

The Redrock Readiness Newsletter

Episode 2: Gimme Shelter

“For thou hast been a shelter for me, and a strong tower from the enemy.”

-- *Psalm 61:3*

Shelter. You may not think about it much, but it *absolutely* the **MOST** important factor in a successful survival/rescue situation.

Shelter has the job of **maintaining your body’s core temperature at 98.6 degrees F**. A couple degrees above or below that and your body goes haywire, making any other survival task problematic. Shelter is what will keep you alive. Period.

If you’re in your car your shelter is already in place (Beau: unless you’re in a convertible with a broken roof); anything above and beyond that is essentially gravy. But check it out—if you add a **medium-sized (10x12 square foot) lightweight plastic tarp (with grommets or eyelets)** to your kit, you’ll have something that’ll keep rain, snow, wind, and radiant solar energy (sun) off of you.

Danielle: As you know, Vegas summers turn cars into ovens. But your tarp can turn the space *next* to your car into a shady outcrop, so you can wait outside *next* to the car for help. You might even catch a breeze! Not bad!

Throw in **an extra blanket or 2, a small sleeping bag** and you can take most of what Mother Nature can dish out, year round. **Spare clothes you pack may need to be rotated**—that wool sweater that made sense in January is going to look insane in the summer heat. October and April (Conference months!) are good months to swap out seasonal changes to your kit.

Beau: Since this kit is meant for 72 hours, don’t get all crazy with the Cheez Whiz when it comes to packing extra clothes. A **warm coat**, a loose comfortable pair of pants (jeans or Khakis) a **scarf** (water-soakable in summer!), and maybe some **sturdy, broken-in hiking boots** or hi-tops will serve you well if you have to make your way back to a main road.

Join us next week when we discuss WATER! (It is much more interesting than we just made it sound, we promise.)



I like to “shelter” just under the covers where I can see my stuff. You humans have a lot of stuff—but do you know what kinda batteries your stuff takes? Do the batteries in your stuff even work? This week, take a look at the stuff in your kit and think about adding extra batteries. Maybe 2 or 3 extra sets just for your flashlights!

Beau’s thought for the week: In my 20 + career in both the US Army as well as the US Air Force, I have learned (and forgotten) a great deal about survival in several different environment. However I am far from being all-knowing, nor do I claim to be. I have on several occasions been forced to rely on several others with significantly more experience and knowledge than myself and **I urge each of you to seek out other sources to increase your knowledge.** Two books I know will be of a huge benefit to you are ***The Urban Survival Guide* by David Morris** and ***When all Hell Breaks Loose* by Cody Lundin**. Both of these gentleman are incredibly knowledgeable and are subject matter experts and I respect their thoughts and opinions greatly.