

THE OMNI SURVIVAL COMPENDIUM

FROM COLLAPSE TO REBIRTH

A Universal, All-Environment Survival Doctrine

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PHASE I: EXTRACTION (0–72 HOURS)

Objective: Exit danger zones, avoid crowds, secure mobility and essentials.

Core Principles:

- 1 Do not follow crowds; they create bottlenecks and violence.
- 2 Avoid highways, bridges, tunnels.
- 3 Travel during low visibility (dawn/dusk/night).
- 4 Always have at least two fallback routes.

Critical Gear Stack:

- 1 Water + purification system
- 2 Trauma kit (tourniquet, bandage)
- 3 Fixed blade knife
- 4 Fire kit (redundant)
- 5 Navigation tools (map + compass)

WATER SYSTEMS

Water is the highest priority after immediate safety.

Finding Water:

- 1 Follow animal trails downhill
- 2 Look for green vegetation clusters
- 3 Check valleys and shaded areas
- 4 Collect rainwater when possible

Purification Methods:

- 1 Boiling (most reliable)
- 2 Charcoal + sand filtration
- 3 Solar disinfection (clear bottles, 6+ hours sunlight)

Advanced Tips:

- 1 Store water in shaded containers
- 2 Avoid stagnant water unless treated
- 3 Use cloth pre-filtering before boiling

FOOD SYSTEMS

Foraging Rules:

- 1 Avoid plants with milky sap
- 2 Avoid bitter or soapy taste
- 3 Avoid unknown berries
- 4 Test small amounts before consuming

Reliable Food Sources:

- 1 Cattail roots (high starch)
- 2 Dandelion (entire plant edible)
- 3 Insects (high protein)
- 4 Fish and small game

Preservation:

- 1 Drying (sun/wind)
- 2 Smoking meat
- 3 Fermentation with salt

SHELTER ENGINEERING

Key Principles:

- 1 Stay dry
- 2 Block wind
- 3 Insulate from ground
- 4 Minimize internal air volume

Shelter Types:

- 1 Debris hut (best insulation)
- 2 Lean-to (fast build)
- 3 Snow shelter (cold environments)

KNOTCRAFT MASTERY

Essential Knots:

- 1 Bowline – fixed loop, rescue
- 2 Clove Hitch – quick anchor
- 3 Taut-line Hitch – adjustable tension
- 4 Square Knot – binding
- 5 Figure-8 Knot – strong stopper

Cordage Materials:

- 1 Cedar bark fibers
- 2 Plant fibers (nettles, yucca)
- 3 Animal sinew

DEFENSE & SECURITY

- 1 Avoid confrontation whenever possible
- 2 Use concealment as primary defense
- 3 Set noise traps for early warning
- 4 Stay mobile and unpredictable

PSYCHOLOGICAL RESILIENCE

- 1 Maintain routine
- 2 Focus on small tasks
- 3 Avoid panic and impulsive decisions
- 4 Preserve morale through purpose