I fear that each day these memories fade. I began re-skilling and rewilding as part of my own individual struggle against a drift into ignorance and dependency. I focus on skills because I find them more empowering than tangible items or abstract ideas.

Second, we live in this world at a unique moment in our species' history. I can only minimally overview dynamics, trends, and analyses here, saving in depth exploration for elsewhere, but, to summarize, coming from an understanding of evidence from anthropology, ecology, epidemiology, history, sociology, and political economy, I believe the 6000-or-so-year-old social experiment known as "civilization" has proven itself a planet-destroying failure. I define civilization, coming from civitatis (city-state), as a permanent settlement where overcrowded people have denuded a landscape to become urban, overshooting their local carrying capacity and so requiring the routine importation of staple supplies from outside (such as water, food, fiber, timber, minerals, metals, fuel) as well as the routine exportation of hazardous wastes (such as excretions, refuse, chemicals). Every city, everywhere, follows this pattern.



Civilization has meant empire, a cultural marriage of dominator consciousness (ever-growing control) to an ethic of extraction (importing fertility, exporting garbage). As soils degrade and metals corrode, as forests vanish and minerals deplete, as elites crave and populations swell, the sabers rattle and the predator drones take flight.

In the last few centuries civilization has become a planetary predicament. My argument comes down to: civilization - global industrial civilization in particular - significantly harms our physical, mental, and spiritual wellness; promotes addiction and delusion; severely abuses our fellow lifeforms and landbases; and has little resilience, no chance of sustainability (much less regeneration), and ultimately no redemption. No invention or reform preserving civilization will make it compatible with an inhabitable planet, especially not the wishful thinking of "alternative energy", which preserves the types of toxicity and destructive appetite characteristic to the dominant order.

Civilization systematically consumes its own support systems. We live in the Holocene Extinction, the most rapid mass extinction of species the Earth has ever faced, with upwards of 140,000 species gone forever each year. As old growth forests, wetlands, prairies, rivers, seas, and coral reefs become toxic landfills and dead zones, as breadbaskets become dustbowls, as pollinators and phytoplankton die off, as diadromous fish disappear from the oceans, as fish, birds, amphibians and mammals die off en masse, as life becomes pavement, as climate stability implodes, hyperexploitation continues, "economic growth" continues, no matter the cost. The dominant culture calls its graveyards its treasuries. As the fiat currency, fractional reserve banking, and usury-and-debt economics of the modern age evaporate into empty promises, as fossil fuels, radioactive fuels, precious metals, conductive metals, and rare earth minerals grow scarce, all hopes of a bigger, faster, shinier future can remain only through ignorance or denial. Our upkeep will become our downfall.



We have inherited "Central Civilization", that which arose out of the Mesopotamian and Egyptian civilizations, which swept to every corner of the world in a tide of genocide, slavery, land destruction, and social disconnection over the last 500 years. As the current global industrial civilization has colonized almost every society and absorbed all of the other civilizations that had not yet collapsed, with all of the evidence for ongoing global ecological disasters, economic declines, social unrest, and limits to growth, and with all of the evidence against any single magic bullet remedy, I believe the dominant system has already begun to collapse under its own weight and that this course will accelerate in the near future. I believe this will soon escalate intensely within my own lifetime into a series of swift, messy, and uneven crashes. I also believe that world economic collapse seems totally preferable to the world ecological collapse that must result from anything resembling business-as-usual, including the "green" technological alternatives presented by many "experts".

What will the decline of petroleum as both a chemical input and a cheap energy source have in store for industrial economies? What impacts will fossil fuel depletion and climate instability have on industrial agriculture? What does an era of global instability mean for global supply chains? How quickly will this system collapse when energy production, delivery, transportation, or other infrastructures break down and technicians cannot repair them in a timely manner? What happens to economies of faith their believers awaken to the nightmare? My responses to these and other questions lead me to believe our future will proceed from Space Age to Scrap Age to Stone Age.

My predictions have nothing to do with superstitious beliefs in apocalypse, salvation, or damnation, and everything to do with this hyper-massive, ultra fast-paced, highly tenacious society having the highest social and technical complexity of any society ever, and the least sustainability, and the fact that most urban societies have in fact collapsed when left to their own devices. All of our default behaviors draw down our long-term supplies. And most people do not even know their neighbors, or where their own poop goes when they flush it, where their water and food come from, or where things they throw "away" end up. The culture has higher expectations, ignorance, addiction, sunk costs, denial, delusions, pride, and fragility than ever. The activities, attitudes, aptitudes, and appetites all support a swifter process of crashes than previous collapses of civilizations.

The dominant order has already swallowed almost every society, and we have more people, and with bigger footprints than ever, on a dying planet. I don't see how this civilization's collapse could go slowly. Imagine a brick building where you keep pulling out bricks: it seems stable for a long time, but at some point, when you pull just one more brick, the whole structure falls.

Any solution must entail reversing the defining traits of city-states: centralized populations and centralized power, class division, forced labor, lifelong labor specialization, mechanized production, standing military, a hyperexploitative nonrenewable economy, monumental architecture, a denuded and artificial landscape, and above all: increasing complexity and growth at all costs. Any solution must entail returning to egalitarian communities in balance with their local landbases. Finding such a transformation necessary and desirable, I present skills relating to what I call "rewilding" and "community", using a "toolbox" approach.

In the final cataclysm of the Roman Empire, disillusioned urban proletarians let down the city gates so that the barbarian hordes could sack the capital. They broke identification with their own abusive culture, preferring the ruins to the Romans. Today's empires become tomorrow's ashes. We have to decide whether or not we will survive the multi-generational breakdown, to what degree we will dismantle the dominant structures, and what seeds to let grow in the ashes. This document will help with all three.

With such calamity on the horizon I see the opportunity for desirable social transformation, for the regeneration of life and purpose to blossom in the now-expanding cracks of this declining global monolith. In writing about skills, I scatter seeds of a struggle for dignity and balance, a struggle for the survival and the renewal of lands and communities, hoping that these seeds can take root even in such a deadened environment as this, perhaps, ultimately, to flourish once more.

B. What do you mean by "rewilding", and why do you support it?

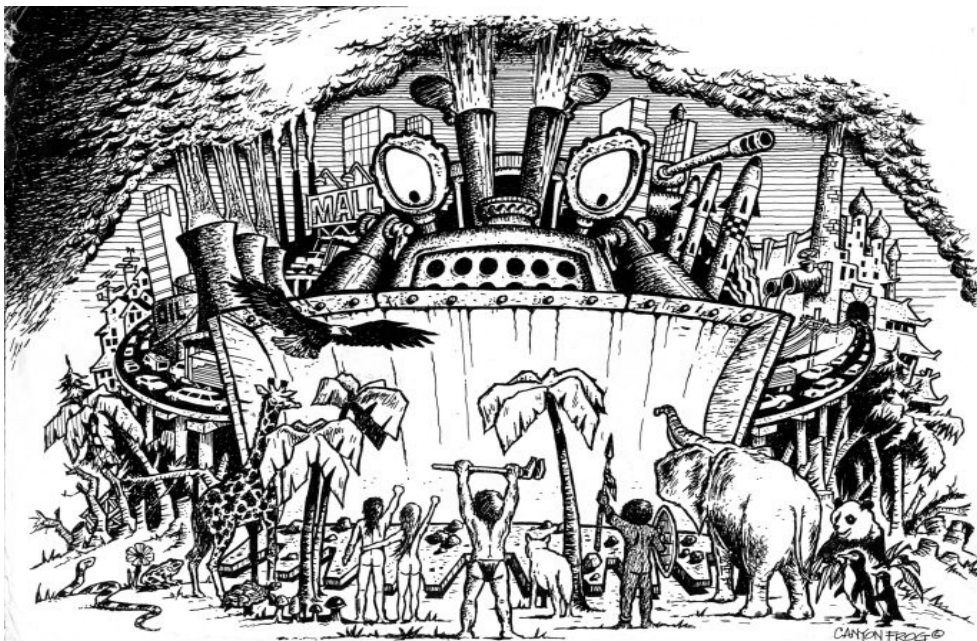


Wildness means "in a natural state; not domesticated, cultivated, or tamed". It means refusing control, and refusing the role of controller. Most wild animals take what they need and leave the rest. Most wild animals prefer avoidance to conflict. Ecology informs us that wildness has more to do with limiting competition, improving landbases, social bonding, reciprocal relationships, and sharing resources, and less to do with patterns of constant aggression, greed, a "war of each against all". If not, we could never have reached a world of fertility, diversity, and abundance. Neither passive species nor exterminator species persist. Parasites exist but species live primarily in balance.

I define rewilding as a process of embracing innate evolutionary biorhythms and drawing upon or returning to a wild state; in short, becoming feral. We practice this process by acting as social animals; supporting ourselves in small groups; reclaiming ancestral skills; returning to evolutionary patterns for diet, sleep, and exercise; developing animistic perspectives; practicing attachment parenting; taking holistic approaches to wellness at cognitive, emotional, physical, and spiritual levels; and in many other ways. Rewilding means remembering the 99% of human existence in nomadic foraging bands with autonomy, egalitarianism and wellness as common features.

As much as people tell us humans exist separate from and superior to this thing they call "nature", we as a species still act as animals requiring a community of life on an intact planet, and have evolved our own biological needs and expected rhythms to give us life and fulfillment. Ignoring or repressing our fundamental nature leads us to sickness, misery, madness, and death, just as with any other animal. Rewilding allows us to apply this understanding.

C. What do you mean by "community", and why do you support it?



The following characteristics define community for me: a mutually supportive, multi-generational, face-to-face group living together with overlapping beliefs, values, and culture, where people understand one another within the context of each of their particular lives, and the interests of the individual and the group strongly coincide.

With that as a base we can spice it up by adding modifiers as desired, creating autonomous, egalitarian, intentional, networked, participatory, regenerative, resilient, safe communities. Community resembles an onion in that peeling off a layer gives you less onion, but not necessarily no onion. It also resembles a seed in that it needs a nurturing environment to develop - and will try its damned best to grow - but under hostile conditions it can return to dormancy or even die.

Community contrasts with "mass society", also called "the society of strangers". Because we evolved for millions of years in nomadic band societies, we have a cognitive limit of between one or two hundred (called Dunbar's Number) after which we no longer recognize each individual's relation to every other individual in a cohesive group. Beyond this threshold we fit people into impersonal roles, reducing our empathy for them. Just as a functional family does not have to count heads to find out if someone didn't show up at dinner time, a functional community tries to recognize face rather than function, personality rather than position, context rather than category.

Currently most of us live in a mass society of strangers hostile to sharing, mutual aid, and even face-to-face interactions, and in my opinion this suppression of community creates enormous obstacles to responsible and meaningful behavior, and proves disastrous to our wellbeing.

D. What do you mean by a "toolbox" approach, and why do you support it?

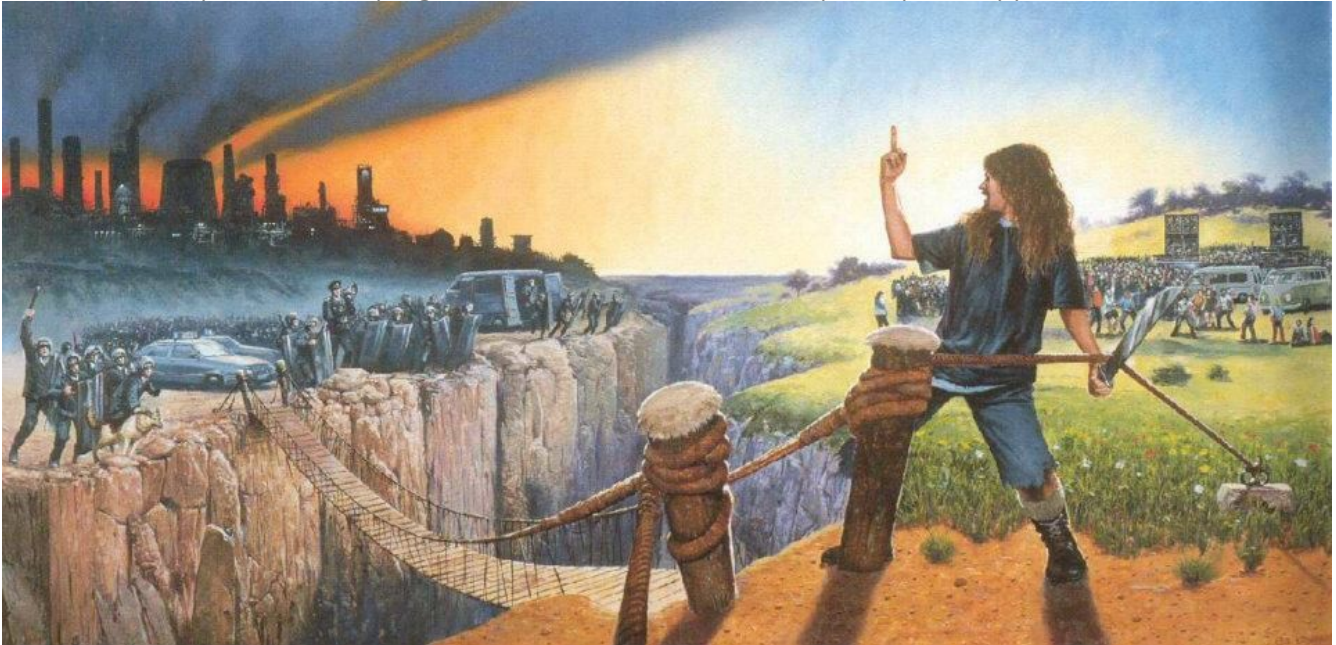
I support a toolbox approach to situations. I use the toolbox metaphor to represent the potential of a practical, multi-purpose, adaptable, customizable holder of options. I contrast it with the ruler metaphor, which represents the approach of an abstract, single-purpose, rigid, one-measure-fits-all dictator of options.

A toolbox holds a variety of means and enables a diverse range of responses, whereas a ruler alone can only judge, and brings to mind the old adage, "If you only have a hammer, everything starts to look like a nail." What I call "a toolbox approach" empowers people, allowing us to become active, creative agents who turn obstacles into opportunities, rather people who just call everyone else crooked and do nothing about it (or worse yet, people who straighten everyone else into their own preconceived designs).

Rather than put in place new institutional policies or one-size-fits-all laws against which

to measure our supposed failures, I prefer people to collaborate on new tools for critical thinking and conflict resolution, keep them in mind, and practice with them as appropriate.

E. What do you mean by "green anarchism", and why do you support it?



Anarchism means to denounce, abandon, diminish, and abolish the machinery of abuse and domination: coercive authority, oppressive relations, dispossession, exploitation, alienation, addiction, extraction, as well as their rationalizations, institutions & formats.

Green anarchists promote, affirm, practice, and defend...

...short version: biodiversity and collaborative self-determination.

...long version: Uniqueness and self-determination. Empowerment and critical thinking. Responsibility guided by empathy. Self-care, self-reliance, and simple living. Voluntary participation. Free expression and association. Consent and consensus. Reciprocal relations. Direct action, truthspeaking, liberation, and accountability. Distributive, restorative and transformative justice. The ability of those with a stake in a decision to determine it. Material access by need, occupancy, and use. Productive play. Gift and barter. Biological and cultural diversity. Ecological and cultural succession. Feral cultures of regeneration and resistance. Autonomous, bioregional, egalitarian, intentional, networked, participatory, regenerative, resilient, safe communities, with nourishing traditions, connected internally and externally by commitment, affinity, intimacy, collaboration, mutual aid, sharing and solidarity. Voluntary cooperation. Relationships between partners and peers, with no higher powers.

This "green" (ecology-focused) anarchist perspective expands on traditional "red" (worker-focused) anarchist critiques of institutions of hierarchical power such as

statism, nationalism, capitalism, "organized" religion, racism, sexism, ageism, the society of the spectacle, prescriptive gender and sexual orientation, ideological rigidity, and objective morality, by critically analyzing humanism, scientism, notions of linear time and historical progress, the hegemony of symbolic culture (language, writing, time, math, art, ritual) over sensual experience, permanent settlement, labor specialization, mass society, domestication, urbanization, colonialism, industrialization, technophilia, scientism, drawdown, and overshoot.

Green anarchism turns garbage and control back into aliveness and wildness.

F. Further Resources

For an introduction to green anarchist ideas, check out these brief articles:

- "Is 'Sustainable Agriculture' an Oxymoron?" | <http://tobyhemeway.com/sustag.html>
- "What is Civilization?" | <http://inthewake.mcbay.ca/civdef.html>
- "Premises of Endgame" | <http://www.endgamethebook.org/Excerpts/1-Premises.htm>
- "Back to Basics: Green Anarchy Primer" | <http://www.mediafire.com/?pov8jdsjg22s1dn>
- "Back to Basis: the Origins" | <http://www.mediafire.com/?jtp6jca9nygx13c>
- "The Consequences of Domestication and Sedentism" | <http://tinyurl.com/ydybjne>
- "A Lesson in Earth Civics" | <http://www.eco-action.org/dt/civics.html>

And relevant BOOKS...some available online for viewing or downloading:

- "A New Green History of the World" by Clive Ponting
- "Overshoot" by William Catton
- "The Thirty Theses" by Jason Godesky
- "Origins: A John Zerzan Reader" & "Future Primitive" by John Zerzan
- "For Wildness and Anarchy" & "Species Traitor IV" by Kevin Tucker
- "Endgame" by Derrick Jensen
- "What We Leave Behind" by Derrick Jensen & Aric McBay
- "Deep Green Resistance" by Aric McBay, Lierre Keith, and Derrick Jensen
- "Anarchy Works" & "How Nonviolence Protects the State" by Peter Gelderloos
- "The Party's Over" & "Peak Everything" by Richard Heinberg
- "The Collapse of Complex Societies" by Joseph Tainter
- "Health and the Rise of Civilization" by Mark Nathan Cohen

For rewilding-type skills, look for works by the following:

Cody Lundin, John & Geri McPherson, Linda Runyon, Ray Mears, Ron Hood, Society of Primitive Technology, Tamarack Song, Tamara Wilder, Thomas Elpel, Tom Brown Jr., Urban Scout.

G. Version History:

8 February 2012 - 5th draft completed. Changes: moderate content, moderate format.

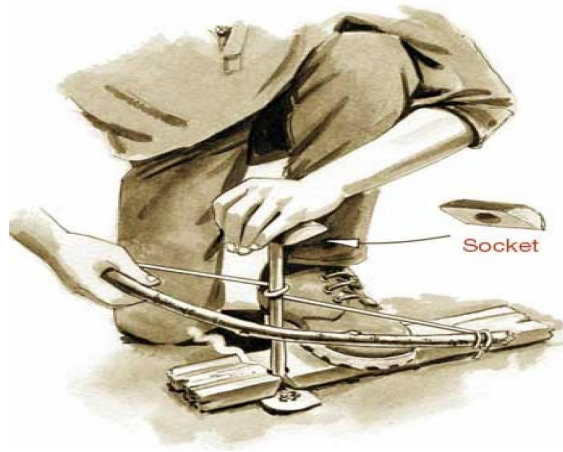
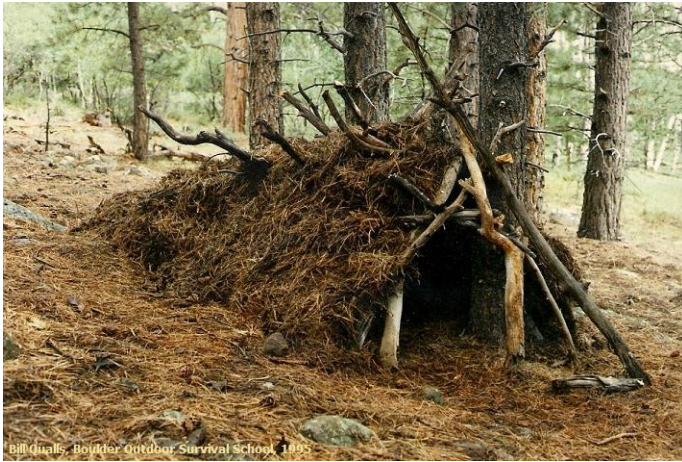
29 May 2011 - 4th draft completed. Changes: massive content, minimal format.

17 April 2011 - 3rd draft completed. Changes: massive content, massive format.

21 July 2010 - 2nd draft completed. Changes: moderate content, moderate format.

30 May 2010 - First draft completed.

Part II: Rewilding Community Survival Skills



The following list should help rewilding-minded, community-oriented, survival-interested folks. Some provisos: I do not order any of this by importance. I completed some more than others. I sometimes take specific ideas from institutions I oppose in hopes that changing their context can lead to beneficial consequences. I also include certain practices for transitional purposes that I would otherwise loathe; in particular I desire a world without animal domestication, yet still I include a section on raising certain small and dwarf animals that I believe if given the space could live largely self-directing lives. Also, do not assume that the presence of certain industrial items in this list implies that I take industrial production as a given; I intend to use already manufactured items and largely scavenge or improvise the rest. I have tailored this document primarily to my own interests; feel free to make your own. Having said all that...

Aquaculture

- aquatic life (plants; algae; bugs; amphibians; reptiles; finfish; fowl; crustaceans; echinoderms; molluscs; marine mammals)
 - aquaculture basics (stock densities, temperature; nutrient cycling; feeding)
 - passive & recirculating systems (design; setup)
 - mitigating mosquitoes (minnows)
 - wetlands & filter ponds
 - vertical aquaponics
-

Bug Foraging & Cultivation

- entomology (bugs' feeding, sleeping, housing & habitat, predators)
 - edible bugs (which ones; preparation methods)
 - termite logs & barrel breeders
 - grasshopper/cricket-raising
 - vermiculture
 - roach traps
 - poisonous bugs
-

Clothing

- heat conservation (layering; breath-trapping)
 - hide-tanning & leather-working (hair on / hair off; framing & fleshing/scraping; sewing holes; brain, bark, egg tanning; soaking; finishing/stretching/softening; smoking; making scrapers, frames, smokers)
 - hide-tanning tools (hide-scrapers; fleshing beams)
 - hide materials (rawhide; tanned leather; tanned bladders)
 - hide-storing (freezing; salting; air-drying)
 - textiles - preparation (scouring; teasing; carding; combing; retting; breaking; scutching; hackling)
 - textiles - weaving (hand spinning; drafting; weaving; backstrap looms; stick loom shed; knitting; crocheting; darning)
 - clothing tools (wooden awl, bone needle)
 - natural dyeing/coloring
 - sewing & hemming (methods)
 - tailoring (sizing; cutting; patching; buttoning; zippers)
 - tire-sandals
 - boot-repair
 - mittens & gloves
 - tumplines, backpacks, pouches
 - spindle-making (discs; dowels; hooks; glue)
 - needles & thread (making & using)
 - earthen shoes (birch bark)
 - snow shoes (brush; cordage; sledge)
 - earthen buttons (eucalyptus)
 - snow goggles & pinhole goggles
 - earthen hats (cattails)
 - raincapes (e.g. cattails, phragmites)
 - rainhoods (e.g. birch bark, elm bark, cedar)
-

Communications, Signaling & Encryption

- signaling basics (light-in-night; gray-by-day)
 - privacy & encryption
 - bull-roarers (construction)
 - radio types (GMRS; FMS; CB; ham)
 - ink, quills & woven paper (making)
 - charcoal & bark writing
 - antenna fabrication & do-it-yourself WiFi networks
 - fire & smoke signaling
 - reflector signaling
 - flag signaling
 - ciphering
 - one-time pads
 - lantern signaling
 - recognized distress signals
-

Containers

- clay pottery (locating; tempering; shaping; pit-firing v. above-ground firing v. primitive kilns; coating/glazing/water-proofing; patching; pinch v. coil v. slab)
 - clay pottery tools (sponge; wire; ribbing tools; trimming tools; pedal potter's wheel)
 - coiled basketry (spoking; twining; finishing; continuous v. start-stop weave; handles)
 - gourds (growing; curing; cleaning; sealing)
 - primitive cookware, buckets, canteens & bladders (bark; stone; wood; plant fiber; horn; beak; bone; hide & stomach; shell; pods)
 - packframes & backpacks; modular carrying systems
 - sleds & travois
 - carts & trailers
 - HDPE & PETE food grade plastic containers
-

Depaving

- media (asphalt v. concrete)
 - depaving tools (breaker bar; pickaxe/mattock; sledgehammer)
 - techniques (edging; cornering; fulcrums; leverage)
 - pavement recycling (urbanite; raised garden beds)
 - soil rehabilitation (sheet mulching; mycelium; phytoremediating plants)
 - natural depavers (e.g. black locust; daikon radish)
-

Emergency Preparedness (see also: Travel; Food & Water Storage)

- Survival Rule of Threes (3 seconds without security; 3 minutes without air; 3 hours without shelter; 3 days without water; 3 weeks without food; 3 months without company)

- Rule of Three Sources (3 separate & distinct supply sources for all necessities)
- civilian kits (financial document copies; identification)
- med kits (listed in Health Care)
- compact survival kits (fire; light; heat; sewing; fishing; navigation; signaling; trapping; cutting/sawing; sterilizing; recording; affixing; can opening)
- Bugout Bags (BOBs) (e.g. in pouches: 550 paracord, P-51 can opener, [artificial] sinew thread, awl, climbing carabiner, edible wild food playing cards, firesteel, folded aluminum foil, handkerchief, hatchet head, honing steel, knife, leather water canteen or condom, maps, marching compass, needle, palm/fist-sized medical kit, pemmican / trail mix, plastic trash bags, pocket chainsaw, rain poncho, safety pins, signal mirror, slingshot, trick candle, ultralight hammock, water filtration straw, wax-lint tuna can stove, whistle)

Empowerment - Psychology, Creativity, Learning, Critical Thinking & Planning

- stages of needs (sustenance; security; sociability; self-esteem; self-actualization; self-transcendence)
- the power process (participation in decisions; belonging to group & place; purposeful effort; achievement-by-effort; competence in abilities; confidence in role; recognition of contribution; respect from peers; respect for peers; autonomy; engagement [losing oneself in the task]); feedback)
- mental state awareness (self-esteem; codependency; cognitive biases; psychological heuristics)
- motivation (intrinsic v. extrinsic; dissonance reduction)
- psychological stress stages (denial; deliberation; decision)
- creativity (imagination; inspiration; intuition)
- increasing intelligence ("seek novelty; challenge yourself; think creatively; do things the hard way; network")
- increasing learning (working memory; attention)
- multiple intelligences (spatial; linguistic; logical-mathematical; bodily-kinesthetic; musical; interpersonal; intrapersonal; naturalistic; existential)
- reason (logic) v. intuition (instincts, associations)
- prejudice (cognitive prejudice; affective prejudice; behavioral prejudice)
- empowerment techniques (codependency/victimization-enabling awareness; "coyote" teaching method; role-playing)
- logic (formal v. informal; inductive v. deductive)
- logical fallacies (see: "Critical Thinking as an Anarchist Weapon")
- critical thinking components (skepticism; logic; clarity; credibility; accuracy; precision; relevance; depth; breadth; significance)
- recognizing disinformation techniques
- argument mapping (contentions, premises, co-premises, objections, rebuttals, lemmas)

- problem-solving (techniques & methodologies; brainstorming; collaboration; networking)
 - lateral thinking (idea-generating tools; altering focus; selection; application)
 - planning principles (PsyBlog goal hacks: stop fantasizing; start committing; start starting; visualize process not outcome; avoid the what-the-hell-effect; sidestep procrastination; shifting task-or-goal focus; reject robotic behavior; focus on the aim not the goal; know when to stop; if-then plans; verbalization & visualization of processes; contrast positive fantasy /indulging with negative reality / dwelling)
 - planning methodologies (STOP, OODA loops; SWOT analysis; PDCA cycles; flow charts)
 - working backwards (goal; strategy; tactics; timeframes; deadlines; review)
 - systems analysis (complexity; emergence; fragility/resilience; systempunkts; schwerpunkts)
 - risk management (risks; threats; vulnerability; mitigation)
-

Fasteners (Cordage & Glue)

- cordage methodology (identification; harvest; hand-twist & leg-roll methods; splicing; anti-fraying; firing; maintenance/repair)
 - cordage styles (threads, laces, lashes, cords, ropes)
 - cordage material (plant stalks, leaves, roots, vines, bark; hide, sinew, intestines, hair)
 - tying (knots; loops; ladders; hitches; securing; binding & fastening; shortening; nets; lasso; climbing knots)
 - rope-tossing
 - natural glues (e.g. pine pitch; gum; resin; bark; hide; hoof; horn; cartilage; mixing w/ fat, charcoal/ashes, veg*n scat)
 - pitch-sticks (making & using)
 - earth concrete (bone shavings, sand, pine sap)
 - primitive vise
-

Field Dressing Animals

- field dressing tools (obsidian flake x-acto knife; stone axe)
 - field dressing process (bleeding; skinning & de-hairing; gutting; jointing; cutting)
 - sinew & marrow
 - meat cutting (against the grain)
 - meat cuts (e.g. loins, tenderloins, backstrap, etc.)
 - organ identification & use
 - transporting carcasses
-

Fire

- fire physics (heat rises; heat, oxygen, fuel)
- woods (tinder, kindling, hardwood fuel)
- fire safety (distance, water/dirt, fire ladder)

- firewood foraging (wood identification; breaking on rocks; breaking between poles; cracking test)
- fire construction (tinder; kindling; reflectors)
- smoking: snake hole fire & tipi fire
- drying: temple fire
- cooking: keyhole fire & Dakota fire hole
- roasting: trench fire
- boiling: Schwedenfackel
- lasting heat: rakovalkea & upside-down fire & three logs & cabin fire
- minimalist: scout fire
- fire-summoning (bow drill; hand drill; pump drill; fire piston; fire plow; fire saw; flint & steel/marcasite; magnesium & ferrocium; lighter; reflectors & magnifiers; aluminum can + abrasive/polish; battery fire; fire from ice; fire from water)
- fire tools (quartz drills, handaxe, hearth, spindle, socket)
- flammable refuse (e.g. lint)
- mitigating wind & wetness
- fire-tending (keeping wood nearby)
- smoke-producing (dampness/punky wood)
- putting out fires ("break it, drown it, stir it")
- fire-storing (tinder fungus; coals; hot rocks)
- char cloth (making)

Fishing

- fish anatomy
- zoology (fish' feeding, sleeping, housing & habitat, predators)
- population dynamics & seasonal fishing
- rods, lines, hooks & points
- weighting & baiting
- netting & gill netting (making & placing)
- fish traps (making & placing)
- spearing & free point spearing (making)
- blowguns (making)
- snaring, trotlines & nightlines (making & placing)
- hand-fishing (disturbance->bottlenecking)

Food - Preparation & Cooking

- food 101 ("buy it with thought; cook it with care; serve just enough; save what will keep; eat what would spoil; home-grown is best; don't waste it")
- preparation of wild plants (greens; shoots & stalks; roots; fruits & berries; seeds & grains; nuts; flowers)

- grinding tools (mano, metate, mortar, pestle)
 - traditional food preparation methods (raw; sprout; soak; ferment; stock; cultures)
 - coal cooking
 - baking
 - ovens & stoves (dutch oven; clay oven; earth oven; pit cooker; tandoor cooker; solar cooker; rock oven; bucket stove; bush fungus stove; 16 square brick rocket stove; 6 hex brick rocket stove; dona justa oven; upesi stove; parabolic cooker; zen stove; solar umbrella cooker; solar tire cooker)
 - thermos bottle cooking
 - steaming & steam pits
 - pots (tripod, bipod, monopod)
 - cast iron (maintenance)
 - boiling (metal; hot rock)
 - fry rock cooking
 - bark wok cooking
 - spit cooking
 - board/rock reflectors
 - improvised utensils (skewers; chopsticks; spoons; forks; knives; tongs; ladles; scrapers; graters; mashers)
-

Food - Preservation

- basics (temperature; moisture; critters)
- root cellars (uninsulated north-walled basement partition; in-ground root cellar; hay bale shack; vented mound)
- boiling water bath canning
- dry-pack canning
- pressure canning (meats; veggies; seafood)
- freezing
- curing (salt; brine; smoke)
- drying/leathering (air, contact, freeze-drying; jerky & pemmican; leathered fruits)
- vinegar/pickling
- culturing/lacto-fermentation
- jellifying (jellies; jams; preserves; marmalade; conserves; butters; syrups)
- fat/oil potting
- waxing
- sugar/honey
- alcohol & fermentation
- dehydration
- solar dehydrators
- rendering

- ghee-making
 - stomach & intestinal storage
-

Food & Water Storage (see also: Heating & Cooling)

- food insurance v. food security
 - water insurance v. water security
 - storage foods & vitamins (coming soon)
 - discount/bulk suppliers
 - accumulation (bulk; doubling-up)
 - shelf-lives
 - rotation schedules & first-in-first-out (F.I.F.O.) rotation
 - food spoilage & food-borne illness (e.g. botulism, e. coli, salmonella, cafeteria germ, c. jejuni)
 - caches & geo-caching
 - water storage (quantities for drinking, dishwashing, bathing, cleaning, watering)
 - cisterns & swales
 - modern storage (100 gallon Water Bob ■ Siphon Pump)
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Foraging Wild Plants

- botany (pattern method of identification)
 - seasonal awareness (observation; foraging calendars)
 - how to gather (conservation; precision; thinning)
 - foraging tools (digging sticks, pouch, bag)
 - edibility tests (isolating parts; inspect, smell, skin contact, lips, mouth corner, tongue tip, tongue bottom, chew, swallow, eat)
 - survival stage foraging (fruit → fat → protein → greens)
 - calorie-foraging (tubers)
 - wild plants essential vitamins & minerals
 - poisonous plants & look-similar
 - plant processing methods
 - famine foods
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Frugality

- frugal 101 ("use it up, wear it out, make it do, or do without")
 - self-restraint & avoiding sunk costs
 - repurposing
 - seasonal living
-

Fungiculture

- mushroom basics

- mushroom identification
 - mushroom log cultivation (timing; usable logs; log sources; structures/ricks; cutting; usable mushrooms; mushroom sources; plug spawn; flushes; waxing; moisture/soaking)
 - mushroom cardboard cultivation
 - indoor cultivation (trays; composting; pasteurization; spawning; casing; pinning; cropping)
 - bug cultivators (leafcutter ants, termites, ambrosia beetles, marsh periwinkles)
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Health Care - Exercise & Fitness

- basic yoga & flexibility stretches
 - (near-)barefoot walking
 - homeodynamics (variety)
 - stamina, balance, jumping & lifting basics (form)
 - paleo exercise (walking; hiking; sprinting; interval training; lifting; dancing)
 - continual care (e.g. for knees, eyes, shoulders, feet, etc.)
 - carrying strength (military presses; squats; deadlifts; hip & back exercises)
-

Health Care - First Aid & Medicine

- basic first aid (e.g. ABCDEFG - airway, breathing, circulation, disability, exposure, fractures, gashes; assess dangers, assess injuries; CPR; bleeding; burns/wounds; fractures; shock; recovery positions; unconsciousness; pressure points; infections; incisions; punctures; specific body wounds e.g. eye; Heimlich maneuver; bandaging/dressing; dislocations; sprains & strains; transporting the injured; emergency childbirth; stitching wounds; nosebleeds; sores; indigestion; heartburn; skin problems)
- wilderness first aid (e.g. thorns & splinters; poisonous plants; blisters & abrasions; bites & stings; hypothermia; frostbite; heat cramps; heat exhaustion; heat stroke; burns; pain; shock; diarrhea; dehydration; intestinal parasites; food poisoning; rashes; fungal infections; altitude sickness; snowblindness; regional diseases; waterborne diseases; insectborne diseases; intestinal worms)
- treating shock
- inter-species communicable diseases (rabies, hanta virus, lyme disease)
- compact med kit (e.g. pain reliever; diarrhea meds; antibiotics; antihistamines; water purification tablets; potassium permanganate; salt tablets; surgical blades; butterfly sutures; bandaids; Israeli trauma bandages; surgical dressings; surgical tape; hydrogen peroxide; betadine/iodine; alcohol swabs; razor; moleskin; gauze; cotton)
- allopathic v. folk medicine
- medicinal plant actions (anodynes/analgesics; astringents; antispasmodics; nervines;

soporifics; alteratives; antiseptics; antibiotics; cardiacs; carminatives;
demulcents; diaphoretics; diuretics; emollients; expectorants; emmenagogues;
rubefaciants; stimulants; tonics; vulneraries)

- medicinal plant methods (eating; capsule; douche; tincture; poultice; decoction; infusion; juice; ointments/salve; compress/fomentation; smoking; syrup)
 - herbal remedies (The Green Pharmacy Herbal Handbook)
 - DIY health exams (breast, cervix, prostate)
 - food-borne illnesses (symptoms & treatment)
 - home-birthing
 - triage (immediate, delayed, expectant)
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Health Care - Hygiene, Sanitation & Dentistry

- bodily hygiene basics
 - combs/brushes (notched wood, teasel seed heads, echinacea seed heads, yucca, splinterbands)
 - natural soaps (alkali/ash + water + fat/oil + antiseptic; soapwort; clematis; yucca; agave; spanish bayonet; sotol; Joshua tree)
 - sand & snow bathing
 - sunning & airing bedding/utensils/containers
 - DIY laundry (foot agitation method)
 - DIY cleanses (liver cleanses; kidney cleanses; colon cleanses; fasting; enemas; tonics)
 - primitive hand washing methods (antiseptic plants)
 - smudge pots
 - germ cluster awareness (e.g. doorknobs)
 - natural sunscreen
 - handling corpses, carcasses & burials
 - pit/trench latrines (siting; digging/construction; timing; de-commissioning)
 - composting toilets (nitrogen, carbon, oxygen, warmth, moisture; Jenkins sawdust toilet; 2 chamber toilet)
 - greywater systems (filter ponds)
 - primitive toothcare & gumcare (chewsticks; toothbrushes; toothpicks; gargles; powders; flosses)
 - basic dentistry (cavities; abscesses; pyorrhea; canker sores; cold sores; bleeding gums; gingivitis; trench mouth)
 - intermediate dentistry (tooth removal)
-

Health Care - Mental Health

- de-stressing techniques
- chaplaining
- gestalt therapy

- grieving processes
 - survival psychology (rule of threes; natural drift; perseverance; improvisation; transcending: grief, shock, pain & injury, cold & heat, hunger & thirst, fatigue, fear & anxiety, boredom & loneliness, depression & apathy, sleep deprivation)
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Health Care - Nutrition (see also: Food - Preparation & Cooking)

- bodyworks 101 (sunlight; digestion & metabolism)
 - basic nutrition (fat- & water-soluble vitamins; essential amino acids; essential fatty acids; minerals; carbs; enzymes)
 - traditional nutrition (Weston A. Price Foundation; paleo diet)
 - advanced nutrition (superfoods; probiotics; rainbow diet: chlorophylls; carotenoids; anthocyanins; betalains)
 - malnutrition ailments (scurvy; anemia; pellagra; night blindness & xerophthalmia; goiter & cretinism; beriberi; rickets; vitamin K deficiency; tetany; osteoporosis; keshan disease; zinc deficiency)
 - agricultural food health implications
 - industrial food health implications
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Heating & Cooling

- physics (convection, conduction, radiation, respiration, evaporation, insulation, infiltration, exfiltration)
 - body temperature danger (conditioning; prevention; treatment)
 - maintaining body heat equilibrium (ease it, raise it, cover it, reflect it, don't sweat it)
 - hayboxes
 - firebed & headhole (2 hour burn, 4 inches dirt, 8 inches deep)
 - solar hot water heating (inc. M.D. Creekmore's solar hot water heater)
 - solar thermal heating (inc. compost donut heater)
 - cold hole, cold cellar, root cellar (inc. garbage can root cellar)
 - ice caves, ice houses, ice boxes
 - spring houses, stream immersion & cold rooms
 - two bucket / pot-in-pot evaporative cooler (Xeer pot)
 - cabinet-style evaporative cooler
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Horticulture & Food Forestry

- ecology (niche; succession; biodiversity; sustainability; ecotones; synergy; cycles; annual v. perennial; native v. invasive; pollination; nutrient exchange; humus; microclimate)
- climate zones (polar; tundra; northern coniferous forest; deciduous forest; temperate grassland; mediterranean; tropical forest; savannah; desert; sea)
- general gardening (digging; planting; hardiness zones; watering; seed collecting;

- weather; sun & shade; harvesting; nitrogen-phosphorus-potassium; recording)
- composting/mulching (sources; nitrogen-phosphorus-potassium; sheet mulching; vermicomposting; active v. passive composting; solar composting; biothermal heating; manure; humanure; urine; biochar; bokashi composting; hugelkultur)
- ecological design process (observation; visioning; planning; development; implementation)
- garden plant functions (mulch-makers; nutrient-accumulators; nitrogen-fixers; soil-fumigants/pest-repellents; insectaries; fortress-plants; spike roots; wildlife-nurturers; shelterbelts; nurse; chaperone; scaffold)
- garden plant profiles
- permaculture-specific techniques (5 zones; keyhole beds; mandala gardens; herb spirals; net-and-pan; organic water conservation; contouring/swales; companion planting; stacking; edge effects; multiplicity; backyard wetlands; natural "pest control"; spacing; beneficial bugs, birds & mammals; interplanting; creating guilds; habitat mimicry)
- arboriculture/food foresting (digging; spacing; coppicing; plucking; pruning; pollarding; grafting; horseshoe forest gardens; seven-story gardens)
- grow biointensive (hexagonal planting; double-dug raised beds; carbon farming; calorie farming; open pollination; companion planting; integrated pest control)
- Fukuoka's method (seedballs; bio-mimicry)
- vertical gardening (trellis; fence; cage; wall; pergola; tipi; hanger; barrel; shadehouse; upside-down garden; bucket; tower)
- square-foot gardening (location; Mel's Mix; spacing 1x1 v. 4x4 beds; raised beds; staggered harvests; 1/2 v. 1 foot depth; boxes; aisles; grids; seed saving; tabletop gardens; obtaining wood; pinch-seeding; snipping; attaching carry-poles; lazy soil improvement; potted gardens; sun orientation; back-end trellises; wood ash; tallboxes; caging; covering; frames; tying; gated composters; sprouting; transplanting; seed storage; root trimming; harvesting; watering; extending seasons; tire gardens; earthboxes)
- Gardening When It Counts (mounds)
- extending seasons (bioshelters; low tunnels; cold frames)
- gardening tools (trowel; hoe; spade; machete)

Hunting & Tracking

- animal anatomy
- zoology (animals' feeding, watering, sleeping, housing & habitat, predators)
- population dynamics & seasonal hunting
- rabbit stick (selection; hardening; throwing)
- atlatl & spear throwing (safety; composition; staff selection; carving; heating; straightening; spearhead knapping; hafting spearheads; gluing, binding, tying;

sanding; slings)

- fire-hardening spears
- bowmaking & archery (standard v. quickie v. bunch; composition; staff selection; curing; carving; heating; straightening; flexing; backing; stringing; marksmanship)
- VietCong crossbow (carving; stringing; marksmanship; arrows; quivers)
- arrows (sight it, roll it, bind it; arrowhead knapping; hafting arrowheads; gluing, binding, fletching, tying; sanding; quivermaking; foreshaft-tailshaft arrows)
- bowmaking tools (adze, standing vise)
- firearms or crossbows (safety; purchasing; composition; dis/assembling; cleaning; ammunition; maintaining, repairing; replacing parts; storing; marksmanship)
- blowguns (safety; composition; barrel making; dart making; shooting)
- tick & flea identification
- viruses & disease (e.g. hantavirus, lyme disease)
- camouflage philosophy (shape; shadow; shine; silhouette; surface; sound; smell; movement)
- hunting camouflage (ghillie suits, wind walking, fox walking, scent hiding)
- lures & calls
- tracking & counter-tracking media (patterning, scat, leftovers, rubbings, tracks, hair, stains, displacement, transfers, compressions, depressions)
- tracking & counter-tracking objectives (stride; straddle; speed; direction; aging; ball & heel width; length; crispness; initial & terminal contact points; pitch; mass; depth)
- tracking & counter-tracking techniques (quick scan, linear search, round search; tracking pits; tracking stick; sighting stick; silhouetting; shadowing; sideheading)
- track identification (toe number; toe placement; toe pad shape; nails; fur; palm pad; heel pad; negative space)
- track patterns (direct register walks; overstep walks; direct register trots; overstep trots; hops; bounds; lopes; gallops; 2x2 lopes; bipedal hops; bipedal skips)
- dwellings (beds; lays; wallows; baths; nests; burrows; dens; cavities)
- trails (runs; ridges; tunnels; eskers)
- sign cutting (natural lines of drift - downward, linear; orientation toward lights; plotting charts)

Knapping

- physics (cone; platform; bi-polar)
- techniques (direct percussion; indirect percussion; pressure flaking)
- safety (eyes, mouth & fingers)
- polishing tools (sand-glued rock, abrasive horsetail patches)
- knapping tools (pads, percussion "whackers"; pressure flakers, grinding stones)
- knapping materials (flint-like; shell; bone; antler; glass)
- rock identification

- discoidal blade-making
 - flake knife-making
 - knapped endpoints (arrowheads, spearheads, drillheads)
 - axehead-making (celt; hafting)
 - tool crafting (adze, scraper)
 - knife crafting & cutting (stone, glass, bone, wood, metal; sharpening; stropping; cutting techniques)
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Lighting

- oil lamp in jar
 - plant wicks (e.g. mullein pith, cattail seed fluff, rose campion leaf, sedge, burdock, giant ragweed)
 - candles (e.g. bush pine, tallow; braided wicks)
 - torches (e.g. cattail head in fat/oil in bamboo; bark torches)
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Micro-Livestock

- micro-livestock (Indian runner & muscovy ducks; pheasant; chickens w/ paddock shift method; rabbits; guinea pigs; pygmy/dwarf goats; Icelandic sheep...)
 - livestock basics (breeds, health/sanitation, feeding, shelter, water, space, slaughter)
 - beekeeping (symbiosis with plants)
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Self-Defense & Security

- situational awareness
- security awareness ("wolf's mind" vulnerability assessment)
- buddy systems (presence; signals)
- deterrence (posture; tone)
- camouflage philosophy (shape; shadow; shine; silhouette; surface; sound; smell; movement)
- initiative (STOP; OODA loops)
- risk assessment (vulnerability; threats; likelihood; response)
- CARVER matrix (Criticality, Accessibility, Recuperability, Vulnerability, Effect, Recognizability)
- evasion & de-escalation techniques (doubt; diversion; stalling; redirection)
- protective clothing
- physiological effects of imminent danger (loss of fine motor skill; fight, flight, freeze, posture, submit)
- fighting fundamentals (finding instincts; blocking angles; body positioning & distancing; closing distance; body rotation; proper turning radius; recognizing center of gravity; eye-hand coordination; target perception & recognition; attack-recognition; ambidexterity; muscular development; breathing; absorbing &

shrugging blows; winning mindset; explosive power; applying bodyweight; safe practice w/ partners)

- fighting philosophy (surprise; leverage; momentum; conservation; refusal; mass; S.A.F.E. - Simple, Adaptable, Fast, Effective)
 - unarmed fighting (pressure points; Larry Jordan's "dirty dozen"; striking knees, neck, face; pronating wristlock; escaping common grabs; footwork; punching; kicking; stances; disarming; finger jab/rake; hammerfist; face smash; ax hand; knees; elbows; low kicks)
 - improvising shields & weapons (e.g. belts, coats, chains, bags)
 - defense fundamentals (hands up & open; "the fence" & "invisible fence"; fending; chin tucked; checking; blocking; disarming; tripping)
 - knife-fighting (footwork; angles; "blade seeks flesh"; constant movement; parallel to ground; slicing in & out; disarming; stances)
 - stick-fighting (footwork; angles; "stick seeks bone"; constant movement; Eskrima sinawali; disarming; stances)
 - gun-fighting (breathing; instinctive aiming; reloading; stances; disarming)
 - advanced fighting (third-party defense; fighting multiple attackers; group tactics)
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Shelters

- location (sustainability; security; convenience)
 - design (site, floor/bed, walls, roof/waterproofing, smoke hole, entrance, racks, doors, fire siting; passive solar heating; insulation; vapor barriers; thermal mass; mold prevention)
 - primitive shelters (lean-to; thatched wickiup/wigwam; debris shelter/hut; tipi; brush/grass shelter; quinzee; igloo; yurt; snow shelter; scout pit; log cabins)
 - load-bearing natural materials (cob; adobe; straw bale; rammed earth; stone; wood)
 - modern shelters (sleeping bags; bivouac bags; tents)
 - furniture & bedding (rush beds; hammocks; stools; antiseptic plant bedding)
 - shelter tools (wood/stone hammer, bone/antler chisel, stone knife; stone axe)
 - visions of defensibility (Fujian Tulou; motte-palisade-bailey-keep)
 - natural weatherproofing (pine sap, shredded rope bark or grass, finely ground charcoal)
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Social Skills - Sociability, Consensus, Negotiation & Conflict Resolution

- check-ins (feelings; wellness; activities)
- truth-speaking
- body language (posture; tone; gesture; pacing; breathing; facial expressions; phrasing; the unmentioned)
- consent (affective communication)
- expressing stress ("I statements"; journaling; art; group therapy)

- effective assemblies (inclusivity; continuity; list "<who> commits to <what> by <when>": communicating to the absent; clear process; clear roles; appropriate priorities, timing, pace; clear, detailed records & agreements; feedback)
- agenda prioritizing (order by necessity; urgency; resources; effort; scale; uniqueness)
- agenda organizing methods (group tallies; committee-by-lot; delegated committee; facilitator decides; raised hands)
- consensus - traits (collaboration; absence of principled objections, not total unanimity; dialogue; less efficient process, more efficient implementation; conflict as an asset; collective ratification; sharing information, materials, opportunity; qualitative; universal relevance & authenticity; egalitarian; inclusive; participatory)
- consensus - requirements (common goal(s); collectively desirable outcomes; Good Faith; clear process & transparency; good facilitation; commitment to process; sufficient time; accessibility, transparency & accountability; stakeholder participation; practice; self-esteem & safety; appropriate group size; all principled concerns addressed; critical thinking; patience & listening; evaluating ideas rather than insulting or bullying)
- consensus - speaking tips (open, direct & concise; step up & step back; "I statements" & "proposal language"; separate identities from ideas; test assumptions & inferences; use criticism & disagreement constructively; avoid repeating; respond to conflict with inquiry; think before you speak, listen before you object)
- consensus - hand signals (add to stack; clarifying question; process issue; correction; support; oppose; block; abstain; re-focus; irrelevant point; get to the point)
- consensus - roles (facilitator; stack-keeper; note-taker; vibes-watcher; devil's advocate; time-keeper; agenda-writer)
- consensus - tools (brainstorms; fishbowls; tabling; committee formation; extension; go-around; divide topics; straw poll; spectogram; stack speakers; request proposals; request amendments; presentations)
- consensus - potential pitfalls (groupthink; Abilene Paradox; conservatism; too slow)
- consensus evaluations (procedure; behavior; facilitation; energy; logistics; tone)
- negotiation principles (cordiality; grace; charity; reception & integration; suggestion; analysis; non-confrontation; opportunity; patterns before details; watchfulness; strategy; attentiveness to body language)
- dissent (separation by time ("taking turns"); separation by space ("voting with the feet"); decision by game of luck; withdrawing participation; withholding support; ad hoc discussion; formal debate; arbitration by mutually-agreed upon third-parties; arbitration by community assembly; arbitration by ad hoc peer council; immediate recall of delegated roles or tasks; disruption/heckling; ridicule/mockery; attacking reputation; disruption/obstruction; shunning; consensual duels; feuding & pranks; banishment; property destruction; combat)
- de-escalation techniques (doubt; diversion; stalling; redirection)

- conflict resolution theories (distributive, restorative & transformative justice)
 - conflict resolution practices (intervention/mediation; communication for prevention; reintegration)
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Trapping

- trapping basics (placement: hiding scent, camouflage, attraction)
 - trapping methods (mangle, strangle, dangle, tangle)
 - camouflage philosophy (shape; shadow; shine; silhouette; surface; sound; smell; movement)
 - zoology (animals' feeding, watering, sleeping, housing & habitat, predators)
 - population dynamics & seasonal trapping
 - merciful killing
 - small, medium, large game traps (construction, baiting & placement)
 - bird traps (construction, baiting & placement)
 - amphibian/reptile traps (construction, baiting & placement)
 - bug traps (construction, baiting & placement)
 - "coffee can" & x-cut tin traps (construction, baiting & placement)
 - snares & spring snares (foothold & neck)
 - deadfalls (Paiute; figure-4; McPherson; 1 stick)
 - tick & flea identification
 - viruses & disease (e.g. hantavirus, lyme disease)
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Travel - Movement, Navigation, Time-Telling, Measuring, Weather Forecasting

- conservation of energy (foxwalking; plainsman's stride / lockstep)
- resting (3-5 v. 20 min breaks)
- mobile decision-making
- planning (routes; rally points; contingency plans; evacuation)
- group movement
- difficult terrain (slopes; dark/low-light; waterways; swamps; snow; briar)
- bicycles (safety; maintenance; repair; trailers)
- primitive vehicles (coracles, rafts, canoes; safety; making; steering; maintenance)
- footcare (rubbing; powders; absorbing friction)
- blousing pants
- wind direction (dropping dirt)
- snowshoes (making & using)
- dominant eye & foot tests
- navigation 101 (looking back; predominant object marking; reverse clearing; horizon rule of thumb; horizon rule of fists)
- maps (making & reading)
- compasses (making & using)

- natural navigation (e.g. moss, birds, winds, trees, snowmelt)
 - sun (phases; shadow-tip compass; shadowless-tip compass; watch compass; Ottomani hanging sun compass)
 - moon (phases; crescent moon line to horizon south)
 - stars (polaris; southern cross; celestial north accurizing shadow tip for latitude, finding magnetic deviation; two-stick at night method up=east, left=north)
 - telestick measuring
 - weather forecasting (clouds; waterbodies; winds; barometric pressure; humidity; plant/animal behavior)
 - cloud forecasting (cirrocumulus; altocumulus; cumulonimbus; cumulus; cirrus; cirrostratus; altostratus; nimbostratus; stratocumulus; stratus)
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Water

- hydrological cycle
 - water use basics (drink high, wash low, pee away)
 - chemical & biological contaminants & turbidity
 - aeration
 - fluid retention (cool; shade; contact; digestion; nasal breathing; sipping)
 - rainwater catching (sizing; timing; roofing; downspouts; delivery systems; foul flushes)
 - rainwater storing (sizing; cisterns; barrels; bungholes; bulkheads; freeze mitigation)
 - solar disinfection
 - distillation & solar stills (cloche solar still; panel solar still)
 - dew catching & fog netting
 - swales & ponds
 - particle filtration (slow & rapid sand filters; cloth filtration in lashed tripods)
 - (activated) charcoal filters
 - earth filter (sand - grass - charcoal - rock - corded birch bark funnel)
 - portable filter use (e.g. Katadyn portable filter, Aquamira Frontier Emergency Filter)
 - stationary filter use (e.g. Big Berkey water filter)
 - chemical treatment (chlorine; bleach; iodine; potassium permanganate)
 - boiling (hot rock v. flame)
 - transpiration bags
 - water-possessing plants
 - water witching (rural & wild)
 - primitive well digging
 - wastewater recycling (greywater; blackwater; wetlands)
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Part III: How to Use the List

Print and fold the list to keep it easily accessible. Take stock of what you already know, and any relevant skill-sharing or supplies you can access. Mark in at least 2 different

ways: one for things you know conceptually or through witnessing, and one for things you know through your own practice. Classify skills for personal relevance, accessibility of locations or materials, and effort required, highlighting or underlining the easiest-with-the-highest-impact. Start with "Empowerment", then prioritize by immediacy to survival.

If you have a small group (or even a pair) of like-minded folks, divide the skills into "things everyone should know" and "things at least one should know for now", and from there divvy it up and practice. Once people become competent they should teach others, as specialization breeds dependency and fragility. You don't need to know every little thing, but everyone should know the basics. Start with the minimum in each area, make a routine, and practice diligently. Practicing in pairs or small groups will help make the learning more fun and more reliable. Start a local skill-sharing group if possible. It takes time, support, and humbly learning from failures before one becomes competent. Enjoy!

Feel free to contact me for help: autumnleavescascade@gmail.com