

# BY MICHAEL DOW

It's hard to imagine a world without the Internet. But what if you had to? Here are some ways to survive without it.

## How to Survive

- 1. **Get a map.** You'll need to know where you are and how to get to where you need to go.
- 2. **Learn basic navigation.** You'll need to know how to read a map and how to use a compass.
- 3. **Learn basic survival skills.** You'll need to know how to find food, water, and shelter.

## How to Communicate

- 1. **Learn basic sign language.** You'll need to be able to communicate with people who are deaf or hard of hearing.
- 2. **Learn basic body language.** You'll need to be able to understand and express your emotions without words.
- 3. **Learn basic hand signals.** You'll need to be able to communicate with people who are blind or visually impaired.

## How to Find Food and Water

- 1. **Learn basic foraging skills.** You'll need to know how to identify and harvest wild edibles.
- 2. **Learn basic water purification skills.** You'll need to know how to filter and purify water from natural sources.
- 3. **Learn basic water collection skills.** You'll need to know how to collect water from natural sources like rain, streams, and rivers.



## How to Stay Safe

- 1. **Learn basic self-defense skills.** You'll need to know how to protect yourself from physical threats.
- 2. **Learn basic first aid skills.** You'll need to know how to treat injuries and illnesses.
- 3. **Learn basic fire-making skills.** You'll need to know how to start and maintain a fire for warmth and protection.

## How to Stay Healthy

- 1. **Learn basic hygiene skills.** You'll need to know how to keep yourself clean and free of disease.
- 2. **Learn basic nutrition skills.** You'll need to know how to eat a healthy diet.
- 3. **Learn basic mental health skills.** You'll need to know how to cope with stress and maintain your sanity.

## How to Stay Warm

- 1. **Learn basic shelter-building skills.** You'll need to know how to build a shelter to protect yourself from the elements.
- 2. **Learn basic clothing-making skills.** You'll need to know how to make clothing to keep yourself warm.
- 3. **Learn basic fire-making skills.** You'll need to know how to start and maintain a fire for warmth.