

Exploring Pathways of Self-Reliance and Adaptability

This article delves into five interconnected lifestyles: **bushcraft**, **survivalism**, **prepping**, **backpacking**, and **homesteading**. Each represents a unique approach to self-reliance and adaptability while sharing common principles that underscore their interconnectedness.

***Note:** I do not claim to be an authority on these lifestyles; instead, I offer my current perspectives to encourage reflection on their shared traits and differences, fostering a deeper understanding of their relationship to resilience.*

Bushcraft

Bushcraft is the practice of using wilderness skills and knowledge to live and adapt in natural environments with minimal carried-in resources to a chosen camp location. It emphasizes self-reliance, resourcefulness, and harmony with nature, blending traditional and modern techniques and equipment. Skills include fire-making, shelter-building and tarp setups, foraging, navigation, and tool crafting. Bushcraft is an elective activity and recreational primitive camping experience, allowing participants to pack up and leave or call for rescue if the situations become problematic. Bushcraft is both a practical skill set and a way to connect deeply with nature's environments. *Bushcraft is an outdoors, wilderness, and forest focus.*

Bushcraft's core principles rely upon the 10-C (10-Categories). This list was perhaps established around 2011 but likely compiled and used before then. The first five are called Survivability Categories, and the second five are called Sustainability Categories:

1. Cutting Tools (Knife, Saw, Multi-tool)
2. Combustion Device (Fire)
3. Cover Elements (Space Blanket, 6-mil Contractor Bag, Insulating Blanket)
4. Containers (Metal Water Bottle, Cups)
5. Cordage (Parachute Cord, Bank Line, Tubular Webbing)
6. Cotton Material (Bandanna, Shemagh, T-shirt)
7. Cargo Tape (2" Roll, 1" Roll)
8. Compass
9. Candling Device (Headlamp)
10. Canvas Sail Needle

Survivalism

Survivalism focuses on enduring life-threatening situations beyond one's control, such as natural disasters or societal disruptions. Survivalists prepare for these scenarios by developing critical skills like emergency planning, first-aid, navigation, and defense. Success depends on surviving the crisis and adapting to new, often hostile, environments. Unlike bushcraft, survivalism is not recreational but a necessary response to unpredictable, high-stakes challenges. Survivalists prioritize preparation, adaptability, self-reliance, stockpile of backup tool, equipment, and provision—located in a secondary location—that they can go to restock the base camp or place of dwelling and travel with the resourcefulness to survive in extreme circumstances short-term through long-term situations. Survivalism in the wilderness is a prime focus, and it includes when traveling in one's vehicle and residing in one's home to create a whole life focus. *Survivalism is a wilderness, outdoor, forest, home, and vehicle focus.*

Survivalism core principles rely on what is called the 10-SC (10-Survival Categories), with the first five called Core Survival Needs and the second five called Enablers of Adaptability:

1. Compass (Navigation Methods)
2. Containers (Water, Food)
3. Combustion (Fire, Light)
4. Cover (Shelter, Sleep Structure, Sleep System, Clothing)
5. Calories (Food Types)
6. Cutting (Knife, Axe, Saw)
7. Cordage (Rope Types, Knots)
8. Communications (Radio, Phone, Relationships)
9. Care (First-Aid, Hygiene, Tools)
10. Combat (Insects, Animals, People)

Prepping

Prepping involves preparing for short-term through long-term emergencies or disasters by stockpiling resources, acquiring skills, and creating contingency plans. Preppers focus on resilience during sustained crises, such as economic collapse or prolonged societal disruptions. Their preparation often includes storing food, water, medical supplies, and alternative energy sources. Unlike survivalists, who address immediate and ongoing crises, preppers emphasize long-term self-sufficiency and strategic planning to endure potential disruptions over years. *Prepping is primarily a homebase and aspects of outdoor focus.*

Prepping has the following core focus categories:

1. Food and Water Storage
2. Shelter and Security
3. First Aid, Hygiene, and Major Medical Supplies
4. Energy and Power
5. Survival Skills
6. Communication
7. Bug-Out Planning
8. Self-Sufficiency
9. Preparedness for Specific Scenarios
10. Mental and Physical Fitness

Backpacking

Backpacking is a recreational activity combining hiking, camping, and outdoor exploration. Backpackers travel on foot, carrying gear, food, and supplies in a backpack. It emphasizes physical activity, self-reliance, and the enjoyment of nature. Typically planned over days or weeks, backpacking involves careful route planning, consideration of weather, and using lightweight equipment to balance mobility and comfort. While demanding preparation and endurance, backpacking fosters a deep connection with the wilderness through modern practices and gear. *Backpacking is a wilderness, countryside, forest focus.*

Backpacking has the following core focus categories:

1. Lightweight Gear
2. Shelter
3. Sleep System
4. Food and Cooking
5. Water Purification and Hydration
6. Navigation Aids
7. Clothing
8. First Aid and Hygiene
9. Environmental Stewardship
10. Physical and Mental Preparation

Homesteading

Homesteading is a self-sufficient lifestyle focused on sustainable living and reducing reliance on modern systems; they live "Off-Grid." It involves growing food, raising livestock, and preserving harvests through methods like canning or drying food for preservation. Self-reliance skills are essential, including homebuilding, toolmaking, and crafting. Many embrace natural remedies and herbal medicine for health needs. Homesteading fosters independence while promoting environmental stewardship and strong community connections. *Homesteading is a wilderness structured homebase focus.*

Homesteading has the following core focus categories:

1. Gardening and Food Production
2. Livestock and Animal Husbandry
3. Food Preservation and Storage
4. Renewable Energy and Off-Grid Living
5. Water Management and Conservation
6. Homebuilding and Maintenance
7. Self-reliance Skills and Handcrafting
8. Natural Health and Herbal Medicine

- 9. Community Building and Bartering
- 10. Sustainability and Self-Sufficiency Practices

Closing Thought

I am not an authority on these five lifestyles, but through connecting with individuals who walk each path, I hope to deepen my understanding. As my knowledge grows, I aim to better support their journeys while strengthening my own.



Terry Campbell (12/01/2024)

www.PrepareSurviveAdapt.com