



Survival Rule of Threes

For real survival situations it is best to remember and prioritise your planning by using the four levels of the *Survival Rules of Three*:

- You can survive for only **3 Minutes without air** (oxygen) or in icy water
- You can survive for **3 Hours without shelter** in a harsh environment (unless in icy water)
- You can survive for only **3 Days without water** (if sheltered from a harsh environment)
- You can survive for **3 Weeks without food** (if you have water and shelter)

