DELTA RIDGE TECHNOLOGIES

Bite-Size Guides

Forty eight skills, five steps or fewer each

48 ONE-MINUTE HOW-TOS

One skill per card, five steps or fewer, written to be read standing up with cold hands. Print, cut the four cards apart, and keep them with the gear they belong to.

Fire in the rain

Find standing dead wood, not wood on the ground. Split it: the inside is dry. Shave a handful of curls from the dry core. Build on a platform of split wood or a flat rock, never on wet ground. Shield it with your body, then with a rock.

Fire without matches

Bow and drill, flint and steel, or a lighter you forgot was in a pocket. Whatever the method, the tinder decides it. Dry grass, birch bark, cedar bark, charred cloth. Three attempts with good tinder beats thirty with bad.

Tinder you can find anywhere

Inner bark of dead cedar or cottonwood. Dry grass heads, not wet stems. Pine resin. Birch bark. Cattail fluff. The fuzzy side of a thistle. Test the tinder before you need it.

Drinkable water, fast

Boil: one full minute at a rolling boil. Filter: follow the instructions and never let it freeze. Tablet: read the wait time, it is longer in cold water. Cloudy water: filter it first, then treat it.

Find water in dry country

Walk downhill. Follow the lowest line between ridges. Look for green vegetation or a line of trees. Water sits in shade on the north side. Do not drink untreated water to save time.

Pitch a tarp in ten minutes

Run a ridge line between two trees. Lay the tarp over it. Stake one long side to the ground. Stake the other side low, at an angle into the wind. Keep a low edge facing the weather, and a gap for air at the top.

Debris shelter

Find a fallen tree or a ridge for a spine. Lean branches against it. Pile leaves, needles and bark a foot deep, more on the weather side. Get something dry under you before you get into it.

Stay warm when you are wet

Wring out your base layer. Get out of the wind first, dry second, fire third. Insulate from the ground. Put dry layers on the trunk and head before the limbs. Eat something, then keep moving gently.

SAMPLE

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