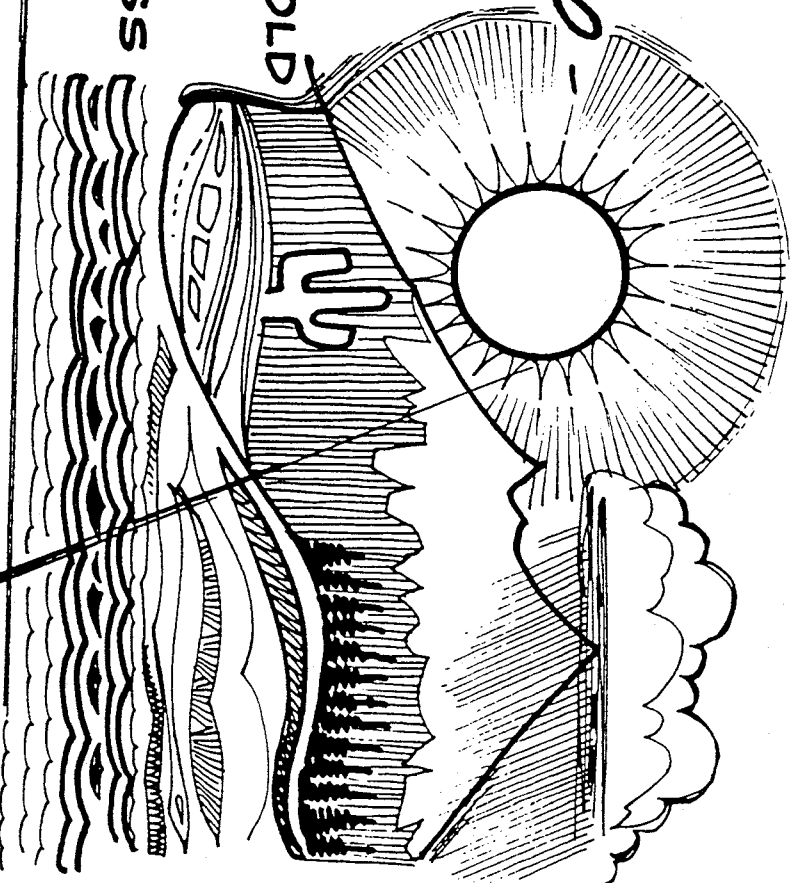


*WHAT YOU SHOULD HAVE  
ANYWHERE YOU GO -*

**A MEANS OF:**

- PATCHING YOUR BODY
- PROTECTION FROM HEAT/COLD
- REFUELING YOUR BODY
- NAVIGATING BACK HOME
- SIGNALLING YOUR DISTRESS



**ALTERNATIVES:**

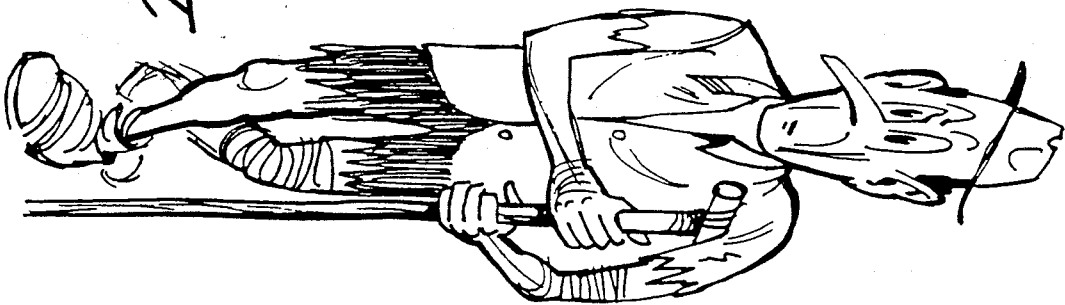
*✓ You purchase these essentials  
You improvise these from what  
you already have.*

# A MEANS OF PATCHING YOUR BODY ?

- PERSONAL FIRST AID KIT ?
- BAND-AIDS IN POCKET OR PURSE ?
- CLOTHING TO MAKE BANDAGES ?
- PILLS ?

What do you have to get you to  
MEDICAL AID ?????

DO YOU HAVE KNOWLEDGE TO  
RECOGNIZE ILLNESS/INJURY EXTENT,  
THEN TREAT YOURSELF PROPERLY ?

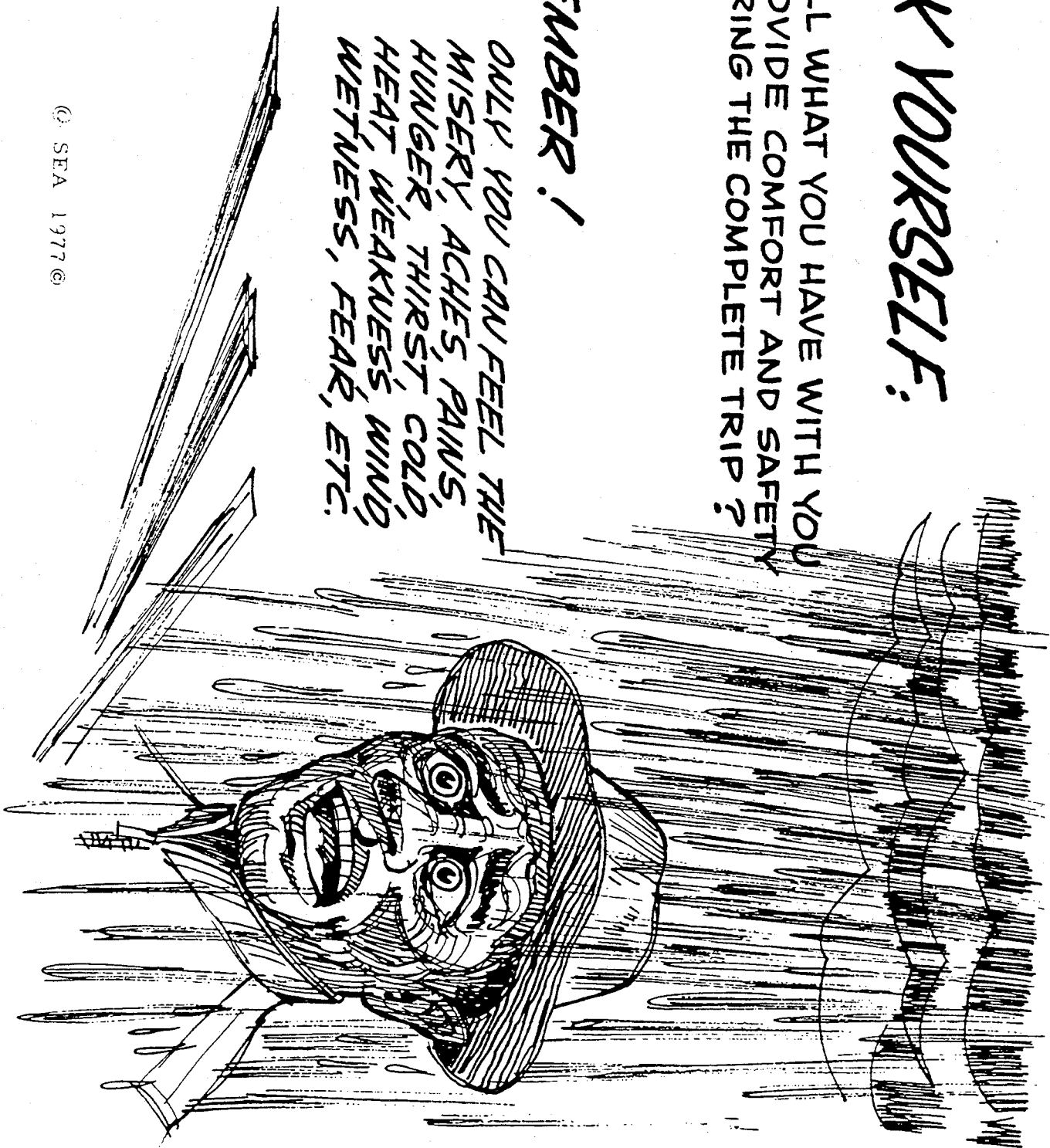


# ASK YOURSELF:

WILL WHAT YOU HAVE WITH YOU  
PROVIDE COMFORT AND SAFETY  
DURING THE COMPLETE TRIP ?

# REMEMBER !

ONLY YOU CAN FEEL THE  
MISERY, ACHES, PAINS,  
HUNGER, THIRST, COLD,  
HEAT, WEAKNESS, WIND,  
WETNESS, FEAR, ETC.



**HOW LONG HAS IT BEEN SINCE**

**YOU**

- PLANTED A GARDEN ?
- WALKED TO WORK ?
- GROWN YOUR OWN WHEAT ?
- REPAIRED YOUR OWN SHOES ?
- PRESERVED YOUR OWN HARVEST ?
- SEWED YOUR OWN CLOTHES ?
- DUG YOUR OWN WELL, or
- LIVED IN A CAVE ?

**TALKING ABOUT IT -**

**COULD YOU BE SELF-RELIANT & SELF-SUFFICIENT  
TOMORROW ?**