

# WINTERTIME SURVIVAL SKILLS



Dear Friend,

Wintertime is tough... and something our ancestors both feared and respected...

Because that's when famine ravaged the land, disease ran amok, and bad weather made even the simplest task grim...

And even today, winter is when your kid breaks his wrist slipping on ice... your buddy falls through the cracks of an icy lake... or you exhaust yourself - hiking through a blizzard after your car skids off the road into a tree.

Proving that it pays to be prepared.

And that survival skills - like starting a fire in the snow, foraging for food, and emergency first aid are essential...

That's why we're giving you a wealth of survival knowledge in today's FREE report.

But remember, sharing is caring, so don't forget to send this information to any friends who might benefit!

*Alec Deacon*

*Survivopedia.com*

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# 15 Survival Skills You Can Practice During Winter

Though winter time may not seem like the time for camping and practicing your survival skills, you may want to rethink that.

After all, it's relatively easy to hike through the woods and find firewood and food in the summer and fall, but winter and early spring make surviving much more difficult.

Food is much harder to find and firewood will most likely be wet, frozen, or buried in snow. Kindling may be harder to find, too. Travel, especially with the elderly or the young, is also especially challenging.

In this report, we're going to discuss some survival skills that will help you stay alive during winter should SHTF.

We're also going to touch on some concerns that happen only in winter, so that you can anticipate them, and know how to deal with them should you face them.

Knowledge is power!



## **Walking or Driving on Ice**

Ice is one of the biggest concerns that you'll face if you live in an area that gets below 32 degrees, wind chill included, if you have to walk or drive in the winter. One of the things that make ice so dangerous is that often, you don't see it before you're already falling.

Ice often looks like water and you'll make the mistake of assuming that it is. You'll quickly realize your mistake, though, but not before you're already on your way down. Falling is bad on a normal day, but that kind of fall is dangerous even if you're young and strong because the first thing you do is reach out to catch yourself.

You either land on your palms and can break your arm/hand/fingers, you land on your bottom and can break your tailbone, or possibly even worse, you hit your head.

There are several things that you can do to mitigate the risk of injury on ice.

- Walk carefully. Don't ever assume that a wet spot is just water. As a matter of fact, assume that it's ice.
- Wear shoe ice chains or cleats. You can find these easily on the internet, or you can make your own, such as in this [video](#). (Clicking on the image below will redirected you to Youtube for watching video.)



You can make cleats by inserting short screws into the bottoms of your shoes. Make sure that you put the screws in the thickest part of the soles and that you use screws short enough that they won't poke through the soles of your shoes and into your foot.

- Spread rock salt on your steps and walkway. It doesn't have to be thick; about a handful per 3 or 4 cubic feet is plenty.
- Walk slowly when you're not sure of the ground. Make sure that your foot is on firm ground before putting all of your weight onto it.
- Be aware of your surroundings. If you're walking on a pond or body of water and hear it start to crack, it may be a good idea to lay down in order to spread your body mass out, then scoot to safety if you're not close enough to make it in a couple of steps



## **Walking on Snow**

Walking on snow can be dangerous for a few reasons. First, there's a good chance that there's ice underneath it, which makes footing treacherous.

If the snow is more than ankle deep, walking puts a lot of strain on your entire body, which wears you out faster. Finally, snow covers the ground, making it impossible to see what you're stepping on, or in.

There could be a hole, or uneven ground. There could be nails, debris, or any manner of objects that could hurt you. The last thing you need to do is run something through your foot or break your ankle because you couldn't see what you were walking on.

Here are some tips to help you walk safely on snow.



- If you live somewhere where the snow compacts and gets a nice crust on it, you can make your own snow shoes from materials that you likely have already.
- Keep your paths cleared if you're at home. That way you can see what you're stepping on.
- If you're walking in deep snow, use a walking stick to feel what's in front of you in case there's a drop-off or hole.
- Wear thermal socks and keep your feet dry. Wet, cold feet can lead to hypothermia quickly. Putting a plastic bag over your foot before you put your shoe on can help with both.



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**To discover ancient  
secrets that helped our  
parents survive in the wild**

**WATCH VIDEO>>**



## **Building a Shelter in the Snow**

You have to have shelter to survive. It's one of the Top 3 necessities. Water, food, shelter. Without those three things, you'll never make it. It's especially important in the winter. You need to keep the wind, cold, moisture, and critters out and the heat in.

Building a shelter should be the first thing on your list as you're thinking about setting in for the night, or before you become so exhausted you can't travel any further. You have a few options.

If you've thought ahead, you should have garbage bags, paracord, and hopefully a tarp and heat blanket in your bug-out bag. In a pinch, you can tie the paracord between a stake in the ground and a tree, then drape your tarp or garbage bags over it, closing it at the ground so that there's no wind coming through. You want to build it with the opening facing the same direction as the wind so that the wind isn't blowing into it.

You can also make a shelter using tree boughs, limbs, or forest debris. Put a garbage bag or tarp underneath where you're going to sleep so that you stay dry and your body heat isn't all lost into the ground. Try to avoid direct contact with the ground, or even the garbage bag or tarp; insulate yourself because the ground can draw your body heat out quickly.

Building a [quinzhee shelter](#), or a shelter out of snow, is also a good way to stay warm. Though it sounds counterintuitive, a snow shelter will keep you warm because the snow serves as an insulator and keeps your heat inside of it. And no, it won't melt in on you if you build it right. Click on the image below to be redirected to Youtube and watch the video.



If you want to build something a bit more permanent, the tree bough and debris method will work, or you can get a little fancier and build one with a chimney in it. The entire point of a shelter is to keep you warm, dry, and safe. Keep those three goals in mind and you can use your imagination and what you have on hand pretty much regardless of where you are.



## Starting a Fire in the Snow

Starting a fire in the snow definitely presents some extra challenges, but it's not that much more difficult, especially if it's so cold that the wood is still dry but just covered in snow. This is one of the reasons why we always recommend that you have a magnesium stick; the spark is so hot that it takes a big part of the work out of starting a fire in less-than-ideal situations.

Another item that you should consider carrying is a lightweight chain or pruning saw, or at the very least, a cord saw. That way, you can cut dead but dry limbs so that you don't have to scavenge only to find wet wood.

When building your fire, you can either dig down to the dirt to build your pit, or you can build it right on top of the snow. Either way, you need the standard fire ingredients. Fire

starter (match, lighter, magnesium etc. stick), kindling (tips of dried limbs, tufts of dried grass, dried leaves, bark), and firewood in small to bigger pieces.

If it's snowing heavily or is windy, try to build your fire in a protected area such as against a cliff or hill, or in a copse of trees. Just be careful not to burn the forest down. You can certainly find usable firewood under the snow. Look for downed logs, brush, etc.

Here's another [good video](#). Clicking on the image below will redirect you to Youtube for watching video.





## How to Stay Warm Outdoor

Hypothermia is going to be one of your biggest enemies in the cold and is the main reason that you need to know how to build a shelter.

Staying warm is an absolute necessity, so it should be your top priority. If you're so cold that you're shivering, your body is burning a ton of calories just to keep warm, which means that you'll have to eat more just to stay alive.

Though they say that freezing to death is one of the easiest ways to die, I'd rather not test the theory.

The first thing that you need to do is stay dry. Even the fluffiest, warmest coat on the planet is going to bring your body temperature down if it's wet. Make that a priority.

Even if you have to get into the water for some unknown reason, strip first or make sure that you have a change of dry clothes.

You can waterproof your clothes, shoes, and gear with commercial waterproofer or you can use fats such as bear fat, or wax.

You can also help keep body heat in by wrapping your torso and limbs in plastic. You could use plastic wrap under your clothes or a garbage bag over top of them. You could always use a waterproof rubber, plastic, or canvas overcoat, too.

Keep your head, hands, and feet covered and as warm as possible. These are the areas where you lose body heat the fastest. Your feet, of course, are going to be the hardest to protect because you run a higher chance of getting them wet. As we discussed earlier, put a plastic bag over them before you put your shoes on.

When you build your shelter, build it so that it holds heat in. That keeps your body from doing all the heavy lifting. Also, have a good sleeping bag, thick blankets, or a space blanket. Those are well worth the money.

Also remember that digits and appendages such as fingers, noses, ears, and toes are made of thinner tissue and will frostbite faster. Keep your ears covered when you cover your head, wear a face toboggan or balaclava to protect your nose, and wear gloves (mittens are even better) and heavy socks to protect all your smaller parts.

Surviving is great. Surviving with your nose, ears, and all 10 fingers and toes is fabulous.

## **Read Also:**

[How To Waterproof Your Clothes And Shoes](#)



## Melting Snow for Drinking Water

The one good thing about being out in the snow or ice is that you're surrounded by water. You can only go 24 hours without water before suffering from dehydration. The thing is that, with all of the chemicals that we pump into the air and pour into the ground, snow may not be absolutely safe to drink as-is.

Should you drink it if you have no way to way to purify it? Absolutely. It beats dying any day. But ideally, you want to filter and purify the snow before you drink it. Don't eat it, either.

You need to melt it because eating it frozen will actually cause your body temperature to drop, which can actually cause both dehydration and hypothermia. You can also burn the inside of your mouth eating it.



So, melt it, filter it, and purify it before drinking if at all possible. Boiling it for just a few minutes will kill the pathogens in it, but doesn't remove the chemicals.

**Read Also:**

[Uses of Snow and Ice for Survival](#)

[4 Easy Ways To Purify Water Off Grid](#)

[How To Choose Your Water Filter](#)



## **Finding Food in the Forest**

Food. The number two item on the Top 3 list. Finding food in winter is going to be more challenging, but it can be done. Remember that nearly all grasses are edible as a last resort; know if there are any poisonous grasses in your area and know what they look like.

To find food, you're going to have to work a bit. You're going to need both protein and carbohydrates in order to function properly.

Your body can convert protein or fat to energy, but it takes more effort. Ideally, it should come from carbs. Be ready to dig underneath the snow to forage for your food if you need to.

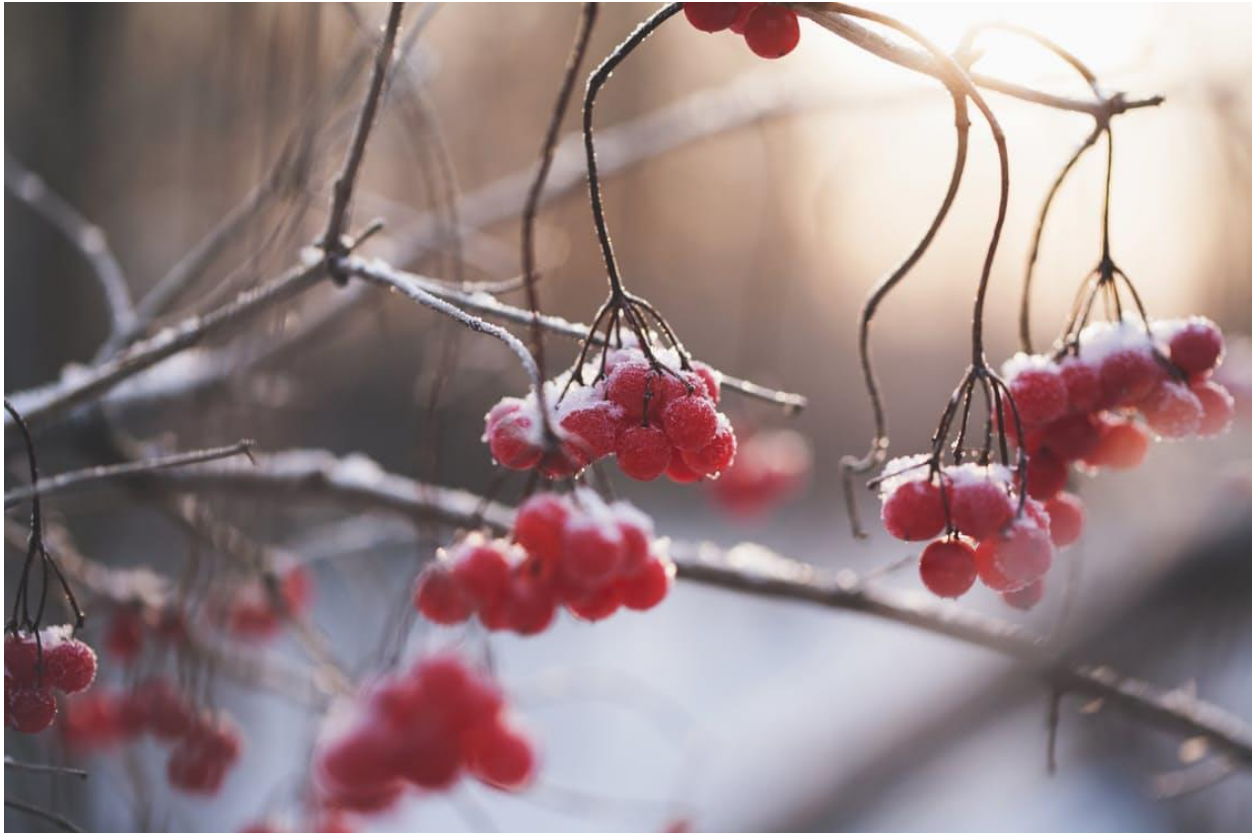
Learn how to set snares to catch game. Though animals tend to hunker down for winter, they still need to come out to eat. If you don't have a gun, or don't want to shoot it for one reason or another, you can always trap your game.

There are a few different types of snares that you can make depending on what tools and materials you have, how much work you can do, and where you're at.

### **Read Also:**

[\*\*Making Small Game Traps for Survival\*\*](#)

[\*\*Winter Survival Hunting – DO's and DON'Ts\*\*](#)



## **Learn Winter Edibles**

Fortunately, food is there if you just know where to look for it. Aside from grass, which doesn't have much nutritional value and may not taste wonderful, there are also other foraging options.

Look for pine, nut, or fruit trees and scavenge underneath them to find food. Pine nuts, found inside pinecones, are incredibly nutritious.

They're packed with carbs, fat, and protein, but you have to work hard to get even a handful. Still, that handful is worth its weight in gold if you're hungry.

Instead of digging through the snow with your hands, feel gently around under the snow with your feet to find pinecones or fruits. In addition to these, you may be fortunate

enough to find some berry bushes that still have some fruit. Rosehips and cattails are also edible and have nutrients.



## **Read Also:**

[How To Test Wild Edibles In 3 Steps](#)

[Top 10 Wild Edibles](#)

[How To Survive Eating Wild Winter Edibles](#)

[20 Wild Edibles To Preserve For Winter](#)



## Winter Fishing

Though many people think that fish stop eating in the winter, that's not true. They do eat less because their metabolisms slow down, but they still have to eat.

Find a body of water that's running, or at least not frozen. Then look for pools where the water runs slower. Because their metabolisms are running slower, they don't want to swim and work for their food. They prefer to sit back and let it come to them.

You can make a fishing pole using a stick and twine or paracord. Paracord is best because it's lighter, less visible, and strong.



**CLICK HERE**

**To discover ancient secrets that helped our parents survive in the wild**

**WATCH VIDEO>>**

You can use a bottle cap or tab, or just about anything shiny for a lure, then tie a hook to it. You should carry hooks in your bug-out bag, or you can always make one using a safety pin, hair pin, paper clip, or other small piece of wire.

Fishing in the winter isn't easy, but it's definitely possible, and even a small fish has lots of good nutrients.

**Read Also:**

[Fishing Like a Pro: Basic Guide For Winter Fishing](#)

[How to Fish for Your Off-grid Survival](#)

[Off-Grid Survival: How To Track Food In The Woods](#)

[6 Edible Bugs And How To Enjoy Them](#)



## **What to Do if Your Car Gets Stuck**

Driving in snow is tough, and sometimes you don't even have to do anything to get stuck. If one tire slips off the road or the snowplow builds a bank around you, you need to know how to get unstuck.

- The first thing to do when you realize your stuck is to put it in park and pull the E-brake. Get out and clear away the snow from in front of and behind the tires that are stuck. If your car is a front-wheel drive, this is going to be your front wheels. If it's a rear-wheel drive, it's going to be your rear wheels.
- Don't just sit there hitting the gas and hoping it works. The definition of insanity is doing the same thing over and over and expecting a different outcome. Get off the gas because you'll just dig yourself deeper.



- Try turning your steering wheel a different direction, still using the rocking method.
- GENTLY rock your car back and forth instead of just trying to go forward. This is easier to do in a car with a manual transmission, but you can do it with an automatic, too. Give it a little gas, then let it rock back as soon as you feel it starting to spin. Forward, backward, forward, backward. Again, if this isn't working, stop digging yourself in deeper.
- Pour gravel, kitty litter or sand in front of, and behind, each tire that's stuck. Now try. If it doesn't move forward on the first try, rock it some more.
- Get a push. Sometimes a gentle push, or one or two giant heaves, will do the trick. Of course, you're going to need help.
- If all else fails, you're going to need to be pulled out.

You can help prevent this by having good snow tires and using chains when the weather is bad. Also, if you have a rear wheel drive vehicle, you can add a bag of sand to the trunk to help add some weight.

## **Read Also:**

[18 Winter Car Hacks That Are Borderline Genius](#)



## **How to Start your Car in the Winter**

If you have an older car, you may have a little bit of a problem starting it in the morning, especially if it's an older diesel. It always helps if you keep your car in the garage because it's always a bit warmer in there, which is the reason that your car is hard to start.

There are two things that happen to make the car hard to start: the oil thickens when it's cold, which makes it hard for the starter motor to spin the engine, and the cold slows the chemical reaction in your battery so that the output is reduced.

In other words, you have less juice to run the starter, and the starter has a harder time getting the motor running. Combined, the two issues make for a late day to work.

To help you out in this situation, you need to change your oil to one with a thinner viscosity before it gets cold. You also need to check your battery regularly to make sure

that the terminals are clean and tight, and that the electrolyte level in your battery is correct. You can get a battery hydrometer for testing specific gravity at your local auto parts store for just a few bucks. Always test your battery after it's cold, such as when it's sat overnight. Many newer batteries are closed-cell, so this isn't an option.

If you have an older diesel, you actually have to plug it in overnight when it's really cold. That's because diesel fuel has a different composition than unleaded fuel.

It becomes almost gelatinous when it's really cold, and is just about impossible to start in temperatures under 20 degrees if you don't plug in the heater. Newer diesel cars may not require this step.

## **Read Also:**

[Winter Driving: 5 Tips For Your Fuel Economy](#)

[Best Tips for Driving in the Snow](#)



## How to Make Candles

Knowing how to make your own candles is a skill that could prove invaluable in a long-term SHTF scenario.

There are many different methods, but perhaps the easiest is making beeswax candles. All that you have to do is roll the beeswax sheets around the wick and squish the ends into shape to make a simple candle.

Other methods include rendering fat into a liquid, then pouring into a mold with the wick, or melting soy or paraffin wax and following the same method. When you use fat to make candles, the fat will create a lot of soot compared to beeswax or paraffin.

There are actually two methods of using beeswax. The first that I already referenced involves using the wax while it's still in the comb. It makes a beautiful, natural-looking candle.

The second method involves melting the wax off of the comb and using it in the

same manner that you use any type of wax: by melting in and pouring it into forms or jars along with a wick.

Candle-making is not only a useful skill to have in an emergency; all of your friends will enjoy receiving homemade candles for holidays, too.

You can make natural candles that just use the wax or you can add colors, scents, and even textures such as flowers into the wax so that they're pretty and they smell good.

Regarding wicks, you have several choices. You can use simple cotton wicks or ones with a core.

Just be careful not to use a wick with a lead or zinc core because they emit toxic gases. It's best to stick with the natural cotton ones.



### STEP 1

Take a small drop of wax to adhere the wick to the bottom of your container.

### STEP 2

If you are using a pre-waxed wire, wrap it around a pencil to keep steady for the wax.

### STEP 3

Place your wax in a measuring cup. Fill your pan with 2 inches of water and melt the wax.

### STEP 4

Pour the melted wax into the container. Wait 24 hours for the wax to dry completely.



## Learn Constellations to Find Cardinal Directions

If you get lost outside in the winter, you could quite easily freeze to death before you reach your destination. Sailors used to use celestial navigation; in fact, many still learn it as a back-up method in case all of the fancy gadgets on their boats and ships go wonky. An EMP would knock all of that out.

So, learning to navigate using the stars is a valuable skill. It also takes a considerable amount of time to learn thoroughly, but you can learn the basics in just a few minutes.

North: The easiest way to find due north is to find the North Star (Polaris). To find it, you need to locate the Plough, or what Americans call the Big Dipper, aka Ursa Major, or Saucepan. This is probably the most well-known constellation in the sky, maybe because it's so easy to pick out – it's the one that looks like a ladle. The handle has three stars, and the dipper part has four.

Now, to find due north, it may be easier to think that the North Star is a pivot point for the Big Dipper. Look at the side of the dipper that doesn't have the handle.

Move your eyes up that side of the ladle from the bottom star to the top star, then look for a star that is in almost direct alignment with that side of the dipper. That's the North Star. Look at the distance between the two pointer stars; the North Star is five times that distance away from the constellation, and due north is right beneath it.

You can also use the distance between the North Star and the horizon to get your latitude, but that's a bit more complicated.

Now that you know how to find true north, you can at least get a general idea of direction when you're walking because, unlike the sun or moon, its location never changes – it's always north. There are other constellations that you can learn for other directions, but this one is the quick and dirty one that is easy and will never fail.

## **Read Also:**

[Life in the Wild: Find Your Way Using Nature](#)

[Lost In The City? 7 Ways To Navigate Without GPS](#)

[8 Tools for Underground City Navigation](#)



## **First Aid for Hypothermia**

Hypothermia is what happens when your body temperature drops below 95 degrees F. You'll shiver like crazy, your heart and breathing rates will slow, and you'll feel tired. You may also feel hungry, nauseated, confused, uncoordinated and you may slur your speech. These symptoms worsen as your hypothermia progresses.

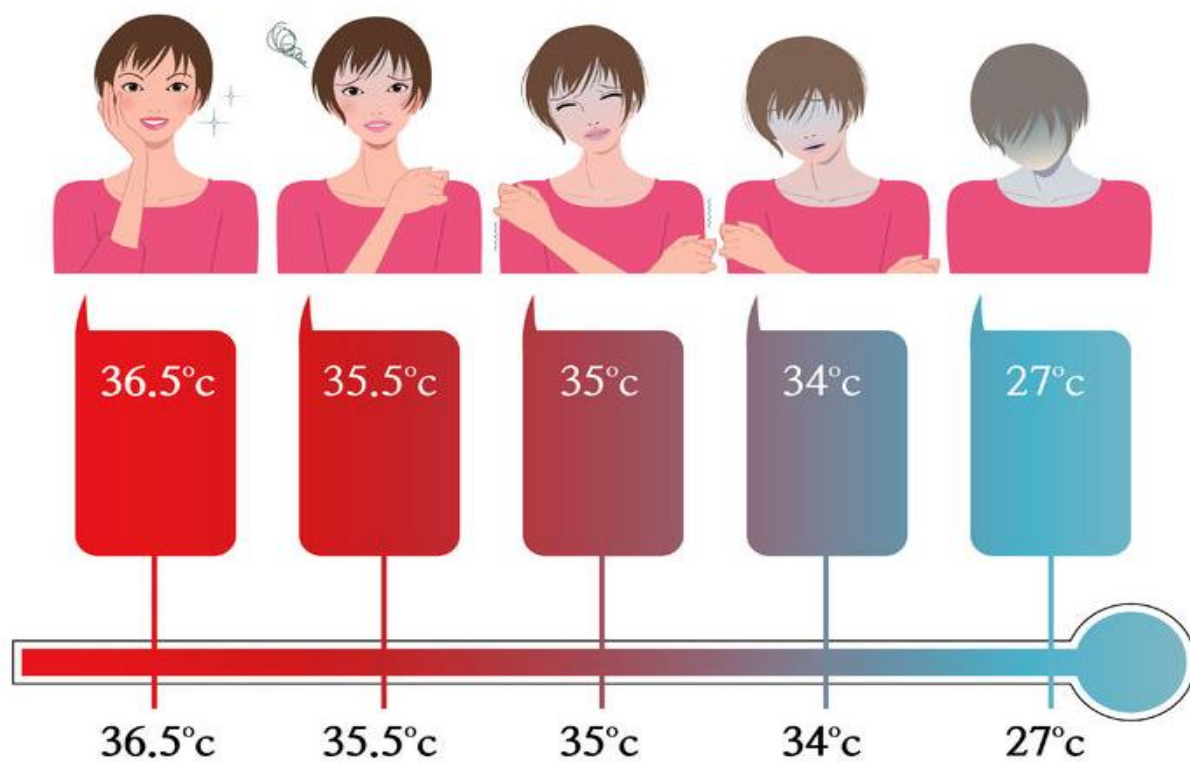
Hypothermia will kill you. You need to avoid it, and if you do become hypothermic, you need to get treatment (or treat yourself) at the first signs. If you stop shivering, things just got critical and death is imminent if treatment isn't administered swiftly and effectively.

The first thing that you need to do is get the person warm. Get them near a fire or in a warm shelter, then take off any wet clothing and cover the person with warm blankets.



If possible, tuck heated water bottles in with them. If you can't get them warm, and you have no water bottles or another way to hasten the process, shared body heat will do the trick.

## Hypothermia



This is, of course, at your discretion – don't risk your personal safety to save somebody else. If possible, try to get them to drink something warm such as tea or coffee. This literally helps warm from the inside out.

You can help prevent hypothermia by bundling up and preserving your body temperature to begin with. Again, remember that it's imperative to keep your head, hands, and feet warm and dry.



## Take a First Aid Course

Most of us have had a first aid/CPR course at one time or another, but as medicine progresses, the methods of treatment change. That means that in order to be current with the times, you should retake the course every few years.

You might even want to consider taking an emergency medical technician (EMT) course. You'll learn a lot more than you would just taking first aid, so you'll be much better prepared to help yourself and your family in case of emergency. There's no such thing as knowing too much.

Many local emergency services offer EMT training and the course is usually fairly affordable. When you consider how much you learn, it's money well-spent. Plus, the class is usually a fun way to get out of the house and around people that are interested in some of the same things that you are.

## Final Words

Winter is a great time to kick back and relax a bit, but there's no reason why you can't be picking up some skills while you're doing it. Study the stars. Take an EMT course. Learn to make candles. These skills are survival-worthy and would pay off big for you in case SHTF.

This was just a jumping-off point. You're likely far enough along in your life that you have a good understanding of what your strong skills are, and what skills you may need, but don't have.

Make a list of skills that you think are important, but you don't currently have, then go about learning them!

Here's to an educational, hot chocolate-laced winter!

## **Other Survivopedia Articles About Winter Survival**

**[Survival Skills To Learn From Eskimo People](#)**

**[9 Survival Tips To Make The Most Of Winter](#)**

**[The SHTF Survival Guide for the Winter](#)**

**[Winter Survival And Blizzard Prep Tips](#)**

**[Winter Survival: How To Snow Shovel Like A Pro](#)**

**[Essential To-Do's for Oldies in the Winter](#)**

**[How To Keep Your Winter Stockpile Safe](#)**

**[5 Unusual Fuels To Keep On Hand For Winter](#)**

**[Energy Saving Tips During Winter](#)**

**[12 Ways To Protect Your Heat Sources From Freezing](#)**

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