



The SURVIVAL SHOW PODCAST

EPISODE - #019

Live Life Large - Success, Failure and Wisdom of Dave Canterbury

SUMMARY

On the show today is guest, David Canterbury. A survival expert, with several TV shows, 6 books, a survival school, and one of the longest running survival YouTube channels EVER under his belt, who uniquely attributes his wide array of skills and depth of knowledge to his followers, fans, and older-and-wiser folks who have come alongside him and challenged him to think in new ways. Ego is a disease that keeps us from being able to learn and grow, and David Canterbury gives us a fresh vision for the good we are missing out on by not being able to control that ego, and not only be able to learn from others, but also help anyone and everyone, whether there's something in it for us or not.

He also simplifies some of the essential aspects of survival for us, giving a clear idea of what should be most important when we find ourselves in a survival situation, as well as training ourselves to have a positive mindset and solid practice of essential skills, so that when bad things happen, we aren't shaken. You can get through anything as long as your mindset is in the right place and you know what you need to do, and David C. gives us some pointers in getting us to that point of becoming comfortable being uncomfortable.

David also shares some behind-the-scenes insight into Survival TV, and the realities of those reality shows. He points out the strengths and weaknesses of such shows, as well as his desires to be the best he can be in these opportunities.

TIMELINE

- 00:00 Introduction.
- 04:45 Dave's back-story.
- 14:20 Mindset.
- 15:40 Priorities of Survival.
- 18:00 Advance Self-Preparation.
- 20:30 Start with the Basics.
- 24:33 Survival TV.
- 29:15 Dave's Books.
- 38:20 Disciplines for Writing.
- 42:50 Humility Will Help You Grow.

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Quotes

@14:30

"99% of the scenarios that people call survival, are nothing more than inconvenient camping. I didn't plan to be here tonight, but I've got to deal with it. Become comfortable being uncomfortable."

@21:00

"Everybody wants the romanticism of primitive skills, but primitive skills should be the last thing you have to rely on."

Notes



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MINDSET FOR SURVIVAL @14:20

Your mindset is what sets the tone for your ability to survive.

In this day and age, people think that if you have to spend the night in the woods and you didn't plan on it, it's 'survival'. If I don't have a match to light the next fire, it's 'survival'. 99% of the scenarios that people every day call survival, are nothing more than inconvenient camping. They are the, "I didn't plan to be here tonight, but I've got to deal with it," sort of scenarios. We need to become comfortable being uncomfortable.

Get your mind set to the fact that, 'it's not that difficult as long as I stay on task'. If you understand the fundamental basics of building shelter, making a fire, sanitizing groundwater, and the basics of signaling and navigation, it really isn't rocket science. Once you know those basic things, you can put them in a checklist in your mind, and say, "OK, I'm stranded, I've sprained my ankle....what's next. What's the first task I need to accomplish...and then the next one...and then the next one." When you set your mind to think about those things, it takes your mind off of the "oh crap" scenario you may be in.

SOME SURVIVAL PRIORITIES:

- Self-Aid has to be #1. If you can't move, or if you're bleeding....you can't do anything. You need to be able to do first aid on yourself, and assess any injuries and what to do about them.
- Everything else after self-aid is usually environmentally and/or situationally dictated. There's no set list you can follow every time. Fire may be a priority first if my clothes are soaking wet....but shelter may be a priority in other scenarios.
- Hydration and maintaining your body's core temperature have to go next after your basic first necessities are taken care of.
- A reasonable list as far as priorities go would be: self aid, fire, shelter, water, signal for rescue/navigation.
- Food doesn't even come into the equation unless you're going to be there for 3 or 4 days. And hopefully, you won't even need it at all, provided you planned ahead enough that someone is going to come rescue you, and you didn't leave the house without telling anyone where you were going, etc.

ADVANCE SELF-PREPARATION. @18:00

Taking some simple steps of preparation before you go out can save your life.

If you are going out on a trip, or even just going out for a few hours, doing the following first:

- Tell someone where you're going.
- Tell them what you are doing.
- Tell them what you are driving.
- Give them your license plate number.
- Tell them when you're coming back.
- Give them the route you are planning to take.
- Let them know of any stops you are planning to make on the way there or back...and what your plan is in case of a delay.
- Make sure you always take certain emergency items with you...such as your Bug-Out-Bag.
- Make sure you have the skills to keep yourself alive and affect self-aid. Navigation skills are also

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incredibly important and under-rated.

- BONUS: Tell someone what type and/or brand of boots you are wearing, because in the case of trackers needing to be out looking for you, they can identify your tracks more easily.

ACTION ITEMS for the Week - Do The Following to Be Better Prepared :

1. Understanding the basic level kit that you're carrying and how to use the things in that kit is much more important than knowing how to make a fire by rubbing two sticks together. Go through your survival kit/Bug Out Bag one item at a time, and learn how to use them.
2. Practice the skills. Practice using your survival gear. Practice setting up your tarp. Practice building a fire. Do it till you can't do it wrong. The best place to start practicing most of these skills is in your own back yard. You don't have to go out to the woods to get practice time in. In fact, many times it is better to just stay close to home while you practice your skills and test new gear.
3. Practice humility, and put your ego on a shelf. When you have ego, it makes it very difficult to learn. You have to be willing to take suggestions from others. Try to learn something you didn't know from someone else every day.

ADDITIONAL RESOURCES - From David and Craig...

[Live Training Classes](#) @ Nature Reliance School: www.NatureReliance.org (Craig's School)

[YouTube - Nature Reliance School](#) (Craig's Channel)

[YouTube - Ultimate Survival Tips](#) (David's Channel)

[MSK-1 Survival Knife System](#) (David's Knife): www.MSK1Knife.com

[Ultimate Survival Tips - Website](#): www.UltimateSurvivalTips.com

[Free Survival e-MAG](#) (From Ultimate Survival Tips)



[BOOK: Extreme Wilderness Survival](#) - By Craig Caudill: <https://amzn.to/2DQczdQ>

[BOOK: Ultimate Wilderness Gear](#) - By Craig Caudill: <https://amzn.to/2DQiY8H>

[BOOK: Essential Wilderness Navigation](#) - By Craig Caudill: <https://amzn.to/2PL7YQx>

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CRAIG is the founder of Nature Reliance School and the Author of: [Extreme Wilderness Survival](#), [Ultimate Wilderness Gear](#) and [Essential Wilderness Navigation](#).

DAVID is the Founder of Ultimate Survival Tips, Author of *Tiny Survival Guide*, Designer of MSK-1 Survival Knife System and a Former US Marine.

PRODUCER BEN is a Jack-Of-All-Trades. He can build a house, fix almost anything, and produce a great podcast. When he's not working on podcasts, He's helping David manage Ultimate Survival Tips.



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