

# Essential Tools for Unexpected Situations

## Survival: The Rule of Fours – You can die in (approximately):

- 4 seconds from panic and fear
- 4 minutes from lack of oxygen
- 4 hours from exposure to heat or cold
- 4 days without water
- 40 days without food



## Survival Priorities

1. Stress management
2. Oxygen
3. Thermo-regulation
4. Hydration
5. Sanitation & cleanliness
6. First Aid
7. Nourishment
8. Lighting, Communication, Transportation

## Basic First Aid Supplies

- Bandages (small, medium, large – 10 of each)
- Sterile gauze pads (6 or more)
- Butterfly strips (10 or more)
- First-aid tape (2-inch width – one or two rolls)
- Latex gloves (5-10 pair)
- Kling wrap (self-adhering roller bandage – one roll)
- Elastic bandage (3-inch width – one roll)
- Moleskin (for blisters – four 4" squares)
- Safety pins (5-10)
- Syringe (1)
- Needle and tweezers (for slivers)
- Lip balm, sunscreen and insect repellent
- Small scissors
- Scalpel with blades
- Sharp knife
- Bandana (use as dust mask, sling or bandage)
- Antiseptic wipes and hand sanitizer
- Something for pain and inflammation
- Remedies for cold & flu
- Infection remedies

## Suggestions for a Natural First Aid Kit

- Lavender
- Lemon
- Peppermint
- Frankincense
- Thieves™
- Purification™
- Melrose™
- PanAway™
- Peace & Calming™
- Valor™
- Helichrysum
- Trauma Life™
- Inner Defense Capsules
- Animal Scents Ointment (Yes, it is for people too!)
- Thieves Hand Sanitizer
- Thieves Spray (For skin and surfaces)
- Thieves Cleansing Soap
- Thieves Toothpaste (A dab can also be used as a deodorant)
- LavaDerm Cooling Mist
- V-6 (Carrier oil for diluting essential oils)

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\* These statements have not been evaluated by the Food and Drug Administration. Young Living products are not intended to diagnose, treat, cure, or prevent any disease.