Survival Mindset

Core Survival Needs

There are three absolute needs that must be met in order for the human body to function - these are the *Core Survival Needs*. These needs help to maintain the basic function of homeostasis, core body temperature and basal metabolic functioning. These *Core Survival Needs* are to obtain and drink Water, provide warmth thru Fire, and provide protection by Shelter.

Water

Dehydration is the single greatest threat to survival next to hypothermia. Water is essential to maintain core body temperature and thermoregulation. Water also helps to regulate the circulatory system which impacts on every organ of the body. Without sufficient fluid intake, the basic metabolism of the body also begins to slow down, only maintaining the most essential body functions which impacts the ability to maintain physical activities.

Fire

Hypothermia is the single greatest threat to survival that a body faces. A decrease of as little as 5 degrees Fahrenheit lead to a life threatening situation; a decrease in 10 degrees impairs brain and organ function and can lead to death. A fire will provide warmth, a means of drying wet clothing, and a method of boiling to disinfect water or melt snow. It is also a means of signaling for rescue.
Fire helps to provide external heat which can help to maintain core body temperature and protect from the onset of hypothermia.

Shelter

Maintaining core body temperature is essential to survival. Keep yourself dry in a cold wet environment, or cool in a hot environment is key to maintaining core body temperature. Shifts in core body temperature in either direction can be deadly. Shelter prevents loss of body heat and prevents you from becoming wet; it also provides protection from high temperatures and extreme sun which will help to prevent overheating or hyperthermia.
Maintaining core body temperature is absolutely essential to maintaining organ function and the ability to think clearly in any situation, and is especially important in a survival situation.