RULE OF THREES

For Responding to Emergency Situations

The human body's needs for sustaining life are simple and logical, but they must be taken care of in order of priority or survival is doubtful and death is possible. The times below are averages of life expectancy if the corresponding solutions are not used to meet the body's needs. Remember proper planning, preparation and practice will help save your life in *any* emergency situation.

Time	Body's Needs	Solutions	Details
3 Seconds	**Mental & Spiritual:** **Positive Attitude, Common Sense, Knowledge & Hope**	**S T O P:** **S**it **T**hink **O**bserve **P**lan	Stay in one area, Prevent PANIC, Never give up, Prepare *before* you go, Have Faith
3 Minutes	**Physical:** **Breathing & Circulation, Security**	**CPR, First Aid & Self Defense Skills**	Get trained & equipped
3 Hours	**Body Core Temperature**	Simple **Shelter** from cold, wet, heat, or wind, **Hat**, **Fire** for heat, light, signals, security & optimism	**Proper clothing** kept: **C**lean **O**verheat (don't) **L**oosely layered **D**ry
3 Days	**Water, Rest, Rescue & Voiding**	**Means of water collection & purification**, Simple 3-to-1 **Bed,** Know simple solutions	**Signal** with Fires, Contrasting colors, Very LARGE shapes, Loud sounds, Codes, Motion & Sunlight
3 Weeks	**Food**	**Pocket snacks** of complex carbohydrates	Eating wild things can be very hazardous & is seldom necessary

Multi-purpose essential pocket items that help meet your body's needs include:

- Bandanas (3)
- Pocket knife or multi-tool
- Whistle
- Signal mirror
- Heavy-duty extra-large garbage bags
- Small flashlight or head lamp
- Fire starting kit
- Metal cup or water bottle
- Small first aid kit & Meds
- Bag of snacks (dried fruits & nuts, hard candies, gum)