



The Rule of Threes

The *Rule of Threes* provides a guideline of how to prioritize tasks and how you expend energy on the basic survival priorities: first shelter, then fire, then water, and then food.

The average human can survive:

- **Three minutes without air** - The first thing to consider is your immediate safety. You can escape from a burning home or sinking vessel, but you must act quickly and without panic.
- **Three hours without shelter** - Bitter cold or extreme heat can wreak havoc on your survival plans as your body attempts to self-regulate its core temperature. In these cases, shelter or cover must be a top priority.
- **Three days without water** - The human body is approximately 50% water; therefore we need a constant supply of fresh drinking water to survive. The average person needs to consume at least two liters per day.
- **Three weeks without food** - Food, typically the first concern for the inexperienced survivalist, is actually much less important than the other, more pressing items.
- **But only three seconds without hope** - Everything else is irrelevant without hope. If you lose the will to live, all of the knowledge, skill and experience mean nothing.

The Rule of Threes is not set in stone - there may be situations where finding water takes a higher priority than building a shelter. Every survival situation is different and you must use the most important tool you have with you at all times - your brain.

Know *The Rule*, but be flexible. Adjust and adapt as the situation demands, but at all times, maintain a positive attitude. More than any other learned survival skill, your attitude can determine how successful you will be in your situation, and even whether you get out alive.