



APOCALYPSE SURVIVAL GUIDE

Pre-apocalypse Preparation



Prepare Emergency Kit

Pack first aid kits, medication, batteries, flashlight, and other tools for surviving.



Gather Supplies

Gather foods and seeds.



Stay Healthy

Eat healthy, consume more vitamin and other minerals.



Get Physical

Exercise regularly.



Practice Surviving Skill

Learn hunting, fishing, cooking skill, first aid skill to survive.

During Apocalypse



Escaping Immediately

Stay calm, think fast and escape dangerous area immediately.



Pack Your Survival Kits & Items

Grab your emergency kit.



Seek shelter

Find somewhere safe and planning your next move.

Post-Apocalypse



Find a food source

Scout for food and water from places like forest, abandon market or river.



Become Less Dependent

Be strong.



Find Other Survivors

Help others to stay alive, form a community to help each other.



Choose Good Hideout

Hide in plain sight. Find some places that can protect you from prey and bandits.

Apocalypse Survival Guide

Steve Rayder



Apocalypse Survival Guide:

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