This is going to be a post of a different nature, for this site...but one which I have in Faith in Christ, been wanting to share on her for some time...

But first before I get into the post itself, someone posed a question which leads me to share the following with you:

I stand firm in what I have testified to in Faith in Christ, including concerning the prophetic timeline for the end of the Age, as it is delivered to us in the Word of God, in the Book of Daniel, and the Book of Revelation, along with any other corresponding passages in Scripture...and, I do reiterate again that, no man will know in advance, the date of the Coming of Our Lord when He Returns...and that the timeline is to let us know, where we are in relation to the last prophesied heptad(7 years) preceeding the beginning of the Signs which will mark the end of the three and a half year tribulation period on earth, and mark that the Return of Our Lord Jesus(Yeshua) and Redemption for the Faithful in Christ is drawing near, even at the door...

I do acknowledge in Faith in Christ, that what I have testified to in Faith in Christ, concerning that prophetical timeline; it all rests on whether or not the prophesied agreement in Daniel 9:27, is in fact the agreement signed on June 26, 2015, by the pope and the Palestinian Authority, concerning Jerusalem and Israel...

The prophesied agreement of Daniel 9:27, marks the beginning of that prophesied 70th heptad (period of seven prophetic years, Daniel 9:24)...and half way through that shortened period (which we are told in Daniel, the heptad is 2300 days), the period of great tribulation of 1260 prophetic days/42 prophetic months/ also known as a time, times and a half time( three and a half prophetic years), will then begin. So the event of the agreement as prophesied in Daniel 9:27, determines the dates which the rest of the prophesied periods of days, will each begin on, as points reached on that 2300 days prophetical timeline...

However: there are still yet, things which the Word of God in Christ tells us prophetically, have yet to occur, before the beginning of the period of great tribulation which is also when Jerusalem will be surrounded by armies(Luke 21) and before the Signs begin to occur which mark the end of the tribulation of those days...and therefore, before the Second Coming of Our Lord. These things prophesied in Christ, which first have to occur, include:

*that ten leaders will arise to have collectively world-wide authority over the earth...so over ten divisions (or administrative
divisions) of the earth (which the UN already divided the world into ten regional divisions administratively, and the map showing them, has been posted on here before, as sourced from BBC News formerly covering, the Millennium development goals of the UN). These ten leaders, God tells us in the Word of God in Christ, have that temporary authority for only a very short time (worded by God as "one hour") and for the purpose God tells us, of yielding their authority over to the son of perdition, who then will have authority and worldly power over the whole earth. God also tells us that the son of perdition (who many call the AntiChrist) will cause 3 leaders to be subdued.

*the second sign (Sign of the red dragon) prophesied in Revelation 12 (which began as of September 23/2017 when the First Sign began), which follows the first sign (which the 1st sign completed October 18/2017) has to come to completion (dragon's tail sweeping a third of the stars from the heaven to earth) and in another passage in Revelation 13, God tells us that, there will occur, a false wonder where the son of perdition (Revelation 13:13) will cause fire to come down from the heavens to the earth in the sight of mankind, in order on behalf of Satan, to deceive many...

*the Sacrifice and continual Offering (the Truth of God in Christ which is The Faith/Faith in Christ, on earth) will be abolished by the actions of the son of perdition, and the abomination of desolation will be set up.

*Jerusalem will be surrounded by armies when that period of great tribulation begins

Now if those things which have to happen first as prophesied in Christ in the Word of God, have not, before the dates I have witnessed to in Christ concerning the 1290 and the 1260 days; then I would. (just as Peter did stand corrected, Acts 10:1-43; Acts 11:4-18; Galatians 2:11-14 through the Holy Spirit in Christ as we are told about by
God in the New Testament); stand corrected in Faith in Christ, through the Holy Spirit, concerning the date and significance prophetically in Faith in Christ, of June 26, 2015 and the agreement signed that date.

I do and always have urged that those reading here, or anywhere...that we as Christians all need to adhere to instruction in the Word of God in Christ, to test all things in Faith in Christ...the apostles urged believers to do so without exception...so if those things prophesied which have to occur first, have not...and being that, the Word of God stands Perfect...in that event, I would then stand corrected in Faith in Christ. However I have gone over, in my testimony, with anyone reading therefore, how I have tested those things imparted...to determine that they have been imparted in Christ/testify to Christ upholding the Word of God in Christ...and so at this time I stand firm in Faith in Christ, through the Word of God in Christ, concerning those things I have testified to.

As Christians though we do have to always be open to correction in Faith in Christ as needed, through the Holy Spirit...and so I wait in Faith in Christ, and we do well to also as instructed by Our Lord, take each day unto itself, in Faith in Christ...in fact to take each moment of each day unto itself, in Faith in Christ.

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Now on with the actual post here:.... and this post, at the end of it is also available as a .pdf download for those who would like to download it...

Genesis 1:31 "31God saw all that He had made, and behold, it was very good. And there was evening and there was morning, the sixth day. ..."

1 Timothy 4:4 "...For every creation of God is good, and nothing that is received with thanksgiving should be rejected,..."

Matthew 6:31-32 Don’t worry and say, ‘What will we eat?’ or ‘What will we drink?’ or ‘What will we wear?’ The people who don’t know God keep trying to get these things, and your Father in heaven knows you need them.

alternate wording/alternate translation Matthew 6:31-32 31 So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ 32 For the pagans run after
all these things, and your heavenly Father knows that you need them.

Psalm 104:24 O LORD, how many are Your works! In wisdom You have made them all; The earth is full of Your possessions.

And now, regarding this particular post:

So this has been drafted/compiled with both those in mind who will be on the Last Exodus, and those Christians also who will not be on that Exodus, but whom may end up leaving their own homes during the tribulation period. There are very difficult times ahead for Christians all over the world...and so this has been posted, with that in mind.

Mark 10:29...28Peter began to say to Him, “Look, we have left everything and followed You.” 29“Truly I tell you, said Jesus, “no one who has left home or brothers or sisters or mother or father or children or fields for My sake and for the gospel 30will fail to receive a hundredfold in the present age—houses and brothers and sisters and mothers and children and fields, along with persecutions—and to receive eternal life in the age to come.

Firstly: considering in Faith in Christ, that God, in Revelation 12, has decreed a Last Exodus (duration of which is 1260 days/a time, times and a half time/ which is also worded in Scripture as "42 months" and as a time of great tribulation/the tribulation of those days); a Last Exodus, which pertains to a portion of the Faithful in Christ, who are living during the last heptad, during the End of the Age... That portion will Exodus away from society completely, for that period, trusting in and leaning on God in Faith in Christ, to see them through in Faith in Christ. This post has equally been designed while considering that Christians who are not on that Exodus, also will be going without, during that period of great tribulation.

The purpose of the information in this post being provided, it is not provided to suggest, that one not first and foremost trust in God for what one needs...absolutely we must trust in God first and foremost in Faith in Christ(Matthew 6:31-32). God did though make all the natural resources for mankind to use(1 Timothy 4:4)...and most people today have little knowledge of how to do.
so, or what all can be used and how it can be used, in a wilderness setting or without modern ammeneties/goods/services and so on.

I also think it does benefit us to acknowledge, in Faith in Christ, that the majority don't possess those time old skills of how to use the natural resources for food, shelter, clothing and water(without the aid of modern tools and the like)...that the reason we don't and have lost the knowledge/skills which mankind has always employed concerning that...is that we have(as Christians) been living contrary to the instructions of Our Lord, contrary to His Life as example, and the lives of the apostles and early disciples as noted to us in the New Testament, as Followers in Christ)...We, have been feverishly pursuing most of us, earning an income to have what we need...to build up "security" and "treasures" on earth...and we have become totally dependent on the world's systems, and the world's ways, to obtain what we need, versus living very simply in Christ, trusting in God above all else, and using our capabilities to make use of the natural resources ourselves, for food clothing and shelter, and drink/water....etc...In fact many live with a very worldly ( most of us do or have, worldly )perspective of what we "need"...and many are caught up with either "keeping up with the Joneses...or acquiring all the tantalizing extras the world dangles before us, as if we can't live without them.

So we need to trust in God in Faith in Christ...our spiritual needs are the most important need ...and as for shelter, food, clothing, water/drink...the Lord has told us these things the Father knows we need...So there we have it, those are, our needs altogether...And God did provide us with natural resources that can be used for shelter, food, water, clothing and so on...people existed throughout the ages, without all the so called "modern conveniences" most have come to rely on...up until very recently in fact. But now, most people don't even know how to build a fire without a match or a lighter, or what they could do to make a shelter, or how to make things from their natural surroundings etc... or
**how to obtain their own food without going to the store.**

It will be God's power, God's Grace and Mercy, in Faith in Christ, through the guidance of the Holy Spirit which will enable those who will Exodus, to come through that period in faith and be standing as the elect, when the Lord Comes...This portion, as they are Exodusing across the world, will be, as prophesied in Christ in Revelation 12; pursued by those sent out by the anti-Christ authority worldwide, of the son of perdition, on behalf of Satan. However, God has also prophesied in Revelation 12, that just as God intervened and defeated Pharoah's army who pursued the Hebrews on the First Exodus, by (as the Song of Moses tells us) having the "earth swallow up" those who had pursued His Chosen people...God has in Revelation 12 accounted prophetically to us, that He will again have "the earth swallow up", those who are in pursuit of, the Faithful who are Chosen in Christ to Exodus under God's direction through the Holy Spirit in Christ.

Three and a half years is a long time, to be going out into the wilderness (and to be going without all one has known/come to depend on for food, shelter, transportation, health care etc...) and most today, lack any real wilderness experience and lack even basic skills, concerning daily activities which certainly will take place living that way, in the wilderness (versus those skills one would use say, if they were on a week long camping trip in the wilderness). Certainly God will take care of His elect, and will bring them through; however it is also true that for such a period of time, these people with God's help and under His Direction, still will be engaging in obtaining food, processing it...making shelter, and those types of daily activities...and they will be doing so, while going without for example, those items which, most people today would use for just a camping trip in the backcountry or wilderness...so they will be engaging in daily activities, while using natural resources that they have at their disposal which they find in their surroundings.

Three and half years is also a long time to go without all the things which, mankind previously has depended upon being able to buy/purchase/pay for...and Christians who are not on that Exodus also will be faced with going without.

Most people have become so dependent upon having income and buying what one needs (goods and services). That they lack the basic skills that mankind has throughout the ages, used in daily life and taught their children as basic skills...Most people today, in many countries...have not been raised to acquire the same basic skills which, the majority of people in previous times throughout the history of mankind, possessed and put into practice daily.

So this has been drafted with that in mind...because there are hard times coming for all Christians firstly; and also because some may be now, trying to pull away from being so dependant on the money-driven system of living. I have some experience (and I still consider myself a greenhorn in terms of wilderness living skills), and have even lived for a time with my
family, on a remote wilderness acreage, without power, without running water/plumbing, in a very very rustic two room cabin etc....in the north; and our family varied in ages; ranging from 3 years old to 70 years old at that time...I also in addition to sharing some information from my own personal experiences and skillsets, want to also share some links/resources which others can follow up on at this time, ...a kind of a crash course on wilderness skills and on how to use our natural resources for basic living applications type thing...

So firstly, concerning preparing to take anything with one....in doing so one has to recognize: that if one were to Exodus in Faith in Christ into the wilderness when that time comes, or whether one has to leave their home/community with only what they can carry; ...that they will only go out the door with anything which they may have prior, prepared to take...if God Wills It....and also, that it will be the Lord God Who Will, in Faith in Christ, bring those Exodused, through the period of great tribulation in Faith, to be standing in Faith to Receive the Lord at His Coming..

Another consideration which led to this post, is that I would think, there will likely be Christians whom although they will not be part of the prophesied exodus of Revelation 12; that likely there will still be other Christians who, when the time of the son of perdition's worldwide authority is enforced, will decide that they will need to leave their homes.

The Word of God (the Holy Bible) does tell us that, the mark of the Beast, will control all buying and selling...and the prophesied mark we are warned of in Faith in Christ, is described as replacing cash being exchanged etc...Already there are many services, which are treated as "goods and services", where money is exchanged to pay for receipt of those "services". These range to include(not limited to), using public transit, health services, utilities, property taxes etc...

I see many Christians, even those who witness to this time period being, the End of the Age...talking about and engaged in "prepping", where they are stockpiling goods for when that time comes. But when that time comes, it is likely it will not be limited to, just buying food/clothing/medicines and so forth. It very likely will mean, that Christians won't be able to go travel as they do now for example- because they won't be able to insure a vehicle, put fuel in the gas tank; nor use public transit. Reportedly, Sweden has already incorporated their
public transit system to be compatible with RFID biochips in place of tickets or tokens; and, there has been an increase recently in nations developing their own national cryptocurrency (digital currency like Bitcoin/as opposed to actual tangible hard cash), like Russia has for example—as well as reports that the International Monetary Fund has a) instructed banks to be prepared to deal with cryptocurrency, and b) that the IMF is likely going to be bringing out their own IMF cryptocurrency)...

Many people live in cities or towns on lots and their homes (plumbing, refrigeration etc...) are not set up to function if they don't have power, which costs money...They won't be able to pay their rent, or mortgage...Even if one is mortgage free, you still have to pay property taxes for the land your home occupies...or it can be foreclosed on for back taxes and one will end up evicted.

So it is with those considerations in mind, that I also decided to share this information...and again, we need to trust in God always, in Faith in Christ, and in His Will for us in Faith in Christ. The fact remains though, that it certainly cannot hurt to acquire a certain amount of basic skills information on how to use the natural resources Our Lord God has created for us...basic skills information that most of mankind previously throughout the history of mankind, possessed as a matter of course, and raised their children to apply daily/ to use those same basic skills.

Now if you are interested in putting together a backpack or such, with those things in consideration- ...there are categories that you should then consider, regarding packing that bag...Other considerations include if you have children who are too young to carry one, then of course one would pack it with them in mind...Finally one will need to consider the weather/climate they live in; navigation and the terrain they would be traversing into/through, and their own personal physical capacities...weight of the pack etc...
The categories one should consider in packing such a backpack: shelter/portable temporary shelter and knowledge of primitive longer term shelter construction; fire making, procuring and purifying water, tools, cooking and eating, sleep system, food procurement/processing/preservation, first aid/hygiene, sewing kit, apparel...and most would pack some basic food staple items (which will not last for the prophesied time period of course).

If you are reading this online, then you already have access to the internet, so: knowledge takes up no room in a backpack, and learning new-old skills will not cost you. I have for those interested and as a research aid, included links to some of the better resources for related information in this post.

So here's an example of things one could put in a backpack, and related areas of learning basic skills - I have included some comments concerning what I have and have used for out in the forest; which we do live near wilderness and do get out there often, and I have lived in the remote northern wilderness previously with no power and no running water and no year round road for access - so I have also endeavored to add some of what I know/some of what I have used etc.:

Suggested items one could include:

* the Holy Bible, and reading glasses or eyeglasses as needed, in an eyeglass case.

* certainly one could pack lighter/matches (in waterproof container), but also a magnifying glass to start fire from the sun...; friction fire implements: ferro rod, or magnesium sticks or iron striker and flint/knowledge of flints; and knowledge on how to make a bowdrill friction fire kit, or a hand drill friction fire kit would be useful... how to use those friction fire implements; knowledge of how to use the sun to cook... Other items: 2 tin cans/one with lid - plus small tin with lid (even an Altoid container will do), tuna can (these are items which can be used to make birch oil, charcloth for catching and feeding a spark; how to make a resin candle - links below). Knowledge on the long campfire method, the dakota firepit, a swedish-torch stove, and use of fire reflectors (natural and other).
*knowledge of lashing/tripods, naturally made pot suspensions for cooking, basic knot tying; knowledge on how to make charcoal.

*a couple good knives(*and knowledge how to make primitive cutting tools); knives would be used for hunting/processing, wood working, cutting, for filleting fish and so forth...for a wide variety of applications which should be considered concerning selection. Other: pack hatchet, folding saw/or takedown saw/or pocket chainsaw,or bucksaw blades(*wrapped in cloth/secured) to make a bushcraft takedown bucksaw. ; multitools such as the one linked below that resemble pliers(*and often include a plier tool in them) also come in handy...

images of multitool as noted:

*cordage(paracord or similar cordage, or bank line), duct tape or preferably guerilla tape, tarps with grommits...not canvas tarps which are heavy to pack etc...but poly tarps....some clear plastic is also helpful if one makes a supershelter...(links below regarding construction of one and of tipi tarp shelters)...will go further on, more into how these items could be useful items that can serve more than one purpose....Other: mosquito net...

*sleep system-which totally depends upon climate and having noted that, in Faith in Christ we know that God has decreed that the 1260 days, will be a time of drought...drought does not necessarily though mean that, the nights cannot get cold (even in desert country). I live in a
northern climate which is known for long bitterly cold winter seasons, short and often hot summers etc. Knowledge of how to design a way to heat temporary shelters and longer term shelters of natural materials while using natural resources... would be useful (also knowledge of hot rocks and how they can be used, how to build a long campfire, these two are also skills which would be useful in the wilderness)... now by sleep system I mean covering... not a pillow etc... a sturdy pillow case does not take up any room, and can be stuffed later with natural materials or one can use a couple items of clothing (though you won’t take much) inside it.

* something to cook in and eat out of... a mess kit/ or billy can etc... or put together your own lightweight items which will serve that dual purpose (knowledge of how to make a burn bowl and burn-basins, would be useful, how to hot rock cook in one or in a hollowed log; how to cook in clay and how to cook in leaves, how to pit cook etc... how to make a simple natural resource constructed clay oven etc... how to fashion a mortar and pestel) so there will be links to resources on those types of skills, below... naturally a fork/spoon or camping spork, metal cup. I also have a small but sturdy salt shaker which is ideal for separating small seeds such as plantain, from their hulls/the chaff.

* fishing/hunting/trapping tools: fishing line, lures (knowledge also of making primitive lures, making crawfish traps, a makeshift fishing pole, or a makeshift hand reel for hand reel fishing), hooks... * simple modified slingshot turned into a slingbow, arrows/arrowhead (knowledge: links below on how to fashion these and how to make a bundle bow), snare wire (knowledge on how to make spring traps for smaller game, at least one versatile spring trap for larger animals, and how to make a figure 4 deadfall trap is useful). Knowledge on how to make snares. Rabbit snares and spring traps, and small bird spring trap knowledge would be useful.

* knowledge on edible plants in one’s locale/region in the wilderness... and on how to harvest/when/how to process and other uses for foraged plants/fruits/nuts etc... (e.g., medicinal aids for various symptoms/ailments)... and how they affect the body (i.e. what they do/how they work)... a pocket guide/keychain guide or printed headscarf guide would be useful for wild edibles and for tracks.

* lighting: solar or hand crank powered if any light is packed. or some tea light or survival candles (knowledge on how to make a torch, a lamp from natural resources... how to make a buddy burder). 

* a good dry sack that can be hung from a tree... to be stuffed with food items, and other items that need to stay dry... see image below for example.
*fire accelerant: vaseline.

*first aid/hygiene kit: *hot water bottle or equivalent is to put a wool sock over one's canteen bottle, toothbrush and floss, nail clippers, scissors, comb/elastics, washcloth, lightweight towel(*knowledge of a wigwam hot rock suana/or camp sauna is useful, knowledge of smoke bathing, etc...), eyedropper, tweezers, scissors.

pain relief/anti inflammatory: bandage material and tape:

from the kitchen: ground black pepper(coagulant on smaller cuts which bleed a lot)...dry hot mustard, cayenne pepper, black tea, green tea, camomile tea, mint tea, cloves, honey, beeswax

chapstick: (good accelerant, good for skin/lips, good as base for making herbal salves)

sore muscle linament: essential oils: tea tree oil, wintergreen or eucalyptus

herbal: goldenseal root or tablets or tincture(is good for some infections)...syringe, rags

*water kit: water flask/canteen/or bottle, folding plastic water jug or folding camping bucket or bowl; a packable water filter and knowledge on how to make a simple water filter...water distillation methods for emergency...how to find water...melting snow, water collection: links will be below)...*

*sewing kit: needles including some larger ones, thread including some heavy duty thread, awl if you have one, velcro is useful, buttons, heavy thread, seam ripper, patches, (knowledge of basic weaving of baskets from natural materials) Knowledge of hide processing so one is not wasting material harvested.

Apparel(for the North): Winter: *layering is important, and avoid cotton clothing because when it becomes wet and it is cold, it can be deadly(locks in the wet/cold against the body)...*

I use wool outer garments, though heavier in weight, they are durable and warm and do not catch fire easily...and don't easily become soaked in rain or snow...I also use thick cross country ski pants(which are different than snow-pants) which are great year round in the bush
because the brambles and thorns don't poke through them easy/they are streamlined and narrow legged at at ankle and do not catch on brush...I wear wool socks pulled over the ends of them because of ticks out here...my footwear is all season hiking boots, and a pair of knee high leather boots(not for winter and yes I do wear them in warm weather because we have bad ticks in summer here and they don't seem to cling onto them!)...my all season hikers are good in marshy areas, snow, and on difficult terrain...I have wool mittens and gauntlets over them(skidoo gloves)...and of course a winter hat/toque with ear flaps and thick long scarf...one belt and have a oversized turtle neck for winter layering

Rain: rain poncho or slicker, good boots that can get wet(all season are best)

*sunglasses (against snow blindness or knowledge on making them from birch), bandanas, rags, short sleeve tshirt, long sleeved shirt.

Other: caribiners, leather gloves or work gloves, wind up watch, maps/compass (knowledge on navigating including shadow navigation useful)...heavy duty zip ties...

(knowledge DIY snowshoes from natural resources), knowledge on how to make a bushcrafted travois ...link below

Other low cost useful items: panty hose (good for straining/poultice making/and in solar-wind food dehydration so the bugs can't get at the food; reflective foil(either emergency blanket, car shade, or reflective bubble foil sheeting)....; aluminum food wrap foil; some heavy duty zip lock bags:

*some suggested ideas for Food/staple items

spices /seasonings: cayenne, ground black pepper, dry mustard, dill, garlic powder, dried onion flakes, sage, cinammon, some coarse salt. beef/chicken oxo, confectioners sugar

*flour, corn meal ; dried beans/peas/lentils/pearl barley(or mixture for soups) which can be powdered down to make fried caked patties or can be cooked as is; rice and/or orzo(cooks quickly), granola, oatmeal/oats, soup base/oxo flavoring, raisins and other dried fruits or fruit leathers, some lightweight dehydrated/dried vegetables, nuts and seeds, lard or some coconut oil, honey,dry milk powder, instant coffee, teas, juice crystals or hot cocoa(if kids are along), jerked meat, quinoa and/or amaranth, dry yeast, energy bars or survival bars, apple cider vinegar(tiny bottle).

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There is no way I would have the time to write down, in a way where someone could follow it, everything(with images as necessary) that I think
would help a person acquire basic primitive/wilderness and bushcrafting/pioneer type skills on how to use natural resources, for food, shelter, fire making, water procurement, and so on and on...all without modern tools or electricity or the like...and hands on experience/putting skills into practice is best...but again knowledge takes up no room, and costs you nothing, and it certainly won't hurt one to take time to learn those skills.

I don't expect those reading either to go through everything, and learn all this...one can pick and choose, prioritize...and some of the readers may know some of this content, but not other things so...this is just a broad range of resources, related to this topic in general, of various subtopics that would be useful knowledge to have, in a situation where one does not have all that they have come to depend upon, for food, water, and shelter, natural health care resources etc...and...for using the natural resources to obtain food, water and shelter...all without modern utilities, fuel, power tools and so forth-just from the land itself and the help of the Lord.

However there is a ton of reliable information accessible online concerning information on natural resources and related basic skills/techniques and wild edibles/wild medicinals and so on..., and so I have put together quite a few links and what each is good for, along with specifically recommended resources whose information online cover more than the links here specify....and that way the interested reader here, can follow up on and research what they want to, and as much as they want to...and it is a good starting point of reference for those who want to learn those skills, which for the most part, have been largely forgotten/knowledge of them and practice of them long ago largely, abandoned by previous generations.

**LINKS:** so good/reliable resources I recommend (and what each is best for, in terms of learning/research, varies...some are good research links for more than one aspect of learning basic (wilderness/primitive/pioneer
type }skills on how to make use of/how to use our natural resources etc)....but some that I find to be good are: Mike Barton/Bushcraft Bartons (Canada), Eugene Runkiss, Lonnie and Connie from Far North Bushcraft and Survival (Alaska), David Canterbury of Wilderness Outfitters/Pathfinders, Mitch from Native Survival; also the Primitive Technology youtube channel and blog concerning a variety of primitive skills; Sigma 3 Survival school; the Northern Bushcraft website (Canada and Pacific Northwest) regarding wild edibles (not a complete list of course per province, but a good resource); Michael Griffith (ethnobotonist-one who specializes in practical, traditional uses/skills/knowledge of a region's plants) and his pine and acorn videos on youtube; the Outsider channel on youtube, regarding wild edibles particularly wild flours and some other wilderness tips (Canada)-(as well as Joe and Zack survival re: wild edibles and foraging/identification etc...) and Billy Rioux channel on youtube-concerning some wilderness/pioneering skills (Quebec, Canada); HT Survival for wild edibles/medicinals; Survival Lily has a smattering of videos that I recommend concerning supershelter construction and eating wild foods and processing them and that sort of thing...so there are links to those below, along with some other resources you can access online as a starting point to researching how to make use of natural resources in a wilderness setting/off grid situation....some of these will fall more under pioneer and traditional/primitive skills and related information; which most people do not know about today. Due to the bulk of the information and links, these are copy & paste links...so just right click/highlight the link, and then right click on address bar and click paste, for each link). also note, that some of the order kind of, slowly, went out the window as I compiled this, and some reorganization on your part if you copy/paste all this information into a document, would be recommended, to make
researching and making of your own notations, easier.

Knowledge of how to design a way to heat temporary shelters and longer term shelters of natural materials while using natural resources...: tarp tipis and their heating, diy four season tarp tent designs with stovejacks; supershelters with longfire or all night fire construction; baker's tent from tarp, tarp shelters, a-frame wood natural shelter, lavuus/sod and turf in shelter building, vertical log construction, wigwam/duggout shelter designs; wattle and daub construction.

I myself with the natural resources we have here, and the climate...prefer the following for longer term shelter designs/techniques: the Sammi lavvu or goahti construction using smaller poles, bark, turf/sod and some more poles layered; also the wigwam design which some were conical shaped, others round or oblong shaped (but I would in very cold climates recommend then, considering incorporating sod/turf etc on exterior as the lavvu/goahti’s do); another construction technique I would recommend is vertical small log construction for it's ease and that smaller more manageable logs can be used. For those in warmer year round climates, dugout/earth-lodges, or also called pit houses...these are not so different than, the sammi's lavvu/goahti design...but due to being partly sunken/submerged, they stay very cool during summer. Also note that the conical winter lavvu/goahti design of the Sammi people, is not so different either, than Wikiup shelters which are quite popular with many bushcrafters...the difference is that in the Wikiup conifer boughs are used to cover a framework(sometimes thatching in place of conifer ), but conifer boughs in my opinion would not have the same insulation value sod/turf does (due to thermal mass) when layered over bark placed over the framework; nor would it have the same durability in my opinion. So I have put links below to some resources on these, along with resources for
**easy portable low cost shelters, and temporary quicker shelters from natural resources, below.**

- wattle and daub/"cob" shelter construction and using coals for joinery: Primitive Technology-
  [https://www.youtube.com/watch?v=nCKkHqlx9dE&t=3s](https://www.youtube.com/watch?v=nCKkHqlx9dE&t=3s)

- supershelter construction: Survival Lily
  [https://www.youtube.com/watch?v=aeN-ftbK_ro](https://www.youtube.com/watch?v=aeN-ftbK_ro)
  [https://www.youtube.com/watch?v=nkX3J4Jj8mA](https://www.youtube.com/watch?v=nkX3J4Jj8mA)
  [https://www.youtube.com/watch?v=aeN-ftbK_ro&t=2s](https://www.youtube.com/watch?v=aeN-ftbK_ro&t=2s)

**Far North Bushcraft and Survival:cold weather supershelter/emergency shelter-easy**

- tarp tipi construction links: Barton’s Bushcraft and Billy Rioux:
  [https://www.youtube.com/watch?v=qcxu9DPRplw&list=PL_fotv96EswcoYla9lwADN1nskJFlmbbR&index=17](https://www.youtube.com/watch?v=qcxu9DPRplw&list=PL_fotv96EswcoYla9lwADN1nskJFlmbbR&index=17)

- links to information on the Sammi and how they traditionally constructed winter-lavvus(see images below) and goahti dwellings; sod/turf construction links(regarding long-term shelter techniques and designs)
  [https://www.laits.utexas.edu/sami/dieda/anthro/architecture.htm](https://www.laits.utexas.edu/sami/dieda/anthro/architecture.htm)
  [http://www.inuvialuitsodhouse.ca/docs/Saami-homes.pdf](http://www.inuvialuitsodhouse.ca/docs/Saami-homes.pdf)
  [http://naturalhomes.org/turfhouse.htm](http://naturalhomes.org/turfhouse.htm)
Vertical log construction links and some images below of similar method which was used by the Sammi in some lavuu construction, only they used poles, covered with bark, then a layer of sod/turf, then some more poles over that:

Vertical log construction is easier to do for one person or two people to do, and often smaller logs are used in a post and beam infill fashion

Vertical log construction traditionally. In vertical log construction, one would dig a trench and stand the logs up in it after scorching the ends to reduce deterioration. Then one would build a floating floor inside fastened to the walls, which would eliminate the foundation and was incredibly strong and did not settle.

Below are images of a contemporary mostly naturally constructed build, which is a variation of a sammi goahti type building with vertical log-pole placements:
links below to Wigwam construction:

https://www.youtube.com/watch?v=zzestEqC35I
https://www.youtube.com/watch?v=rb2s9vxrS_E
http://www.nativetech.org/wigwam/construction.html

Peeling the bark
https://www.youtube.com/watch?v=uV9EzP4qthI&t=6s

Cattail mat -sewing:
http://www.woodlandindianedu.com/cattailmats.html

Bullrush mat weaving:
https://www.youtube.com/watch?v=wXczIgroQHU

Finger weaving:
https://www.youtube.com/watch?v=V7T1ceA0kJE

links below to Pit house/Earth house construction:
https://www.youtube.com/watch?v=t4gkmcmwBrw
https://www.youtube.com/watch?v=k1WrOc9vRR8
Wikiup design:

A 3 part series:

https://www.youtube.com/watch?v=KJDZNwlQpnY&t=110s
https://www.youtube.com/watch?v=NYxrFFGw2Ks
https://www.youtube.com/watch?v=jpGilKx6IVOE

Other: Wikiup

https://www.youtube.com/watch?v=TVebnPMY4dg&t=212s
https://www.youtube.com/watch?v=uDygpcSEsbk&t=307s
https://www.youtube.com/watch?v=Vhe0gmOuYQ8
https://www.youtube.com/watch?v=3olzGcFB43s

-packable hot-tents made from tarps(four season) diy links: Far North Buscraft and Survival

https://www.youtube.com/watch?v=wtLdMlallFw&list=PL_fotv96EswcoYla9IwADN1nskjlFmbbR&index=1
https://www.youtube.com/watch?v=HfiUgGhTe1k&list=PL_fotv96EswcoYla9IwADN1nskjlFmbbR&index=3

using the tent shown in the above links, in winter in Alaska:

https://www.youtube.com/watch?v=HcTpAmHoXjQ&t=609s

Four Season Cowboy Range tent out of tarps:

https://www.youtube.com/watch?v=t47WFUZM4go&index=19
&list=PL_fotv96EswcoYla9IwADN1nskjlFmbbR

-Naturally constructed A-Frame shelters: Birchpoint outdoors, and Joe Robinet(these are shelters that can be modified with clear plastic as supershelters):

https://www.youtube.com/watch?v=4-0NaFq4BOc&t=11s
updated version of shelter video above/Birchpoint Outdoors:
https://www.youtube.com/watch?annotation_id=annotation_3376088031
&feature=iv&src_vid=4-0NaFq4BOc&v=KJQWVZ58M

Joe Robinet and Shawn James-Adirondack style supershelter
https://www.youtube.com/watch?v=8PGoXA1hDNQ&t=2761s

-Baker’s tent from tarps: Barton’s Bushcraft and Billy Rioux
https://www.youtube.com/watch?v=7ID-hBta8Vg&t=56s

Billy’s video of same baker's tent build, above:
https://www.youtube.com/watch?v=4HvGD32EvE&t=26s

-a good resource to aid you in shelter research-natural building:
http://naturalhomes.org

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* wool blanket stretcher-Native Survival
https://www.youtube.com/watch?v=antoTp_NSsal

-knowledge of hot rocks and how they can be used:

-Far North Bushcraft and survival:
https://www.youtube.com/watch?v=E_yTji4N2Ls

and
https://www.youtube.com/watch?v=yMNR2sqnvl&t=4s
and, hot rock tongs bushcraft:
https://www.youtube.com/watch?v=VSKxjQZ4mo

-Sigma 3: hot rocks
https://www.youtube.com/watch?v=dj_kUTBM6Qo

NOTE: hot rocks can also be used under a raised bed constructed bed in shelter, to creat heat
and see video below re: this emergency stay warm technique from Far North Bushcraft and Survival which uses that heat in a different way:

https://www.youtube.com/watch?v=a5RbO5YKAPA

knowledge on how to make charcoal:

-Primitive Technology: Note that he does not narrate his videos, but as to information and details and time frames and so on... he does provide those in the write up below each video and on his blog, see video below re: charcoal making

https://www.youtube.com/watch?v=GzLvqCTvOQY&t=34s

-other resources:

knowledge of how to make a burn bowl and burn-basins, wilderness chopsticks, and how to cook in leaves, how to pit cook etc... how to make a simple natural resource constructed clay-bake oven etc... how to fashion a mortar and pestle!

Burn Bowl basic technique:

https://www.youtube.com/watch?v=PJA6it33eH4

using the same technique to make burned and then carved/whittled spoons:

https://www.youtube.com/watch?v=axVCZcRQCN4

Cooking in burdock leaves, below:

https://www.youtube.com/watch?v=XdcQfO_6MOc

example of steam pit cooking:

https://www.youtube.com/watch?v=eM2YXh0s0Ei

-Billy Rioux and Barton’s Bushcraft-claybake oven building: and second video on sheltering it:

https://www.youtube.com/watch?v=5WH8eO1y7qk&t=6s

https://www.youtube.com/watch?v= mzZnMSuXoO8

Billy Rioux (with Mike Barton), primitive barbeque construction

https://www.youtube.com/watch?v=rO-OdU1WXUU

-Other
knowledge of lashing/tripods, pot suspensions for cooking, basic knot tying; *rope ladders

-Bushcraft Bartons

https://www.youtube.com/watch?v=s1DGlerSA54

-Far North Bushcraft and Survival-tripod lashing

https://www.youtube.com/watch?v=-CgmOEIV-CY

Far North Bushcraft pot suspensions

https://www.youtube.com/watch?v=7B-5koCVjJg&t=5s

https://www.youtube.com/watch?v=7B-5koCVjJg&t=5s

https://www.youtube.com/watch?v=sZcOEeMP2Fo

Wilderness Outfitters Rope Ladders: 3 part series

https://www.youtube.com/watch?v=tYeYqD6CBZM&t=21s

https://www.youtube.com/watch?v=85-1DoCoEcU&t=9s

https://www.youtube.com/watch?v=57anbSqKDjs&t=34s

-Wilderness Outfitters/David Canterbury (Note the first linked video below shows a tip for turning a canteen into a pouring vessel for hot liquids, but is actually a medicinal video on Joe Pye Weed).  

https://www.youtube.com/watch?v=pfIXznqgVJQ&list=PLZLagqylZ3j4BlDd2bI2G-648hi5c9bWJ&index=15

quick easy tripod/david canterbury:

https://www.youtube.com/watch?v=Z-SqNd5m0MU

-wilderness outfitters travois construction:

https://www.youtube.com/watch?v=5E_E_E8H3Pg

Wilderness Outfitters: knots

https://www.youtube.com/watch?v=_yiZF77jA0A
Knowledge on how to make birch oil, charcloth for catching a spark; how to make a resin candle and torches. Knowledge on how to make a lamp from natural resources.

Eugene Runkiss: resin lights

bushcraft birch oil and resin candle: Survival Lily (Note that the quick burning she discusses could have been reduced/eliminated, where it would burn longer, by splitting a round piece of firewood part way down or hollowing it in center, then stuffing that with a mix of tinders and green leaves and resin...the log piece should be flat cut/level on bottom to stand up like a pillar candle...but see her video below:

The Outsider: torches/ making with resin

related fuel video/fire starting from The Outsider:

Far North Bushcraft and Survival: making charcloth

making birch oil and lamp/2 videos: far north bushcraft
https://www.youtube.com/watch?v=XOidkCPgP24&t=4s

and

https://www.youtube.com/watch?v=fbtMmDQBmTQ

Bartons Bushcraft: fire tinder-horsefoot fungi(also known as amadou)/harvesting, processing, testing and then also video on charring that fungi

https://www.youtube.com/watch?v=f1UgT6JM63s&t=2280s

Knowledge on how to make a bowdrill friction fire kit, or a hand drill friction fire kit and Chaga tinder fungi information; lighting a fire using the sun:

-Far North Bushcraft and Survival: using a pot lid to start a fire

https://www.youtube.com/watch?v=HQHnh5mTp6Q

Far North Bushcraft friction fire videos:

https://www.youtube.com/watch?v=As6eMKbL7bl&t=62s

https://www.youtube.com/watch?v=_ayBxrqYXik

https://www.youtube.com/watch?v=r0oShx2TUnA

Other: using a magnifying glass to start a fire:

https://www.youtube.com/watch?v=7om0E3B7xjk

Far North Bushcraft and Survival Chaga fungi videos (tinder, tea)

https://www.youtube.com/watch?v=Fi6PZqLjl4

https://www.youtube.com/watch?v=jnvWOUYm6dl&t=158s

https://www.youtube.com/watch?v=Z84ht0W6YN8

Note another identified reason some people have problem with the bow drill/hand drill methods, is that when they get an ember, they rush putting it into their tinder bundle or bird’s nest...instead of letting it sit a minute and smoulder.

Other links-these two friction fire method videos are just something else, by Lonnie in
Alaska...both are soooo hard to do! / Fire Roll friction fire method / Northern Bushcraft and Survival

https://www.youtube.com/watch?v=sJ8gjCHPOo0
&list=PL_fotv96Eswe1AjiK0a86buJjGxFsQMWR&index=14

-one handed friction fire by Lonnie from Northern Bushcraft and Survival

https://www.youtube.com/watch?v=aKnUFiR9jB0
&list=PL_fotv96Eswe1AjiK0a86buJjGxFsQMWR&index=16

-cattail handdrill from Shawn Woods

https://www.youtube.com/watch?v=pXqJijHSqps

knowledge also of making primitive lures, making crawfish traps: Eugene Runkis

https://www.youtube.com/watch?v=LentoNbjq3M

https://www.youtube.com/watch?v=3BDaJLDTBDI&t=1128s

Knowledge: how to make a diy modification to slingshot/convert it for dual purpose of archery use, a.k.a. "sling-bow": Wilderness Outfitters David Canterbury

AND

*arrows/arrowhead- knowledge: links below on how to fashion these and how to make a bundle bow:

-David Canterbury from Wilderness Outfitters: arrow for the common man

https://www.youtube.com/watch?v=ndjGHIvzsU&index=11&list=PLD2340FC032CF69D5

David Canterbury/sling bow-modifying your slingshot to take down big game:

https://www.youtube.com/watch?v=NGicCRJGYug&list=PLZLagqylZ3j7MFPmWR8D8OQIOxCBz3E&index=2

non firearm hunting and trapping: david canterbury:

https://www.youtube.com/watch?v=ZNPlyqO2ccQ&list=PL999B6530017DA044&index=1

https://www.youtube.com/watch?v=NoJuYL6Nq6Y

making cordage from natural resources: 2 videos
bark basket making: 3 part series
https://www.youtube.com/watch?v=tXtrGERlu0s
https://www.youtube.com/watch?v=J3AB__NWRXc
https://www.youtube.com/watch?v=TE8xeVxbxw&t=11s

Making a bark quiver, for arrows:
https://www.youtube.com/watch?v=3hdamC5z5kM

Harvesting Birch Bark
https://www.youtube.com/watch?v=Muy_W-Ev2Pw

-Survival Lily:
https://www.youtube.com/watch?v=tKGNDrWHVYY

-crawfish trap/natural materials-survival lily:
https://www.youtube.com/watch?v=Inr4Tzh5DX0

-crawfish trap-natural materials, Primitive Technology
https://www.youtube.com/watch?v=e5nfrehyWDM&t=253s
knowledge on how to make springtraps for smaller game, and how to make a figure 4 deadfall trap is useful). Knowledge on how to make snares:

Barton's Bushcraft/Mike Barton:
https://www.youtube.com/watch?v=_THJ9PZjkVo&index=1&list=PLAC13522ED8035D45

and,
https://www.youtube.com/watch?v=k-CsX7XIS0I&index=3&list=PLAC13522ED8035D45

Knowledge: on wildlife tracks, scat, and sign:

-Mike Barton/Barton's Bushcraft tracking rabbits in winter:
mike barton/squirrel snaring:

https://www.youtube.com/watch?v=2Xurr-ocEe0&list=PLAC13522ED8035D45&index=5

-northernbushcraft.com-some tracking images/north american

northernbushcraft.com

-tracking information:

intro to tracking:

https://www.youtube.com/watch?v=1rvCfjLb9l

more tracking information:animal scat

https://www.youtube.com/watch?v=WVQSBQZ24Mc

knowledge on edible plants in the wilderness...and on how to harvest/when/how to process and other uses for foraged plants/fruits/nuts etc...(e.g. medicinal aids for various symptoms/ailments)...this info from sources below and others, is linked below for my region mostly, some North America general...

*making jerky in the wilderness from meat

https://www.youtube.com/watch?v=RbKhb55GcAg

*Cold Smoking Fish

https://www.youtube.com/watch?v=1beLnpi57jA

knowledge on how to make a simple water filter...water distillation methods for emergency..how to find water...melting snow, water collection:

-Bartons Bushcraft diy water filter

https://www.youtube.com/watch?v=e8r-Me-a0A

other:

https://www.youtube.com/watch?v=_oON0nv2X7s
- melting snow - Mitch from Native Survival

https://www.youtube.com/watch?v=7SxybUSny4I

-distillation by condensation: The Outsider

https://www.youtube.com/watch?v=unbEbWUWXfU

-Eugene Runkiss-obtaining water and solar distillation

https://www.youtube.com/watch?v=RIOCPzn38vo

-Far North Bushcraft-finding water in winter:

https://www.youtube.com/watch?v=KzWFQ9OoPD0

other links

*my video on finding underground streams and depth: from my facebook/note that we used a wire piece from coathanger, but some people do use willow branch traditionally; however, wire if you have it, is more accurate.

https://www.facebook.com/100005106693396/videos/550872258426326/?l=140957053413154882

Knowledge: wild yeast and making a sour dough starter:

link to article on capturing wild yeast on wild berries, or Aspen/Poplar bark & sourdough:

https://www.motherearthnews.com/real-food/fermenting/wild-yeast-zmaz80sozraw

*knowledge-egg replacements (binders for wild flours): plantain seed binder: linked below

Video/Uses for Plantain Seeds:

https://www.youtube.com/watch?v=yJtv22vAvlc&t=14s

*knowledge- wild flour sources (check for resources for your own area): The Outsider 3 Part Series - links below (note there are more links further down the page, for other wild flours like cambium (cambium layer of specific trees/tree bark).

https://www.youtube.com/watch?v=N5O3ellbGxc&index=20
*knowledge: making bushman's glue: Billy Rioux

https://www.youtube.com/watch?v=qk0k_-MYtcU

*knowledge: tarp canoe, tarp bullboat/aka coracle

-Billy Rioux

https://www.youtube.com/watch?v=sujYuLMjnH0
&list=PLpXAFq3oVq4pwzVr5X9WU_uUs029huKJs&index=13

bullboat video below (Note that if you are researching this, it is also called a coracle)

https://www.youtube.com/watch?v=z_AXTdpQAyY&index=21
&list=PLpXAFq3oVq4pwzVr5X9WU_uUs029huKJs

Knowledge on: *dakota firepit, swedish torch, all night campfire method.

Wilderness Outfitters Dakota Firepit

https://www.youtube.com/watch?v=TyDuz3PxJY

Far North Bushcraft and Survival: swedish fire torch

https://www.youtube.com/watch?v=DvY-npgKzE&index=724s
https://www.youtube.com/watch?v=QWwBe4tNzHs&t=8s

A variation of the swedish fire torch-stove:

https://www.youtube.com/watch?v=kFKzwWDeIfc

Far North Bushcraft all night campfire:
https://www.youtube.com/watch?v=hTKGD6Y2mDw

https://www.youtube.com/watch?v=eQueDcdjoHQ&t=1s

Long campfire:
https://www.youtube.com/watch?v=TnVe0-99ks0&t=55s

Making use of fire reflectors: Far North Bushcraft
https://www.youtube.com/watch?v=o5h69Rtfk1Y

Other:

*Drilling holes using hot coals: Primitive Technology—He uses this method for making holes to join wood together mortise and tenon style, in building his water-hammer, and in the joinery used to create a frame for his shelter: He used fire as a means to cut a longer piece of wood in two by burning it in the middle. Not all the methods noted are in the video below but you can access his other videos on his channel to learn about various techniques using coals as tools.
https://www.youtube.com/watch?v=i9TdoO2OVaA

Knowledge: flip flop winch; making maul and wedges for splitting, making a log wood working vise
Far North Bushcraft and Survival, flip flop winch
https://www.youtube.com/watch?v=OkeZ1TLipaY&t=43s

Survival Sherpa: log vise
https://www.youtube.com/watch?v=AsND8QZnxj0

Far North Bushcraft and Survival: maul(mallet) and splitting wedges:
https://www.youtube.com/watch?v=0pURh79yfog&t=65s
https://www.youtube.com/watch?v=mjRVoRGBGs&t=33s

Wilderness Outfitters take down bucksaw
Knowledge: *making a raised bed, making camp chairs, making log bench, outdoor camp kitchen, making split log table, making gear hangers.*

**-Survival Lily: raised bed:**

[https://www.youtube.com/watch?v=2WZmagJEQOU](https://www.youtube.com/watch?v=2WZmagJEQOU)

**-Far North Bushcraft and Survival chairs**

[https://www.youtube.com/watch?v=qotffzU7zuA](https://www.youtube.com/watch?v=qotffzU7zuA)

[https://www.youtube.com/watch?v=Xf18QP7fJt0&t=102s](https://www.youtube.com/watch?v=Xf18QP7fJt0&t=102s)

[https://www.youtube.com/watch?v=N0MLMAS8h1A](https://www.youtube.com/watch?v=N0MLMAS8h1A)

**split log table: Far North Bushcraft and Survival**

[https://www.youtube.com/watch?v=UMLw4S5co6w](https://www.youtube.com/watch?v=UMLw4S5co6w)

**Bushcraft Bartons/Bush Kitchen:**

[https://www.youtube.com/watch?v=rDIVTMs6Gbg&t=724s](https://www.youtube.com/watch?v=rDIVTMs6Gbg&t=724s)

Other links:

**-Knowledge, making a water skipping arrow: Shawn Woods (for duck hunting)**

[https://www.youtube.com/watch?v=3EtQnJvelw0&t=3s](https://www.youtube.com/watch?v=3EtQnJvelw0&t=3s)

*knowledge on making stone cutting tools, axes, arrowheads /spearheads*

**-Native Survival - flintknapping an arrowhead**

[https://www.youtube.com/watch?v=tCVFouQtMDM](https://www.youtube.com/watch?v=tCVFouQtMDM)

**-Primitive Technology**

[https://www.youtube.com/watch?v=BN-34JfUrHY](https://www.youtube.com/watch?v=BN-34JfUrHY)
*knowledge fishing spear

https://www.youtube.com/watch?v=YeUpJ3BufLw

*knowledge making natural cordage-

-Far North Bushcraft and Survival: willow cordage making

https://www.youtube.com/watch?v=DEWAT1qa6Ek

*knowledge making clay pottery and how to "fire" it/aka cure and bake it:

-Sigma 3

https://www.youtube.com/watch?v=2DiHm5bKevk

other links- clay pottery

https://www.youtube.com/watch?v=k7m57HCjdPg&t=28s

knowledge of a wigwam hot rock suana/or camp sauna is useful, knowledge of smoke bathing, etc.

hot rock sauna:2 videos /this Alaskan used this sweat-lodge aka sauna design for winter shelter:

https://www.youtube.com/watch?v=Tf3yPC23HBw&t=11s

https://www.youtube.com/watch?v=EktjmPGVnMU

smoke bathing: Sigma 3

https://www.youtube.com/watch?v=wS7mxIJeVLc&t=84s

knowledge of: going to the bathroom outdoors in the wilderness

-Barton's Bushcraft

https://www.youtube.com/watch?v=Ndw1195Y-JU

-Far North Bushcraft and Survival

https://www.youtube.com/watch?v=6r0qor5RcEQ
knowledge of basic weaving of baskets from natural materials

-Primitive Technology

https://www.youtube.com/watch?v=kiH0jsMTBeA&t=229s

knowledge DIY snowshoes from natural resources: links-

https://www.youtube.com/watch?v=U1bd6sxJ6tg&t=6s

https://www.youtube.com/watch?v=F880ulVzKFU&t=2s

Far North Bushcraft -emergency snowshoes

https://www.youtube.com/watch?v=Tqk6CDWyfCs

*knowledge making wild vinegars: links

http://blog.emergencyoutdoors.com/how-to-make-homemade-vinegar/

dandelion vinegar- https://www.youtube.com/watch?v=FBj5E3VEfsM

*knowledge: make wild fruit leather

-Native Survival

https://www.youtube.com/watch?v=SukZRRzK_Hs

Starry Hilder fruit leather off grid:

https://www.youtube.com/watch?v=sdjUsyuBYBQ

*knowledge replacing cooking oil-and using plaintain seed instead of egg as binder: billy Joe Denny-

https://www.youtube.com/watch?v=yJtv22vAvIc

knowledge: harvesting and using plantain edible and medicinal: The Outsider

https://www.youtube.com/watch?v=ON9-hp09-FQ
*knowledge: powdered milk cheese curds: my own instructions-

*knowledge: spruce grouse pole snare(snaring grouse "by hand"): Far North Bushcraft and Survival

https://www.youtube.com/watch?v=rFrcH3O9LXQ

*knowledge: parched corn: Jas Townsend

https://www.youtube.com/watch?v=1CmRUXqG7Q&t=2s
https://www.youtube.com/watch?v=ejrQlhH9RyQ&t=22s

Jas Townsend Pemmican:

https://www.youtube.com/watch?v=x_vLuMobHCI&t=14s

other-

https://www.youtube.com/watch?v=amWGatJDalw

*knowledge: campfire steam-baking(example: bread): Far North Bushcraft and Survival(this method turns out very nice soft baked goods including breads )

https://www.youtube.com/watch?v=lSgnGYdc4aQ&t=34s

*cooking bannock on Stick- Barton's Bushcraft

https://www.youtube.com/watch?v=0GyVniHeV4E

*knowledge- cornmeal hot cereal over campfire(*note that, he is using self rising cornmeal, not corn-flour[two different things]....: Wilderness Outfitters

https://www.youtube.com/watch?v=maPEvRM3VB8

and, wilderness outfitters "polenta"/cornmeal-honey in olive oil(or any edible oil) mush(cereal food):

https://www.youtube.com/watch?v=d-akAaoaC6E

NOTE re: Tree Cambium flours and cereals: when harvesting the tree cambium layer(the inner bark of the tree) the correct process is shown for that, in the following videos linked below(in
Michael Griffith’s video where he shaves a smaller branch, in Billy Rioux’s spruce cambium cookie video; in Joe and Zack's pine flour video, and in the traditional Finnish method video: Petunteko//showing how pittu traditionally was/is harvested and made into flour...many people when harvesting cambium, take big chunks (wrong method), or don't cook the flour long enough and in enough changes of water for cambium porridge(as Michael Griffith's video talks about); also many try to fry it or boil it before grinding it down...which is not going to be very palatable compared to other methods of cooking cambium to eat....it’s best/most palatable use though more work, is to grind it into a flour, then bake with it or to use the flour cooked, as a porridge...berries can be mixed into either cambium baked good batter, or into cambium porridge to add flavour.

Pine, inner-bark cambium flour: Joe and Zack survival-
https://www.youtube.com/watch?v=uug_WCQBdqk&index=37&list=PLD3EA8A5FCD094D4C

*pine cambium, pine cambium tea, and pine cambium porridge, other uses: Michael Griffith four videos
https://www.youtube.com/watch?v=SWclxmyTIX0

and,
https://www.youtube.com/watch?v=h-tO2LF80fE

and,
https://www.youtube.com/watch?v=-F3rNdcjbbI

and,
https://www.youtube.com/watch?v=mSO53miMHKk

Michael Griffith Acorns: five videos on acorns/oaks, and on how tannic acid is useful for tanning hides/leather.

processing-boiling versus roasting (in a survival situation)
https://www.youtube.com/watch?v=Nuy_.7eiclZ8&index=4&list=PLD74EB1A0A6502F99
https://www.youtube.com/watch?v=4MN0L-dv8xg&index=3&list=PLD74EB1A0A6502F99
https://www.youtube.com/watch?v=sih5QTthurK0&list=PLD74EB1A0A6502F99&index=2
https://www.youtube.com/watch?v=CO213_Gas78&index=1&list=PLD74EB1A0A6502F99
video showing traditional Finnish method of making pine cambium flour (Petunteko):

acorn flour: Native Survival (6 video series on acorn flour)

-The Outsider: 3 videos on various wild flours and wild binder for them -
Billy Rioux-spruce cambium cookies:
https://www.youtube.com/watch?v=Dw8OqjoPOg
-Joe and Zack Survival: wild flours and harvesting them
https://www.youtube.com/watch?v=lc2CPit8N_Q&list=PLD3EA8A5FCD094D4C&index=1
including pine cambium flour and maple cambium flour
https://www.youtube.com/watch?v=uug_WCQBdqk&index=37&list=PLD3EA8A5FCD094D4C
and,
https://www.youtube.com/watch?v=YmdwXrH1_YM

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Maple links below: Native Survival/Mitch

Maple Syrup 2 videos:
https://www.youtube.com/watch?v=Y-UAVKYG31Y&list=PL3n-_mp3iJeg0upL5F27QFPuqBRySL08n&index=65
and
https://www.youtube.com/watch?v=q-rHZX3H_I&list=PL3n-_mp3iJeg0upL5F27QFPuqBRySL08n&index=66
-tapping trees with V-slash technique/Native Survival, 3 videos
https://www.youtube.com/watch?v=m4yc8sqrMhQ&index=72
&list=PL3n-_mp3iJeg0upL5F27QFPuqBRySL08n

and
https://www.youtube.com/watch?v=fhJqvYgj6Yw&index=73
&list=PL3n-_mp3iJeg0upL5F27QFPuqBRySL08n
and

https://www.youtube.com/watch?v=eYWAEUsE7U4&index=74
&list=PL3n-_mp3Ijeg0upL5F27QFPuqBRySL08n

-easy willow spigot for tapping trees: Far North Bushcraft and Survival

https://www.youtube.com/watch?v=qrCCdfNvMR8

Maple sugar over campfire: Native Survival

https://www.youtube.com/watch?v=PfEi24pk2zs&list=PL3n-_mp3Ijeg0upL5F27QFPuqBRySL08n&index=67

Maple candy/toffee

https://www.youtube.com/watch?v=6B3lg87T_2Y&index=68
&list=PL3n-_mp3Ijeg0upL5F27QFPuqBRySL08n

Maple Twig Tapping videos of Native Survival channel: 3 videos

https://www.youtube.com/watch?v=oKvftBtz2Nc&index=69
&list=PL3n-_mp3Ijeg0upL5F27QFPuqBRySL08n

and,

https://www.youtube.com/watch?v=-zubHvLDMhs&list=PL3n-_mp3Ijeg0upL5F27QFPuqBRySL08n&index=70

and,

https://www.youtube.com/watch?v=G47eimuOPCs&index=71
&list=PL3n-_mp3Ijeg0upL5F27QFPuqBRySL08n

Birch tonic: The Outsider:
NOTE (birch has a much lower sugar content than maple but it's sap is turned to syrup, sugar etc...the same way as any other tree sap which is harvested for consumption through tree tapping techniques....links:

acorn/coffee substitute: Survival Lily and *removing the bitterness from acorns: survival lily

https://www.youtube.com/watch?v=GD1xGT05V30

*spring-bracken fiddleheads (fiddleheads only!) identification of when to pick fiddleheads
Barton's Bushcraft [the fiddlehead information is yes, included in the video below, regardless of the title/must watch it through completely!]

https://www.youtube.com/watch?v=Ndw1195Y-JU&t=675s

Eugene Runkis: solar / wind food dehydration, and alternate "pemmican"

https://www.youtube.com/watch?v=s0rsEqjJlhc

- spring fiddleheads- Far North Bushcraft and Survival

https://www.youtube.com/watch?v=CdQzAQ-zCKg&index=5&list=PL_fotv96Eswdx7fy6LoD9V3_lpJElknub

Other links ; bracken rhizome flour:

http://fooddaycanada.ca/articles/bannock-canadas-first-peoples/
cattail "pasta" (not really :) ); The Outsider

https://www.youtube.com/watch?v=eBflORVLNUA&index=3&list=PLVv60L_JAEHYZL2rMT4vU37fvMLgkOCNf
dandelion/cooking and eating video- other:

HT Survival:

https://www.youtube.com/watch?v=ZURmWxoontM

other dandelions/edible:

https://www.youtube.com/watch?v=WZQOiulyi2E
https://www.youtube.com/watch?v=Un1XWVkJMgA0
eating dandelion roots:

https://www.youtube.com/watch?v=gTCDfVNB0OU

cattail: Joe and Zack:

https://www.youtube.com/watch?v=XkXKiYOoaEU

cattail cobs: Shawn Woods; collecting and using cattail pollen: Sean Woods

https://www.youtube.com/watch?v=8S7AB9okbEEhttps://www.youtube.com/watch?v=8S7AB9okbEE&t=12s

other:

NOTE: cattail pollen can be mixed with other wild flours/meals, and a binder (cattail root starch, fresh berries mashed), plaintain seed mucilage) to hold it together.

extracting starch from cattail roots: The Outsider/ALREADY LINKED on link for wild flours

arrowhead tubers: Sean Woods

https://www.youtube.com/watch?v=cZj8z5U7eRE

Other arrowhead (Wapato/Duck potato):

https://www.youtube.com/watch?v=pEVTcbDKSjk&t=85s

Arrowhead harvesting:

https://www.youtube.com/watch?v=e-P_ga6l1k0

curly dock flour from seeds: Joe and Zack Survival

https://www.youtube.com/watch?v=UidA5jos3fg&list=PLD3EA8A5FCD094D4C&index=16

-others links for curly dock flour:
https://www.youtube.com/watch?v=QUih6TnIb7Y
https://www.youtube.com/watch?v=3ttUjIV_kdwE&t=29s
https://www.youtube.com/watch?v=2imYdxYUJ3o
https://www.youtube.com/watch?v=zjx1PfxuEAA
https://www.youtube.com/watch?v=yW1jUGnbX0

clover flour: Joe and Zack Survival (2 videos)
https://www.youtube.com/watch?v=0hRXeOalcRo&index=30&list=PLD3EA8A5FCD094D4C
and
https://www.youtube.com/watch?v=8zOsFr-0e_s&list=PLD3EA8A5FCD094D4C&index=29
Burdock (not to be confused with Curly Dock or Yellow Dock/different plants) root flour: Joe and Zack Survival
https://www.youtube.com/watch?v=avy20R94qk4&index=2&list=PLD3EA8A5FCD094D4C
Burdock root potato chips: Joe and Zack
https://www.youtube.com/watch?v=zQghagDkVrk&list=PLD3EA8A5FCD094D4C&index=6

-The Outsider on edible red clover in batter:
https://www.youtube.com/watch?v=cPKQUOXR24

other resources on clover:
https://www.youtube.com/watch?v=lvj6XXf2ofl&t=2s

I do myself, forage (harvest wild edibles and medicinals) for consumption/wild foods and for making wild teas that have medicinal/health benefits (I have not been into a doctor nor needed a prescription medication for five years since I started doing so more regularly and what I have found is that although I do get the same ailments that most of my family does, that I don’t end up with ongoing problems and infections that require prescription medications...I use herbal and wild treatments for symptoms and to treat some infections for myself and often family who comes to me for help when they have not been well (examples: throat, bladder, cuts/wounds that are festering etc...) and to boost my immune system; and the only things I do buy which I don't or can’t harvest wild here are: tea tree oil, black tea,
liquorice tea with cardoman (spelling?) anyhow...honey, goldenseal, coconut oil...and that's pretty much it. So foraging though, is a broad thing to research actually so the information within this, regarding foraging and plant uses edibly and topically is but a glimpse into the subject, and intended as a starting points...also it is very regional/locale dependent, meaning wild species I'm familiar with and have here, you may not have where you live....It is not just a matter of identifying the plants, it is also knowing when and how and which parts of them to pick, what to use them for, how to prepare and preserve them for later use etc....it's a big subject...but here are some links below as a starting point for anyone to do their own research. So I've included some things below as far as foraging and kitchen items which have health benefits, along with info. on wild edibles which I myself am familiar with, so it is by no means an "exhaustive" list...I often have a supply of the following stored at home: plantain (leaves and seeds), black tea, green tea, tea tree oil, pine and spruce, dandelion leaves and root, thistle seed, cattail pollen, cattail fluff for charcloth, clover (both tea and flour), curly dock seed, pineapple weed(*chammomile family); rosehips, raspberry leaves, and dried bullrush seed; peppercorns(for grinding), dry hot mustard, cayenne, liquorice/cardomman tea; mint, dill, cranberries, garlic, dried onion flakes...I also have a lot of (as far as store bought staples go)...dried beans/barley/lentils/peas....powdered milk which I have used for a variety of things, including making cheese curds like a drier form of cottage cheese kind of...and a lot of cornmeal which I use often as well as a good supply of orzo, oats, rice, corn flour(not meal)...apple cider vinegar, coconut oil, lard, baking soda(a pinch of it in boiled wild greens helps to remove bitterness)...coconut oil, lard, honey, dried fruits and nuts, peanut butter...I make loaf cake/quick breads, fruit cobblers, more than I say, buy or bake cookies for example...my grandkids love them. Those noted staple items are not costly, good shelf life, are versatile in terms of how to use them both for cooking and often can be used for other applications...But one has to take time to find out what these things both wild and otherwise, can be used for and how to prepare them, use them etc..to their maximum benefit...I don't use shampoos on my hair, only natural rinses and oil treatments if it is on the dry side; and it is way better for your hair, and for your skin actually etc....my point is that, what most of us have been conditioned societally to think/believe, we "need", ...we don't...and a lot of it, is not even that good for you.

Wild edibles Info below(for the most part unless noted otherwise, in which case it will also be on northernbushcraft.com in addition to any other links provided) is from this linked site- northernbushcraft and that site contains good photographs of each plant, for identification also :link to that website-

http://northernbushcraft.com/
bullrush seed flour-meal-
bullrush lower base of stalk:
bullrush dried rhizome flour/boiled rhizome sweetener
bullrush stem sap/sweetener (rolled into balls and stored):
curly dock young leaves boiled:
Goldenrod: flowers/seeds edible raw, plants can be cooked
*rose hips
*dandelion root as coffee substitute
*sweetener: cattail roots or bullrush roots boiled
*edible burdock roots
*burdock leaves boiled:
burdock dried root coffee substitute:
*dandelion fritters/edible flowers/edible buds
*dandelion leaves
*dandelion root boiled twice
*dandelion seeds separated from the fluff
high mallow: leaves, flowers, buds, seeds and fruits all edible:
musk mallow: leaves, flowers, buds, seeds, fruits
*plantain seed dried/ground to meal
*plantain tea/leaves
*cooked plantain leaves: chopped fine with the fibrous veins removed
*edible spruce tips, new growth of pine cones (just new/starting), birch tree buds:
https://www.youtube.com/watch?v=L6eQiQ_dqok
Native survival tree buds/cones/new growth tips:
*wild rice links
https://www.youtube.com/watch?v=IN_ftJo_Qgc&t=66s
https://www.youtube.com/watch?v=4sjV6p_YBCQ&t=179s
*wild rice links
https://www.youtube.com/watch?v=wCQfVYiRpsA
https://www.youtube.com/watch?v=Kkwe89p_njl
Other, below found at northernbushcraft.com
*sow's thistle: leaves boiled.
*oxeye daisy, leaves and roots
wood lily flower/bulbs
*breadroot/aka prairie turnip
*wild leeks
violet: plants edible raw
*swamp hedge nettle roots, flowers and seeds
edible rose petals
*ginger rhizome
*salsify: roots, young leaves, young stalks
thistle:
*thistle stalk, *thistle buds(bull thistle)-HT Survival
https://www.youtube.com/watch?v=h2UHyZi53Ts
-additional links to thistle harvesting and benefits of thistle
*thistle and dandelion seed:HT Survival
https://www.youtube.com/watch?v=ZURmWxoontM
edible white or red clover-HT Survival
https://www.youtube.com/watch?v=VWwOw4UFQyE&t=18s
*edible seeds -stinging nettle Survival Lily
https://www.youtube.com/watch?v=jsnJJ1rEBw

*edible roots: thistle and stinging nettle

*edible flowers and leaves rootlets: clover

*edible fragrant water lily leaves in spring best; flowers, flower buds, ripe seeds, rhizomes.

Far North Bushcraft, fragrant water lily leaves:
https://www.youtube.com/watch?v=CdQzAO-zCKg&index=11&list=PL_fotv96EsWH7f1NUWBV--bqJ2X3X

Additional- wild edible plants: Far North Bushcraft and Survival

https://www.youtube.com/watch?v=e-jkgFXBto&index=19&list=PL_fotv96EsWH7f1NUWBV--bqJ2X3X

salad from wild Far North Bushcraft and Survival:

https://www.youtube.com/watch?v=V5C9DoayEw4&list=PL_fotv96EsWH7f1NUWBV--bqJ2X3X&index=2

*jerusalem artichoke tubers (other links: )

https://www.youtube.com/watch?v=uSO8Tu2OZDg

*cooked wood sorrel leaves and flowers:

*bistort cooked:

*bugleweed roots:

*edible pineapple weed "buds"

wild asparagus:

berries:

sumac berry juice:The Outsider

raspberry

raspberry leaves: The Outsider
strawberry
saskatoon berry
blueberry
chokecherry
gooseberry
cloudberry
crowberry
haws(hawthorn)

hawthorn the Outsider:
https://www.youtube.com/watch?v=Q1LnLn4rCnY

cranberry:
ground cherry:

hazelnuts:
sunflower seed:
oxeye daisy:

fireweed:

seasoning: sweet clover-

Mushrooms/edible: the varieties noted below (again all can be found on Northernbushcraft site, the ones noted on these lists for that site, came from the Manitoba plants /mushrooms and berries lists there...the varieties noted on this list of mushrooms below, are easy to identify, and have no toxic look alikes that would be hard to differentiate from, or have no toxic look alikes (these also for my region of Manitoba):

puff
black morel
bear's tooth
jelly ear

hedgehog polypore (hexagonal pores)

fairy ring

Wild Edibles-The Outsider (Ramps/Wild Leeks, Morels, Fiddleheads, Birch Sap)

https://www.youtube.com/watch?v=DZaisrMPDoY

Rose Hips-The Outsider

https://www.youtube.com/watch?v=rshIxBnZoEU&list=PLVv60L_JAEHYZL2rMT4vU37fvMLgkOCNf&index=26

*portable soup: Jas Townsend

https://www.youtube.com/watch?v=2fE5KzvOZRk&t=1s

*ash cakes: Jas Townsend

https://www.youtube.com/watch?v=HFMZc3MqjMk

https://www.youtube.com/watch?v=ldsjJ1w19s

other resource:

https://www.youtube.com/watch?v=tYXJtkxZq_I

making mushroom catsup to use in place of the portable soup for flavoring soups etc...: Jas Townsend: in the video below, he used mushrooms, salt, bay leaves (any herbal seasoning would do such as wild sweet clover/refer to link from northernbushcraft.com manitoba plants list/...he also used onions, horse radish, lemon zest, but in a wild situation one would have to use their imagination, then he added cayenne, and one could use dried ground spring spruce tips...and quarter to half cup wild vinegar (refer to wild vinegar making information)...

https://www.youtube.com/watch?annotation_id=annotation_511757611&feature=iv&src_vid=U8Tw8L3-2Q&v=29uFejNuks

NOTE: wood ash can also be used dry to scour clean pots and pans...

Jas Townsend springtime greens soup using the portable soup: he used stinging nettle leaves, wild garlic, some barley, dandelion greens, see link below
Medicinals/wild:

links: Wilderness Outfitters, Far North Bushcraft and Survival, HQ Survival, Barton’s Bushcraft and other resources below:

willow bark decoction/pain relief: Wilderness Outfitters

https://www.youtube.com/watch?v=EWAKEU-57Do

birch sap-water tonic The Outsider

https://www.youtube.com/watch?v=y1ARkd0EII

https://www.youtube.com/watch?v=n-II6DYPvM4&t=34s

usnea:Far North Bushcraft and Survival

https://www.youtube.com/watch?v=6JgKj6RxnKM

https://www.youtube.com/watch?v=gXUQDQ2Q-II

Spruce pitch-Far North Bushcraft

https://www.youtube.com/watch?v=Wqh8-qe4hrg&index=6&list=PL_fotv96EswdPWPh7fINUWBV--bqJ2X3X

Spring Poplar Buds: Far North Bushcraft

https://www.youtube.com/watch?v=Rz-abamHwp8&index=5&list=PL_fotv96EswdPWPh7fINUWBV--bqJ2X3X

Chaga tea Far North Bushcraft

https://www.youtube.com/watch?v=jnvWOUYm6dI&list=PL_fotv96EswdPWPh7fINUWBV--bqJ2X3X&index=7

wild mint:

https://www.youtube.com/watch?v=MmRnvLU65S4

red clover: linked above already
white clover: linked above already
https://www.youtube.com/watch?v=VWwOw4UFQyE&t=91s

dandelion: medicinal HT Survival
https://www.youtube.com/watch?v=ZURmWxoontM&t=2s

cattail sap: wilderness outfitters
https://www.youtube.com/watch?v=OEC4RXbzo3s&list=PLZLagqyIz3J48LD2b-I2G-648hi5c9bWJ&index=12
goldenrod: wilderness outfitters
https://www.youtube.com/watch?v=SQ64wf6iPl0&list=PLZLagqyIz3J48LD2b-I2G-648hi5c9bWJ&index=4

Joe Pye Weed: Wilderness Outfitters
https://www.youtube.com/watch?v=pfIxnqgVjQ&list=PLZLagqyIz3J48LD2b-I2G-648hi5c9bWJ&index=15

Pine and Pine Salve: Wilderness Outfitters
https://www.youtube.com/watch?v=6GRx4Bjdqy&list=PLZLagqyIz3J48LD2b-I2G-648hi5c9bWJ&index=25

Curly Dock: Wilderness Outfitters
https://www.youtube.com/watch?v=_SonyWYrCXE&list=PLZLagqyIz3J48LD2b-I2G-648hi5c9bWJ&index=7

Staghorn Sumac/juice: Wilderness Outfitters
https://www.youtube.com/watch?v=hVpUNl3P_0E&t=4s

White Oak: Wilderness Outfitters
https://www.youtube.com/watch?v=DKZ835k4Zxw&index=20&list=PLZLagqyIz3J48LD2b-I2G-648hi5c9bWJ

pine needle tea: health benefits
https://www.youtube.com/watch?v=PZSBKrXjJN0
NOTE: one way to tell the difference between Pine and Spruce, is that Pine needles grow out of the bark/branch in clusters....Spruce needles grow out of the branch singly...If a needle can be easily rolled between your fingers, then it likely is spruce, whereas if the needle is flat and does not easily roll, then the tree is likely a fir. Spruce needle tea is also very high in vitamins, and good for you like with Pine needle tea, and Birch twig tips tea...but Spruce is more palatable(tastes better) than the pine.

pine sap/pitch:
https://www.youtube.com/watch?v=Vr1tQuq1rls

spruce gum-medicinal
https://www.youtube.com/watch?v=l3PBP9STRr0

sphagnum moss traditional uses - Sierra Club
http://sierraclubbc.scbc.webfactional.com/education/ecomap/boreal-plains/2cgmoss

cattail fluff and pine resin: see cattail sap link/Wilderness Outfitters

plantain leaves:-Wilderness outfitters
https://www.youtube.com/watch?v=WHQi19Wj1Ys

laxative: horse hoof fungi tea: refer to Bushcraft Bartons horsehoof fungi information

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Additional notes and links

ground black pepper- coagulent for small cuts that bleed a lot

hot dry mustard: used in poultice for bronchial ailments (wilderness situation if you had some in your first aid kit, but without conventional flour or corn starch etc...to use in the poultice to make a paste...one could use wild flours).
black tea: reduces inflammation, draws out infection

thistle seed: liver detoxin, good for gall bladder problems

*rose hips: a single rose hip has more vitamin C in it, than an entire orange. To process them remove the inner seeds if consuming the hip, because they have tiny hairs on them that can agitate the throat (not toxic). If boiling them whole with the seeds, for the juice strain out the seeds and hips.

cardomman spice: used for mental health /schizophrenia, anxiety, depression

Niacin(B3) sources/wild: used for mental health conditions including bipolar, schizophrenia, depression (b3, b12, b6) dandelion, red clover both are good sources of Niacin(B3) for example...

calcium sources wild: dandelion leaves (one serving of dandelion leaves offers the same amount of calcium as about a half a cup of milk).

Honey Medicinal:

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3609166/

https://www.mayoclinic.org/diseases-conditions/common-cold/expert-answers/honey/faq-20058031

* I also have used spicy soups, with lots of cayenne, garlic, chili etc...and found it to be very effective when my kids have been miserable with cold symptoms.

*other food sources: note that I have eaten (although not in the wilderness, rather was served these) snake, and frog's legs and both were quite good...

squirrel

crawfish

frogs legs

grubs:

grasshopper

snake:
*tanning snake hide by smoke: Eugene Runkis

earthworms:

*tracking underwater freshwater mussels- Native Survival
https://www.youtube.com/watch?v=c_lIIFdCX7Ss

other

suggested seeds: rutabaga, jerusalem artichoke, turnips, chives, cherry tomato, tomatillo, flour corn, regular corn seed, amaranth, hull-less grains, dried beans, melons, squash, celery, chick peas, alpine strawberry, carrots, dandelion, clover, hot peppers, mustard, dill, st. john's wort(medicinal/mental health), sunflowers.

for additional tips on offgrid food dehydration and cooking, I recommend also Starry Hilder's videos on how she employs these techniques on her offgrid homestead.

https://www.youtube.com/channel/UCqTGyXH21MTYnMoOZGvX6A

*knowledge bushcrafted pack-frames: Wilderness Outfitters

https://www.youtube.com/watch?v=f6jXcf0pK9U

*steam bending wood:

https://www.youtube.com/watch?v=KYBfisSDNNo

*knowledge--easy solar cooking information links:

https://www.youtube.com/watch?v=pns8pvxSWFl

(Note a solar shield can be substituted(like a car windshield silver shade etc..) for the aluminum foil used in video)....

-knowledge: diy buddy burner

https://www.youtube.com/watch?v=VJjnbrmpejU

A very neat diy fire lighting aid: Far North Bushcraft and Survival

https://www.youtube.com/watch?v=6d_jbm6iCTE&t=286s

*smoke tanning snake skin-Eugene Runkis
Smoking and brain tanning:

Wilderness Outfitters

https://www.youtube.com/watch?v=vt4OrbfDzKk

Other

https://www.youtube.com/watch?v=8L9n8R54A-Y