

Survival Show Podcast - Notes:

#110: Disaster-Proof Your Winter Driving + 7 Vehicle Emergency Hacks

[PODCAST DESCRIPTION]

▶ Winter driving is the highest risk emergency threat you may face all year. When temps plunge below freezing everything changes and you could find yourself thrust into a life-threatening situation. So today we are going to dig into winter driving disaster prevention with my friend Author, and the founder of Nature Reliance School, Craig Caudill.

▶ Checkout David's NEW PACK-1 Knife: <https://www.pack1knife.com>

▶ Get the **SHOW NOTES** (with gear links) **HERE**: <https://ultimatesurvivaltips.com/blogs/the-survival-show>

▶ Checkout Craig's Website and Cool Gear and timely information: <https://naturereliance.org/>

▶ Visit ULTIMATE SURVIVAL TIPS Website: <https://ultimatesurvivaltips.com/>

ADDITIONAL Resources and Links:

▶ David's **NEW Tiny First Aid Guide @ Amazon**: <https://amzn.to/3vRf49z>

▶ David's **MSK-1 Knife**: <https://ultimatesurvivaltips.com/pages/msk-1-knife>

▶ **Harvest Right Freeze Dryer SPECIAL DEAL**: Use Link: ultimatesurvivaltips.com/freeze (For FREE Shipping, Upgraded Premium Pump and Starter Kit)

[SHOW START HERE]

[OVERVIEW]

Welcome to THE SURVIVAL SHOW Podcast - I'm David... the founder of Ultimate Survival Tips and your host for today's show...

Winter driving is the highest risk emergency threat you may face all year. When temps plunge below freezing everything changes and you could find yourself thrust into a life-threatening situation. So today we are going to dig into winter driving disaster prevention with my friend Author, and the founder of Nature Reliance School, Craig Caudill.

We'll breakdown...

- Recent winter events that lead to people dying in their vehicles and how their deaths may have been prevented.
- We'll dive into why vehicles give people a false sense of security and FOUR different ways vehicles fail and can put you in a life threatening situation.
- Then we will share with you a simple method used by the US Marines to evaluate any situation and avoid risk that may threaten your life.
- Then we will discuss the three major threats you face ANY time you drive and how to put an additional buffer layer of safety between you and a vehicle crash.
- Then we will leave you with 7 vehicle emergency PREVENTION tips you can put into practice today
- AND a LOT More...

[SPONSOR SPOT - PACK-1 Knife]

But before we get into all of this great content with Craig... I have an exciting announcement for you...

Christmas is over and you were hoping that someone would read your mind, take your NOT so subtle hints or spy on your Smokey Mountain Knife works cart - and

see that all you REALLY wanted for Christmas was a great all around survival, bushcraft, camping and utility knife...

And not some Cheap Chinese blade - but a sweet custom knife that is engineered and MADE in the USA.

But they didn't. And here you are... stuck with last year's knife... and socks.

Believe it or not, I actually asked for socks... and you know why???

Because I DO have a great knife... and you can too...

So you ask, "David, what is this great knife you have???"

Well I'm glad you asked...

It is the new PACK-1 Knife - you know... the one I have been hinting at for nearly 3 years on this PODCAST... as the "Super Secret" Knife I am working on...

Well it's finally here... and a few of you lucky souls can have a limited first edition (with a certificate of authenticity including the knife number) of this BEAUTIFUL and incredibly functional custom knife made exclusively for me - for you - by TOPS knives in GOOD Old Idaho USA.

SO David, tell me more... you say...

Well here's the basics in a nut shell:

PACK-1 Stands for Personal Adaptable Camp Knife - but it's sooo much more than what four words can say... It's versatility on steroids meeting legendary bladeness. That's seven words but it still doesn't say enough...

So here's the 30 second version...

PACK-1 is designed to be a true one knife solution that will lighten your load and allow you to pack JUST one knife for camping, hunting, bushcraft, bug out, survival, self defense and even combat (yep we've gotten the nod from a few special forces brothers and even a two star general).

The PACK-1 knife was inspired by three iconic blades... the Samurai Kwaiken self defense dagger, the Scandenavian puukko (bushcraft blade) and the MSK-1 Multi-Scenario Knife.

PACK-1 carries forward the majors features advantages and benefits of the MSK-1 in a streamlined, lighter weight and more affordable package.

The result is a ridiculously rugged, shaving sharp and outrageously adaptable legacy knife - that is build for a lifetime of use - THAT is light in the hand, ready for any task and is compact enough to always be by your side.

PACK-1 is loaded with 10 features you won't find in any other utility, camp knife... and includes my exclusive field removable handle slabs and 20 item micro handle survival kit... just like my MSK-1 knife.

To learn more and see the sweet launch video producer Ben and I put together for you... VISIT... Pack1Knife.com or UltimateSurvivalTips.com.

Don't miss this rare opportunity to secure your first run, collectors edition PACK-1 knife with certificate of authenticity and knife number at Pack1Knife.com.

You're going to love this knife.

OKAY... Let's get into the show with Craig.

Listen to the Podcast: [Click Here](#)

Download FULL Show Notes PDF: [Click Here](#)

Here's ALL the Emergency, Disaster / Survival Gear [We Recommend](#)
[CLICK HERE](#)

See Notes Below for Links to Items Mentioned in this Podcast...

[DISCUSSION POINTS]

David and Craig Banter...

Discuss recent sever weather around the USA.]

BIG IDEA: Winter driving is the highest risk emergency threat most people in cool climates may face all year - be prepared and take preventative measures and use wisdom to reduce your risk of harm on the roads in poor conditions.

Point #1: Vehicles can give a false sense of security.

- Do NOT over estimate ALL WHEEL DRIVE or Four Wheel Drive.

I've lived in North Eastern towns for my entire life. From Northern Vermont to Pennsylvania. In all of my experience I have seen more Four Wheel Drive vehicles stuck off the road than any other category of vehicle. **(WE WILL DISCUSS KNOWING Your Vehicles in a Minute)**

- Do NOT overestimate the protection of the micro climate inside your vehicle. It is temporary. When your vehicle eventually shuts down (in 1 - 4 hours+/-) you will

lose heat. Power. Communication. And in an extreme cold, ice, or snowy weather event you could be stranded in a very cold coffin.

Vehicles FAIL in Different Ways:

FUEL Issues: Out of fuel, frozen fuel or line

Power Issues: Dead battery, Broken Alternator, Electrical problem

Combustion Issues: Clogged Exhaust, Air Filter Carburetor Issues

Human Error: Crashes etc.

Point #2: Dangerous Road Conditions Increase Variables Beyond Your Control

Our GOAL in Preparedness is to Always Increase the ODDs in Our Favor.

We ALWAYS Want a Margin of Safety to Be able to ABSORB Unexpected Variables and Threats.

This is what Prevention, Planning, Preparing, Practicing Your Plan is all About

REMEMBER the Critical Rule of THREE (Three Anomalies are Generally a Warning Sign that You Should Not Ignore. Reevaluate and Change Your Plan.

Icy Roads, Poor Visibility, Feeling Uncomfortable with Driving? Stay Home / Pull Over / Get to Next Safe Warm Place / Head Home

The Weather is NOT Your Only Threat!!!

You Also Have:

- YOUR Vehicle and Mindset
- OTHER Drives and Vehicles.

Sub-Point A:

Let's Start with OTHER VEHICLES:

- **IMPORTANT:** Other Vehicles are High Speed, Heavy Projectiles that You do NOT Control and CAN Bring Great Harm to You and the ones you love!

Even if you ARE confident in an adverse weather situation - there will be others on the road who are not and have POOR vehicles, tires, wind shield wipers, lights and driving skills to navigate the weather event.

Remember - when driving - there are life threats all around you:

- At You
- In Front of You
- Behind You
- (In Winter especially) In Blind Spots from the Side

- **NOTE: the odds for an accident go up dramatically in a bad weather event.**

Sub-Point B: Vehicles are machines and often fail (on a good day) - even when cared for well - let alone - an unusual day when the weather is poor.

- Due to Cold (and other winter stresses) The ODDs for a Vehicle Failure Go Up Dramatically

Know your vehicle's **DESIGN** limitations:

- Rear wheel
- Front wheel
- Four wheel.
- Vehicle Clearance

Prepare for Season Weather Appropriately

- Battery

- Tires
- Heating system / Coolant
- Wipers (often put off or forgotten)
- Fuel
- Lights
- EXHAUST - Inspect Exhaust (Carbon Monoxide).

BOTTOM LINE: Don't normalize bad weather. Sever weather almost always wins!!!

7 Vehicle and Poor Weather Emergency Prevention Tips:

- Before Anything: Get Your Vehicle Checked and Winterized. Change Tires as Appropriate.
- Always TAKE **extra** WINTER APPROPRIATE Clothing (think worst case situation) Clothing (Boots, Coat, Winter Hat) for protection and thermal regulation (more on this next week).
- ALWAYSs Check the NEWS Weather BEFORE You Go - When in doubt, cancel your plans - stay where you are - and wait it out.
- Always Tell Someone Where You are Going. When You Will Arrive. When You Will Check In and What to Do if You Don't Check In.
- Have a Vehicle Emergency Kit and Get Home Bag with You When You Travel in your Vehicle. **WE will cover this next time. Hint: Thermal Regulation, Water and the Ability to Signal and Communicate are KEY in Winter.**
- Practice Situational Awareness - Always, but especially when you travel.
- Remember the Critical Rule of Threes - Three Anomalies - CONSIDER Changing Your Plan

- Know your driving skills and your vehicle's limitations. Do NOT push the limits.

Next Time We Will Discuss:

- Thermoregulation
- Morale
- Signaling
- Communication
- Safety / Security
- Hydration
- Supplemental Power
- And Hygiene

[Show Wrap Up]

How Can Folks Find You Craig?

► Checkout Craig's Website and Cool Gear and timely information: <https://naturereliance.org/>

THANKS Craig

ALL right my friends... before we head out of here don't forget to go check out the NEW PACK-1 Knife OVER at our MOTHERSHIP UltimateSurvivalTips.com

While you are there you can grab the show notes for this podcast grab a ton of free training content - jump into our Survival Masterclass, Grab my foolproof bow drill course and subscribe... to my free Weekly Survival E-Mag Newsletter for

survival and preparedness tips, new gear announcements and subscriber ONLY giveaways and discounts.

Okay... I think that's about it... Thanks for Joining us today! We'll see you next time on the Survival Show Podcast...

Until Then: Keep It Simple, Be Positive and Stay Sharp.

Situational Awareness

Learning to “read” people, places and circumstances based on objective, enhanced observation methods, so that you can make dynamic judgements and decisions of any situation so that you are able to respond in a helpful and appropriate way and for the safety and security of yourself and others.

Stacking Observations and Combat / Critical Rule of Threes:

In Episode #108 Craig and David discussed the importance stacking negative, positive and neutral behaviors, and observations to get as accurate as possible of a read on a person, situation or event. This is akin to the Combat (or Critical) Rule of Three use by the US Military - where three anomalies (things that are

abnormal) “stack” up in a short period of time acting as a mental alarm of sorts. At which time we should not normalize the “stack” of anomalies but should quickly discern if we should change course. At this time we should be in a heightened state of awareness and accelerate our dynamic decision making (which we will discuss in a bit).

Winning without Fighting - “No Sword” School - Samurai

- Very few people today are trained, fit or skilled enough to win in a direct confrontation or attack in which another person or persons wishes to do harm to you or others. A trained person with a firearm is a great equalizer however, even with a “sword” as powerful as a gun, it is better to use easily acquired skills of situational awareness, conflict avoidance, profiling skills (discussed in Episode 108) and dynamic decision making skills, to prevent a crisis or life-threatening situation and keep yourself out of harms way.
- There is a well-known story in martial arts circles by Tsukahara Bokuden (an iconic sword master) that epitomizes that Samurai way of avoiding conflict unless there is no other alternative. In the story Bokuden calls it, “my ‘no sword’ school.” (D.T. Suzuki. Zen and Japanese Culture. pp. 74-75)

Enhanced Observation (Setting your eyes up for success)

- **Eyes** - Are actually part of the brain. Not a separate organ. Eyes are “hard wired’ directly to the brain so no thought is needed for many responses to externals observed by the eyes.
- **Rods and Cons** - These are the two types of photoreceptors in your eye. The brain combines the information from both Rod and Cone receptors to create a complete image.
 - **Rods:** Are more sensitive, and pick up shapes and forms in your periphery. They see in black and white and function well in marginal lighting. This type or receptor helps us to see in the dark.
 - **Cones:** This type of receptor compliments the Rods by seeing color and details - but requires more light to function optimally.
- **Central Vision** - Most human eyes see most clearly at a distance of your outstretched hand (approximately 24”)

- **Tip:** To focus your attention and your eye / brain's ability to see details you can reduce peripheral view. Hold hands in front of face with thumbs facing and fingers pointed to the sky. Look through this frame when more detail is needed or you are trying to find something.
- **Blind Spot** - At approximately 15° around your line of sight is a blind spot. This is something to be aware of, however since your eyes are almost always moving this is mostly compensated for.
 - **Tip:** To further overcome your blind spot and to “see” more focused detail - when scanning an area - perform a box or “Z” scan. Box - scan the area in a square or rectangular fashion. Then Scan the same area in a series of “Z” patterns. This will force your brain and eyes to see things that may be hard to pick up just looking left to right or right to left.
- **Biased Toward Motion:** Human (and most animal) eyes are biased toward motion. This is a sweet feature designed into the eye that subconsciously causes us pick up any motion anywhere within the full cone of vision (or visual limit) of the eye. At a primal level - this can help the hunter see his prey, identify danger and subconsciously register to the brain visual anomalies.
- **Dark Adaptation:** When going from light to dark it takes time for your eyes to adapt. This is why you can see better in the dark when you use the bathroom at night vs. when you are going to bed. It can take up to a full 30 minutes for your Rod receptors to adapt. Once they adapt this is called, “night vision.”
 - **Tip:** When using a light in situations like working in the dark or camping at night... use a headlamp vs. a hand held flashlight. A headlamp is always pointing in the direction of your line of sight which will keep your eye receptors from constantly having to adjust - thus limiting your vision.
- **Color Vision:** Color discrimination occurs through the Cone receptors at approximately 25° above, below and to the side of the line of sight (in a the shape of a cone). Beyond this only black and white are seen by the eye. However this is not something we perceive as the eye builds mental picture of our surroundings beyond these limits.
- **Twilight Vision:** Twilight is the most difficult time for your eyes to function as light and darkness meet. Take special precautions at this time of day.

Dynamic Decision Making (Talking in all available information to make a judgement in a changing environment)

- **Attention** - Too many inputs can cause you to miss important details. With heightened awareness - focus your attention.
 - **Tip/s:** To “see” more focused detail - when scanning an area - perform a box or “Z” scan. Box - scan the area in a square or rectangular fashion. Then Scan the same area in a series of “Z” patterns. This will force your brain and eyes to see things that may be hard to pick up just looking left to right or right to left. You can also use binoculars or a shooting scope in the wilderness.
- **Sense Making** - This is where you consciously ponder all available information and process it based on prior experiences.
 - **Tip:** See #108 Podcast notes for the four levels of **Heuristics**
- **Story Making** - Form a mental picture of how all the details and analysis come together as a logical story.

Geographic Signs (Reading human spatial relationship and interactions within their surroundings)

Habitual Areas and Anchor Points:

- **Habitual Areas** are common areas where a wide range of people can traverse or gather freely.
- **Anchor Point** is a location where a very specific group of people are welcome (and others outside or group may not be.) Examples: house, yard, or urban neighborhood. Be aware and avoid Anchor Points in unfamiliar territory.

Familiarity: Be conscious of where you are (ALWAYS) especially in unfamiliar territory. In urban areas you can accidentally drive into (or drift) into an unfamiliar and potentially dangerous area quickly. Sometimes a road, a block or a street corner is the difference between safety and danger.

Comfort Area: People tend toward areas of familiarity when they are comfortable in a group, situation or place. **Example:** At weekend training events some people

often go into their vehicles to eat meals or listen to the radio because it is a comfortable space for them.

Natural Lines of Drift / Patterns: These are often the shortest most convenient behavioral and travel in our environment. For instance, you may drive the same way to work every day. Leave and return at the same time. Go to the same place for lunch. Order the same thing. Return to work at the same time.

- **How this Applies to You:** Although your patterns may be comfortable and efficient they also allow others to map and “pattern” your behavior thus leaving you vulnerable. TIP: enjoy life. Randomize your travel routes and schedule even if the alternatives take more time.

Channels / Funnel: These are choke points or bottle necks in urban or wilderness geography that essentially force you or a group to travel that way. Channels make you vulnerable in a crowded situation because people naturally want to exit they way they came in or in a chaotic situation (like an active shooter event) people will follow the crowd. Also, criminals can and will often use funnels to their own advantage where they can trap you.

Tip: Always look for and find an alternate way to exit a crowded, public gathering or place like a restaurant. Remember that a window is an exit. Use whatever is available to break a window and make an exit.

Atmospheric Signs

- **Group Formation:** Look for and identify common mannerisms, dress and behaviors of specific groups in a specific geographical location whether urban, or rural. What are they telling you?
- **Graffiti:** Like a dog marks his territory, so most graffiti on buildings and infrastructure marks an area and says something about the “artist.”. Most of the time graffiti is the mark of a gang. Be aware.
- **Tattoos:** Are indelible marks on a person’s body that can tell you a lot about that person, their life story and who they associate themselves with. But don’t jump to conclusions. Many tattoos are innocent however all tell a story, whether little or much. Be aware that many gangs use tattoos to identify their members.
 - **Note:** Google Prison and Gang Tattoos

Heuristics (Quick and efficient mental shortcuts, judgements, rules of thumb)

- **Availability Heuristics:** Decision making based on information readily available in the mind.
- **Representative Heuristics:** Comparing current incident to other experienced mental examples.
- **Affective Heuristics:** Making a choice that is driven by current emotions.
- **Satisfying Heuristics:** Jumping to a conclusion based on present situations fulfilling criteria of previous situation - even if better conclusions are available.

DANGER: Heuristics can be used against you. Be conscious of how much information you give about yourself to the world

Social media profiles, political lawn signs, and stickers on your vehicle are just a few of the things that criminals (and those who wish to do you (or a group you identify with harm)) can use to TOO quickly profile and target you. Protect your personal information.

Action Steps:

Be aware of your surroundings and avoid FOCUS LOCK!

- Having all of your full and undivided attention on anything while in a public situation (for instance your mobile device or daydreaming) can make you susceptible and an easy target.

Be very careful of the public information that you make easily available to the world around you!

HOW CAN PEOPLE FIND YOU Craig? [LINKS]

► Craig's Website HERE: <https://naturereliance.org/>

THANK YOU Craig!!!

Recommended Books

The Gift of Fear

<https://amzn.to/39iZ98e>

Left of Bang

<https://amzn.to/3cjrop8>

Extreme Wilderness Survival

<https://amzn.to/3tTwaj5>

Situational Sense

<https://amzn.to/31ibMf4>

Human Hacking

<https://amzn.to/39g8KMK>

How to be your own Bodyguard

<https://amzn.to/39iYdRg>

How to Spot a Liar

<https://amzn.to/39h27Kb>

I can read you like a book

<https://amzn.to/3IRUQ8J>

[EXIT / OUTRO]

Thanks again to Craig for helping us take a deeper dive into situation awareness over the past two podcasts...

Now before we head out of here I'd like you to do 3 things to help us help others out learn what they need to do now - before disaster strikes...

FIRST - Please pay it forward... by sharing our FAMILY FRIENDLY content... with the ones you love... and on social media... Then Go give us a 5 Star Rating and Honest review wherever you listen to this podcast...

And SECOND... Go on OVER to our MOTHER SHIP - UltimateSurvivalTips.com com and check it out... There's LOTS of free content like our Weekly Survival E-Mag Newsletter AND while you are there, check out my brand blade... and the next evolution of my popular MSK-1 knife. It's called the PACK-1 Elite. Which stands Personal, Adaptable, Camp Knife.

And WHILE you are there... don't forget to click on the PODCAST Tab to get the Show Notes PDF (with links) to things Craig and I discussed today...

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