

EVERYDAY SURVIVAL ITEMS



RONALD WILLIAMS

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Ronald Williams

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INTRODUCTION

Hi, thank you for downloading my book, “Everyday Survival Items.” I hope you like it!

In this straightforward yet information filled guide, we are going to talk about everyday items that you have in your house and a myriad of different lifesaving survival uses for each one.

The specific everyday items that we are going to talk about include each of the following:

- Aluminum Foil
- Baby Wipes
- Belts
- Buckets
- Cat Litter
- Chocolate
- Dental Floss
- Duct Tape
- Fishing Line
- Frisbee
- Garbage Bags
- Paperclips
- Shoelaces
- Soda Cans
- Zip Ties

The goal of this book is to help make you more resourceful and see renewed value in the simple things that you had previously taken for

granted.

When you do find yourself in a real life-or-death survival situation, one or more of these items just may be what saves your life.

Let's get started, shall we?

Aluminum Foil

You more than likely have aluminum foil in your kitchen right now. Nonetheless, it's still an item that very few people ever think about including in their survival kits or bug out bags.

This is a huge error, because the truth is that aluminum foil is a highly versatile survival item and something that you will not want to be without.

What makes aluminum foil so special? We'll go over a few survival uses for aluminum foil right now:

Use Aluminum Foil To Build A Makeshift Oven

If the power goes out and you have to now cook food without your stove or oven, then aluminum foil will be a lifesaver.

With little more than a cardboard box, some aluminum foil, and some sunshine, you can literally make your very own survival oven that will work almost as good as your real oven.

Follow these steps:

1. Open up your cardboard box

2. Line the inside of your box with the aluminum foil
3. Place your food inside an oven bag
4. Now place your oven bag with the food in it inside the box
5. Make sure that the box is facing the sun

Eventually, your oven will be able to gain temperatures on the inside of almost 200 degrees Fahrenheit, and you'll be able to cook whatever you want inside of it rather quickly!

Make A Warm Bed With Aluminum Foil

If you ever have to sleep on the ground, your two priorities must be to stay warm and dry. Aluminum foil can help you here because it provides critical insulation in between you and the cold soil.

Simply place a sheet or two of aluminum foil underneath your sleeping bag, and the foil will then warm up the sleeping bag, which in turn keeps you warm.

Stay Warm With Aluminum Foil

This same principle can be used to keep yourself warm in virtually any situation. If the power is out during the winter but the sun is shining, tie aluminum foil across your windows that face the sun, and whatever room is connected to the window will start to warm up.

If you're stranded in the wilderness, just tie a single sheet of aluminum foil behind a fire and between two trees, and the heat

created from the fire will reflect off of the aluminum foil and back to you. This will be especially important in extremely cold or frigid conditions.

Use Aluminum Foil To Signal For Help

You can also use aluminum foil to signal for help. Thanks to its bright properties, the sunlight will reflect off of the aluminum foil and can attract the attention of hikers, pilots, or whoever.

Tie several sheets of aluminum foil on the ground in a flat and clear area under the sun, and then go about your other survival tasks while the foil will signal for help throughout the day.

Go Fishing With Aluminum Foil

Fish are an excellent source of protein in a survival situation, and you can easily improvise your own fishing gear in the following ways:

- Use any strong branch or stick as the fishing pole
- Use your shoelaces or natural vine as the line
- Use a paperclip, safety pin, or soda can tab as the hook
- Use worms you dig up from the ground as bait
- Use a piece of shiny aluminum foil as the lure

Fish are attracted to literally anything that is shiny, so just a single strip or piece of aluminum foil on your line will be enough to get their attention.

Baby Wipes

Even if you don't have an infant, baby wipes are still a very handy survival item and something that you would be wise to include in your survival kit.

So long as you keep the container of baby wipes sealed so they maintain their moisture, you will be able to use them for the following purposes:

- Wipe Your Hands (such as after using the restroom and before eating)
- Clean Your Sticky Hands
- Cool Down Your Forehead
- Sanitize Any Surface For Bacteria and Germs
- Wipe Down Cooking Utensil and Plates
- Face Mask
- Wipe Your Pet's Feet
- Dish Rags
- Toilet Paper (last resort)

And honestly, there are even more uses for baby wipes beyond those. But you get the idea, baby wipes can be quite handy!

Belts

Almost everyone wears a belt every day, and in a survival situation you'll be able to use them for the following purposes:

Carry Tools and Weapons On Your Person

This is perhaps the most obvious use for a belt in a survival situation, but it's also a very handy one: you can carry your tools and weapons on your person for quick and easy access while you travel.

Examples of what you can carry include a hatchet, knife, a pistol, spare ammunition, a flashlight, a handsaw, a hammer, a screwdriver, a wrench, and so on.

Medical Applications

You can also use a belt for a number of medical applications, including the following:

- Sling Should You Suffer A Broken Arm
- Tie As A Tourniquet Above The Site Of An Open Wound
- Tie A Splint To A Broken Arm Or Leg
- Use To Pull A Stretcher

Carry Firewood With You As You Travel

If you come across an area of dry wood, you can carry that firewood with you in a bundle using your belt.

Cut Up Into Cordage

If you have an old belt that's off little use to you anymore, don't throw it away. Instead, use scissors or a knife to cut up into smaller pieces that you can use as cordage.

Defensive Weapon

Yes, you really can use a belt as a highly effective defensive weapon. Just sharpen the prong of the buckle, and then grip it by the other end. You now have a whip that you can use to keep opponents at bay, while the sharpened buckle can inflict some serious damage upon them.

Buckets

A simple five gallon metal or plastic bucket will be an awesome item to have in a survival use for a number of reasons. What's also awesome about buckets is they are everywhere and are extremely cheap.

Here is a list of things you can easily do with a simple five gallon bucket:

- Store and Carry Food, Water, Seeds, Ammunition, And So On
- Mix Liquid Fish Fertilizer (for gardening)
- Create A Hydro Electric Generator
- Use As A Makeshift Toilet (last resort option)
- Make A Trap For Small Game (place in a hole in the ground)
- Distill Liquid or Ferment Beer
- Build A Water Filter
- Use As A Livestock Feeder
- Wash The Dishes
- Milk The Cow

- Gather Edibles While Foraging
- Use As A Club Defensively (metal buckets work best here)
- Fill With Rocks To Use As An Anchor
- Mix Together Concrete
- Use For Bathing Purposes
- Set Up A Fishing Trap
- Use As A Helmet

Cat Litter

Even if you don't have cats, cat litter is still something that you may want to stock up on.

For example, did you know that you can use cat litter to give your feet traction while walking over icy roads. If you are ever forced to abandon your car in a blizzard or winter conditions, the roads will be slick and hazardous and could result in you falling and sustaining an injury.

Fortunately, you can throw a little cat litter on the ground on the icy areas to give your feet excellent traction in the iciest of roads. It's a cheaper choice to ice melt or salt.

You can also use cat litter to repel pets. While the majority of people do not know this, rodents such as mice and rats hate the mere smell of cat litter, so by sprinkling a little litter outside of your food you will keep those rodents away and your food protected.

Finally, and this might have been the survival use that came to mind for you when you thought of cat litter, but when setting up a restroom area at your survival camp, you can sprinkle cat litter over your makeshift toilet to help absorb the bad smells that are created from human waste.

Chocolate

Everyone loves chocolate! Well, okay, almost everyone. I love chocolate at least, and there's a pretty good chance that you like it as well.

Chocolate is actually a legitimate item to stockpile for survival purposes. Why? Let's take a look:

To Relieve Stress and Boost Morale

Any survival situation is going to inflict its toll on your emotional health, and assuming that you enjoy the taste of chocolate, it can definitely help to relieve your stress and boost your morale.

There is also a strong scientific case that chocolate can cure part of your stress as well. Chocolate is made up of chemicals that are designed to improve the circulation of your blood, while also acting as a mild stimulant. The result is that you should feel at least a little bit less stressed regardless of whether you enjoy the taste of chocolate or not.

Trading Commodity

Even if you hate the taste of chocolate, lots of other people love it. Therefore, chocolate can be a very useful trading and bartering item to have such as during an economic collapse where paper money becomes worthless.

Get A Fire Going

Take a beer or soda can and then use chocolate toe polish the bottom of it. Now just position of the bottom of the soda can in between the sunlight and your kindling, and smoke should soon start to appear. Blow on that smoke to convert it into a flame.

Rust Preventer

You can use chocolate to effectively prevent rust from growing on anything metal, whether it be a knife, sword, saw, hatchet, axe, machete, basic tools, firearms, or whatever.

Just apply a very thin coating of the chocolate to the metal, and it will act as a barrier against moisture and water that would result in rust forming.

Dental Floss

Here are some survival uses for dental floss in a survival situation:

- Dental Hygiene – Obviously
- Tripwire – wrap around your campsite; since it's so thin, nobody will see it
- Improve Your Matches – wrap several strands around the top of your matches, and the wax on the dental floss will cause them to burn significantly longer
- Clothesline – tie several strands between two trees, and you can hold up virtually any kind of clothing. Plan on two strands for holding up socks and underwear and four strands for holding up pants and T-shirts.

- Build A Shelter – use the dental floss to lash poles and branches together and tying your tarps to trees.
- Replace Your Shoelaces – pretty self-explanatory.
- Sewing and Sutures – with the aid of a needle, use dental floss to tie up your backpacks, clothes, blankets, or an open wound to prevent the onset of infection

Duct Tape

Duct tape is just awesome, and I continue to be impressed by it each time I use it.

Here is a list of ways duct tape can help you out in a survival situation:

Repair Anything

Yes, duct tape can repair literally anything and everything for you. Examples of what duct tape can fix for you include the following:

- Tarp
- Tent
- Fishing Pole
- Clothes
- Windows
- Gun Stocks
- Cars

I actually think it's far more difficult to think up of things that duct tape can't fix versus what it can fix. For this reason alone, including duct tape in your survival kit or bug out bag is essential.

First Aid Usage

Duct tape can also save your life, literally! Examples of how you can use duct tape in a medical or first aid situation include the following:

- Tie splints to a broken arm or leg
- Wrap up a sprained ankle
- Use as a sling for a broken arm
- Bandage up an open wound

Random Survival Uses

There are also a variety of just random survival uses for duct tape as well. Examples include:

- Reseal up a used food package
- Wrap around the top of your boots or shoes to insulate them in cold weather
- Wrap a knife to a pole to make a defensive knife spear
- Whatever else you can come up with!

Fishing Line

The obvious survival use for fishing line is to use it, well, as fishing line! Fish are definitely one of the best and easiest sources of protein in a survival situation, if not the best and easiest, so that is good enough reason alone to include fishing line in your survival kit or bug out bag.

Nonetheless, there are additional survival uses for fishing line too, including the following:

- Tie A Perimeter Around Your Campsite: just like with the dental floss. Tie soda cans with pebbles to the fishing line so you can be alerted to intruders.
- Shelter Building: fishing line will definitely come in handy for tying things together on your shelter.
- Clothesline: pretty self-explanatory.
- Wrap A Knife To A Pole To Make A Knife Spear (like with the duct tape as we just discussed).

Frisbee

You might, understandably, be surprised to see a frisbee including on this list. After all, it's not commonly cited as a survival item.

Nonetheless, a frisbee can and will prove its use to you in a survival situation, thanks to the following purposes:

Play Games To Pass The Time And Boost Morale

This is the most obvious use for a frisbee in a survival situation. You can still have fun in a survival or disaster scenario because you will need to find ways you can boost the time and keep your morale boosted.

Collect Food and Water

You can set up clean Frisbees outside to collect rainfall, and you'll get at least one to two cup's worth of it. Or you can use a Frisbee to scoop up the water from a natural source such as a lake or stream.

When foraging for wild edibles, you can easily collect what you find in your frisbee.

Defensive Weapon

Seriously, you can use a frisbee as a defensive weapon? Well, if you think about it, you can use practically anything as a weapon if you choose to use it in the weaponly manner.

The advantage to a frisbee as a weapon, however, is that you can throw it to strike the face of an opponent from a distance. While it won't incapacitate them (unless if you hit them extra hard), but it will stun them and give you the chance to either flee or attack again.

Signal For Help

If you use a frisbee that is a bright color such as yellow, orange, or red, you can wave it around to hopefully attract a pilot's attention.

Paddle

If you have a raft of some kind, you need a paddle, and a frisbee can easily fit the bill here.

Fan

Pretty self-explanatory!

Garbage Bags

If I had to nominate something as the single most versatile survival item ever, by choice just might be garbage bags. Garbage bags truly do deserve far greater recognition as a survival item, thanks to the following purposes:

Build A Shelter

A garbage bag can serve as the flooring, the roof, or the walls of your shelter, and it will easily resist wind and the rain if properly secured.

Make A Mattress

Fill up your garbage bag with leaves and/or pine needles and then tie it shut. You now have a mattress that will be quite comfortable

and more importantly serves as critical insulation in between you and the cold ground.

Poncho

This is my favorite use for the garbage bag. Just cut a hole in the top and then two more holes in the sides and just like that you have a rain poncho!

Signal For Help

Is your garbage bag brightly colored? If so tie it to a stick and wave it around to attract help!

Catch Rain

Don't let falling rainwater go to waste. Tie your garbage bag between three or four trees and it will collect water as it falls.

Wash Your Clothes

Put your dirty clothes into your garbage bag. Now fill up your garbage bag with some warm water and at least a half cup of baking soda or laundry detergent.

Shake the garbage bag around vigorously for two to three minutes and then drain out the water. Pour in more water but without the baking soda or soap, and then shake it around vigorously again for the same amount of time.

At that point, you just have to leave your clothes out to dry!

Build A Solar Still

You can also turn a garbage bag into a solar still to collect water. Just dig a hole, around a foot and a half wide and deep, and then put a container in the middle of it surrounded with green vegetation.

Cover the hole with the garbage bag and hold it down with four rocks, with one more rock in the middle of the bag weighing it down over the container.

Check up on it several hours later, and condensation will have dripped down into the container for you to drink.

Paper Clips

A paper clip doesn't just belong in your workspace or office. It also belongs in your survival kit!

There are a number of uses for paper clips in a survival situation, including the following:

- Replace zipper tabs on backpacks or clothing
- Cut and shape into fishing hooks; sharpen the end
- Build a makeshift compass: just set a leaf on a cup of water, turn your paper clip into a straight line, magnetize the paper clip with a knife, and then set it on the leaf. Wait one minute and it will point in a south to north line.
- Splint For Broken Toes and Fingers

- Replace Your Key Ring
- Get Rid Of Any Gunk and Debris Beneath Your Fingernails
- Turn Into A Sewing Needle

Shoelaces

Your shoelaces will also serve a number of important survival uses, including the following:

- Clothesline
- Tourniquet
- Sling
- Tying A Splint
- Use As The String For A Bow Drill
- Fishing Line
- Leash
- Pulley Line
- Hang Up Your Food
- Build Traps and Snares
- Unravel Into Smaller Strands

Pretty straightforward, but you get the idea.

Soda Cans

After you drink the soda (or beer) in a can, DO NOT THROW THE CAN AWAY.

There are an extremely wide variety of survival uses for an ordinary soda can, a number of which we will talk about here.

Build A Fire

Polish the bottom part of your can with chocolate. Now position the bottom part of the can in between the sun and the charcoal. Hold the can here, and soon smoke will start to appear on the charcoal.

Blow onto the smoke to turn it into fire, and then progressively add more fuel and kindling to get a full fire going.

Make Charred Cloth

Charred cloth is an incredible survival asset because of how easy it is to start a fire with it. It also just so happens that a soda can is one of the best ways to make charred cloth.

Take a soda can and stuff tree bark, cloth, cotton, and wood in it. Cover up the opening part of the can and then toss it into a fire for at least five minutes.

Now drag out your soda can and wait for it cool. Cut it open with a knife or scissors, and the charred cloth will be waiting for you inside.

Boil Water

A soda can is a superb choice for boiling water because of the tab. You can tie string to that tab to easily hold it over a fire. Boil the

water for a minimum of fifteen minutes before you allow it to cool and drink.

Make A Fishing Hook Out Of The Tab

Pry away the tab from your soda can and then cut it into the shape of a fishing hook. Sharpen the point and then tie it to your fishing line.

Build A Stove

This is a fun little DIY project that will be very useful in a survival situation as well.

Just follow these steps:

1. Cut your soda can into two
2. Pour three ounces of alcohol into the bottom half of the can
3. Punch holes around the top part of your can in a circle, using a knife
4. Slide the two soda can ends back together
5. Light a match or a lighter and hold the flame over the can
6. The alcohol will catch fire and flames will get out of the holes

With this stove, you can now cook food or get warm (or both!)

Build A Makeshift Lantern

You can also use your soda can to build a makeshift lantern. Just follow these steps:

- Cut a piece out of the middle of the can (a square shape works best)
- Place a candle into the soda can
- Light it up
- Tie a string to the tab of your soda can to carry your lantern around

Zip Ties

The last everyday items that we will take a look at are zip ties. Zip ties are another multi-purpose item that deserve more attention among survival circles.

Here is a list of ways you can use zip ties in a survival situation:

- Lash gear to a backpack
- Replace your backpack handle
- Wrap around your boots for greater traction in the snow
- Replace your shoelaces (they actually work surprisingly well!)
- Restrain a prisoner
- Mark trails (brightly colored zip ties work best here)
- Belt Shelters

- Fashion a tourniquet or splint

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About The Author

Ronald Williams is an accomplished outdoorsman, survivalist, and survival writer whose passion is making sure that people are equipped with the knowledge and skills they need to outlast any kind of unexpected survival or disaster situation that comes their way.

Most importantly, Ronald wants to make sure that each person understands that disaster preparedness is a major responsibility to take not only for the safety of themselves, but for their friends and families as well.

Drawing upon both his extensive knowledge and his personal experiences, Ronald's books and articles have helped thousands of

men and women across the globe learn how they can properly prepare themselves and their families for whatever unexpected disaster scenario comes their way to boost their chances of survival and ensure that they make it out alive.

Ronald has ghostwritten hundreds of articles on disaster preparedness for various reputable survival publications, including Off The Grid News.com, Survival Sullivan.com, Reloader Addict.com, Urban Survival Site.com, Survival Know How.com, and Legally Concealed.com.

When Ronald's not writing, he's usually camping, hiking, hunting, fishing, teaching others about survival and disaster preparedness, and spending time with his friends and family.