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Surviveit2

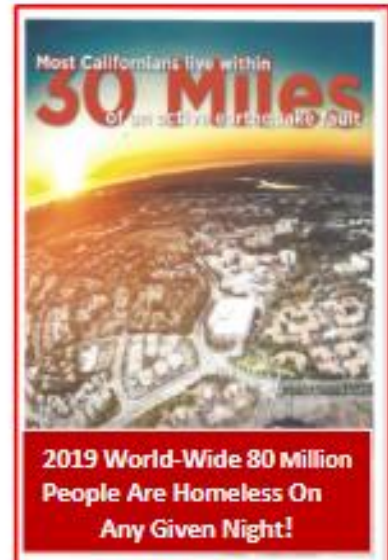
WORLD'S BEST SURVIVAL ESSENTIALS



Why We Developed The Ultimate Survivor Packages...Reason For:

- Save Lives ● Reduces Suffering ● Lowers Disaster Cost ● Protect Environments

Because *"The Earth's volatile interior shifts the continents and ocean floors while the sun's heat bombards us with wind and wild weather. Civilization is caught in the middle, and there's little we can do about it EXCEPT BE PREPARED."* Quote: National Geographic, Special Issue, Nature's Fury, 2010. This quote says it best and civilization has no choice but to respond to this reality!



Society hasn't solved people's complex disaster relief or homeless short-term issues to date. Thus, we developed a new and better holistic approach to problems, for everyone's sake! We cover the time frame a disaster or homeless event strikes to when long term solutions are available; especially when people can't shelter in place but must evacuate their homes and travel. The Department of Homeland Security, the Red Cross, state and local governments have issued guidelines for emergency preparedness, including broad suggestions for "Emergency Kits". In response, several private manufactures have produced prepackaged emergency kits based primarily on government recommendations for short-term eventualities (generally around three days). While these kits are better than nothing, all of them lack to address important survival issues and to provide complete and effective viable solutions so far! Our goal is to change the disaster industry status quo for better end user results utilizing revolutionary products emphasizing six advance distinctions of being: portable, simple, effective, rugged, green, and affordable.

Introducing the **Ultimate Survivor Packages**, our revolutionary holistic disaster products. People can now better survive the world around them with increased certainty, comfort, and for a much longer time through our design-oriented solutions. We offer an innovative plastic case with large folding wheels, off-the-ground sleeping and protection bivy tent, unique solar cooking unit, survival supplies that are all portable by the end user and much more. These products can last for years and they cover infants to large adults, even the disabled which now...**CHANGES EVERYTHING ABOUT SURVIVAL!**

Self-Portability of Unit

This is a newly created product, primarily for people who can't shelter at home or in a safe area and must Evacuate to the safety of disaster shelters, mass transit locations or homeless facilities and need a "Portable Shelter Unit." People need a way to transport all their essential survival supplies, especially when transportation isn't available, and they must rely solely on their own ability and physical strength.

It also provides a uniform way to identify and provide disaster assistance for a single person to masses of people in need of life saving survival supplies in a timely, efficient, and orderly manner. Its unique transforming case provides an integral part of the package system. It can be used in several configurations depending on the user's needs at the time. It can provide shelter for clean off-the-ground sleeping protection and comfort; can be set-up or taken down in a few seconds. The package has everything necessary contained within it for a person to survive for at least the first 168 hours (7 days) after a disaster or delay (which includes all types of transportation travel delays). The small footprint, light weight, water resistant case, with all the contents enclosed, allows for a single point one-time distribution; the physical dimensions of this unit allows users to carry this product on, and be stored inside, commercial airplane compartments when traveling by air, if necessary. It is easy to transport and simple to use by individuals requiring protection from disasters. The package may also be used for a variety of other purposes such as recreational activities. Each part of the case and its contents can be used for multiple functions. The case can be configured to be used as a base for a shelter. In addition, it serves as a place to store and carry essential survival items necessary to sustain life, such as: water, food, solar blanket, and hygiene items, to name just some of the items in this package system. The package walls provide print space for instructions, as well as advertising and marketing.

The package system takes into consideration, and is built to accommodate, the whole family (children to adults) and utilizes the same base case. Children make up approximately 50% of our world population. Furthermore, because this product protects people from all kinds of disasters and is easy to self-transport, wherever they go, people only need this one product instead of acquiring separate disaster products (i.e. cots, blankets, pillows, etc.) while in shelters or mass transit locations. The disaster package systems are bright in color and photoluminescent to glow in dark, extremely affordable, environmentally green products that can be easily reused, recycled, or composted. **PORTABLE WAYS INCLUDE:**

- HANDLE CASE
- 2 WHEEL PULL
- 4 WHEEL CART
- IN SECTIONS
- OR BACKPACK -
THE ADULT UNIT



Why We Provide Shelter and Protective Items

The main intention is to help thermoregulate your core body temperature during periods of outside temperature fluctuations, both cold and hot. This is for your survival regardless of where you may be: home, car, work or outside in various elements and situations. Significant core temperature elevation (hyperthermia) or depression (hypothermia) that is prolonged for more than a brief period of time is incompatible with human life.

Summer of 2003, Europe had a major heat wave in which tens of thousands died from hyperthermia. Nearly 20,000 died in Italy, 2,139 in the U.K., 7,000 in Germany and 14,802 in France. Winter weather and hypothermia kills as well en masse. In America, dozens of people die each year, in their homes, due to lack of thermoregulation.

Temperature control (thermoregulation) is part of a homeostatic mechanism that keeps the organism at optimum operating temperature, as it affects the rate of chemical reactions. In humans the average oral temperature is 36.8 °C (98.2 °F), though it varies among individuals, as well as cycling regularly through the day, as controlled by one's circadian rhythms with the lowest temperature occurring about two hours before one normally wakes up.

Normal human body temperature, also known as *normothermia* or *euthermia*, is a concept that depends upon the place in the body at which the measurement is made, and the time of day and level of activity of the person. There is no single number that represents a normal or healthy temperature for all people under all circumstances using any place of measurement.

The body temperature also changes when a person is hungry, sleepy, or cold. Temperature is increased after eating, and psychological factors also influence body temperature. Children develop higher temperatures with activities like playing, but this is not fever because their set-point is normal. Elderly patients may have a decreased ability to generate body heat during a fever, so even a low-grade fever can have serious underlying causes in geriatrics.

Normal body temperature may differ as much as 1.0 °F between individuals or from day to day.

Hyperthermia

Hyperthermia is an acute condition which occurs when the body produces or absorbs more heat than it can dissipate. It is usually caused by prolonged exposure to high temperatures. The heat-regulating mechanisms of the body eventually become overwhelmed and unable to deal effectively with the heat, causing the body temperature to climb uncontrollably. Hyperthermia at or above about 40 °C (104 °F) is a life-threatening medical emergency and requires immediate treatment. Common symptoms include headache, confusion, and fatigue. If sweating has resulted in dehydration, then the affected person may have dry, red skin.

In a medical setting, mild hyperthermia is commonly referred to as heat exhaustion or heat prostration; severe hyperthermia is called heat stroke. Heat stroke may come on suddenly, but

it usually follows the untreated milder stages. Treatment involves cooling and rehydrating the body. This may be done through moving out of direct sunlight to a cooler and shaded environment, drinking water, removing clothing that might keep heat close to the body, or sitting in front of a fan. Bathing in tepid or cool water, or even just washing the face and other exposed areas of the skin, can be helpful.

With fever, the body's core temperature rises to a higher temperature through the action of the part of the brain that controls the body temperature; with hyperthermia, the body temperature is raised without the consent of the heat control centers.

Hypothermia

In hypothermia, the body temperature drops below that required for normal metabolism and bodily functions. In humans, this is usually due to excessive exposure to cold air or water, but it can be deliberately induced as a medical treatment. Symptoms usually appear when the body's core temperature drops by 1-2 °C (1.8-3.6 °F) below normal temperature.

Core temperature

Core temperature, also called core body temperature, is the operating temperature of an organism, specifically in deep structures of the body such as the liver, in comparison to temperatures of peripheral tissues. Core temperature is normally maintained within a narrow range so that essential enzymatic reactions can occur. Significant core temperature elevation (hyperthermia) or depression (hypothermia) that is prolonged for more than a brief period of time is incompatible with human life.

From Wikipedia, the free encyclopedia that anyone can edit.



Why We Provide Sleeping Accommodations

LIFE AND HEALTH IS WHY WE PROVIDE BIVY SHELTERS WITH OFF-THE-GROUND SLEEPING COMFORT AND PROTECTION PLUS OTHER VITAL ELEMENTS FOR PEOPLE.

REMEMBER THE RULE OF 3 FOR SURVIVAL, YOU CAN ONLY GO 3 HOURS OR LESS WITHOUT SHELTER. SO, THIS MUST BE ADDRESSED FIRST AND BE PORTABLE!

No other company can claim that they provide complete and effective survival supplies wherein all items can be transported together by the end user utilizing several different transport methods. Sleep is vital, so we started with getting people proper sleep in a comfortable and protective manner, anywhere they may be.

Health, as defined by the World Health Organization (WHO), is "a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity." Health may be defined as the ability to adapt and manage physical, mental and social challenges throughout life. An individual life is of great importance from both their health status and quality of life.

Sleep

Main articles: Sleep and Sleep deprivation

Sleep is an essential component to maintaining health. In children, sleep is also vital for growth and development. Ongoing sleep deprivation has been linked to an increased risk for some chronic health problems. In addition, sleep deprivation has been shown to correlate with both increased susceptibility to illness and slower recovery times from illness.^[48] In one study, people with chronic insufficient sleep, set as six hours of sleep a night or less, were found to be four times more likely to catch a cold compared to those who reported sleeping for seven hours or more a night.^[49] Due to the role of sleep in regulating metabolism, insufficient sleep may also play a role in weight gain or, conversely, in impeding weight loss. In 2015, the National Sleep Foundation released updated recommendations for sleep duration requirements based on age and concluded that "Individuals who habitually sleep outside the normal range may be exhibiting signs or symptoms of serious health problems or, if done volitionally, may be compromising their health and well-being."^[52]

| Age and condition | Sleep Needs |
|-----------------------|----------------|
| Newborns (0–3 months) | 14 to 17 hours |
| Infants (4–11 months) | 12 to 15 hours |

| Age and condition | Sleep Needs |
|----------------------------------|----------------|
| Toddlers (1–2 years) | 11 to 14 hours |
| Preschoolers (3–5 years) | 10 to 13 hours |
| School-age children (6–13 years) | 9 to 11 hours |
| Teenagers (14–17 years) | 8 to 10 hours |
| Adults (18–64 years) | 7 to 9 hours |
| Older Adults (65 years and over) | 7 to 8 hours |

Self-care strategies

Main article: [Self care](#)

See also: [Chronic care management](#), [Social relation](#), and [Stress management](#)

Personal health depends partially on the active, passive, and assisted cues people observe and adopt about their own health. These include personal actions for preventing or minimizing the effects of a disease, usually a chronic condition, through [integrative care](#). They also include personal [hygiene](#) practices to prevent infection and illness, such as [bathing](#) and [washing hands](#) with soap; [brushing and flossing teeth](#); storing, preparing and handling [food safely](#); and many others. The information gleaned from personal [observations of daily living](#) – such as about sleep patterns, exercise behavior, nutritional intake and environmental features – may be used to inform personal decisions and actions

Prolonged [psychological stress](#) may negatively impact health, and has been cited as a factor in [cognitive impairment](#) with aging, depressive illness, and expression of disease.^[61] [Stress management](#) is the application of methods to either reduce stress or increase tolerance to stress. [Relaxation techniques](#) are physical methods used to relieve stress. Psychological methods include [cognitive therapy](#), [meditation](#), and [positive thinking](#), which work by reducing response to stress. Improving relevant skills, such as [problem solving](#) and [time management](#) skills, reduces uncertainty and builds confidence, which also reduces the reaction to stress-causing situations where those skills are applicable.



The World Health Organization describes mental health as "a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community".^[36] Mental Health is not just the absence of mental illness.^[37]

Mental illness is described as 'the spectrum of cognitive, emotional, and behavioral conditions that interfere with social and emotional well-being and the lives and productivity of people. Having a mental illness can seriously impair, temporarily or permanently, the mental functioning of a person. Other terms include: 'mental health problem', 'illness', 'disorder', 'dysfunction'.^[38]

Roughly one fifth of all adults 18 and over in the US are considered diagnosable with mental illness. Mental illnesses are the leading cause of disability in the US and Canada. Examples include, schizophrenia, ADHD, major depressive disorder, bipolar disorder, anxiety disorder, post-traumatic stress disorder and autism.^[39]

Now there are many ways to use this product to sleep, from off-the ground fully protected with comfort, used as a Hammock, to just a fast way to sleep at an airport with the Automatic Pop-up Tent. On the inside of tent is a sleeping air-inflated pad.



Auto Pop-up Ten on Snow - Warm Inside



Tent In Open Position Hanging Hammock



Tent With Front Ventilation Screen Down



Bear in Tent- 60" Waist and Large Head



Bear Pulling Emergency Snow Sled



Bear Resting -- Note Size of Same Bear

Why we provide a Water Life Vest/Personal Floatation Device

There are many natural disasters that occur in the United States and the most common is flooding. Flooding can occur anywhere in the United States, during any season and in many forms. Forty Three percent (43%) of all disasters are water related! Here are a few of the different forms of flooding you should be aware of, and prepare for, before they happen.

Overbank Flooding - this type of flooding occurs when either heavy rain or melting snow puts additional water into rivers and causes them to swell. The excess water makes rivers overflow their banks, sending water spreading out in the immediate area and traveling outside the river.

Flash Flooding - this type of flooding occurs when heavy precipitation causes a rapid rise of water, which becomes a fast-moving stream. When flooding occurs within 3-6 hours of heavy rain, it is known as flash flooding. Flash flooding is one of the most common situations where people underestimate the strength of the waters. Even though the water may only be a few inches high, people do not realize the enormous power the fast-moving water contains. Water only a few inches high still can have the power to sweep vehicles away. Many people are seriously injured or lose their lives because they drive around barriers or warnings in flash flooding areas.

Ice Jam Flooding - in this type of flooding, precipitation causes chunks of ice to push together. As a result, the water piles up and spills over banks causing water to spread to surrounding land. As the ice eventually breaks up and melts, it sends fast moving water downstream.

Coastal Flooding - this type of flooding occurs along seashores at the edge of oceans. These are mostly driven by storm surges, most commonly due to hurricanes and tropical storms. Wave damage can destroy nearby watercraft, buildings, and infrastructure.

Due to the above and more, it is important to expect the unexpected and prepare for many unforeseen water situations with products that will keep you afloat even if you can swim. Too many times people caught in water disasters are injured, knocked unconscious, do not have the physical strength, and therefore cannot stay afloat to breathe.

Our water life jacket / personal floatation device is provided in each of our **The Ultimate Survivor Basecamp Package** products, with other vital protection products to give everyone who has a package the best disaster relief outcome possible. That is why we can claim the World's Best - Portable Disaster Relief Product! Multifunctional Use, Most Complete and Effective Disaster Product Ever Imagined.

Why We Provide Sanitation and Hygiene

A lack of sanitation following a major disaster can quickly create disease epidemics.

Improper sanitation is directly or indirectly responsible for killing hundreds of thousands of people each year in peaceful times. During war times, this has proven to be just as deadly as the wars which provoked the situation.

The average person produces two to three pints of urine and one pound of feces every day. Flies, other pests, even the family dog or the person themselves going to the bathroom can transfer dangerous fecal borne matter to food and the ensuing results from fecal borne pathogens can be disastrous to you and your loved one's health.

The last thing that anyone needs during a disaster is to be stressed out about where to go to the bathroom and be wandering around until they find a spot in which they feel safe to go or just can't hold it any longer and go. Americans are not accustomed to squatting while going to the bathroom and many are not physically able due to past injury, old age, out of shape, etc. Undue stress and concern about finding and using a toilet, especially in darkness and all types of weather conditions can psychologically and physiologically cause a person to "bind up" inside, preventing bowl movement through constipation. If a person is tense or strains, the sphincter muscles contract and make the evacuation more difficult. By providing a place to go to the bathroom at any time, privacy when going, hygiene products and a way to dispose of waste, The Ultimate Survivor Package address all these issues and more with simple solutions for all.

Interesting note, during World War II more soldiers died from lack of sanitation than actual battle on the field. So, it is critical to take care of yourself in this endeavor.

Why We Provide N95 Air Pollution Masks



The primary cause of death from wildfires is smoke inhalation. 50 to 80 percent of fire deaths are from smoke inhalation.

How to protect yourself from wildfire smoke – IQAir

When considering the dangers of wildfires, thoughts of fleeing your home while a raging wildfire rapidly approaches can easily consume your imagination. However, the number one cause of death from fires is smoke inhalation.

Inhaling smoke damages your body in one or both of the following ways:

- by robbing it of oxygen
- through particulate matter irritation

Smoke inhalation is particularly dangerous because you may not show symptoms until 24 to 48 hours after exposure. 50–80 percent of fire deaths are from smoke inhalation.¹ Read on to learn how to help protect the health of yourself and your loved ones, and learn some wildfire smoke safety tips to rest assured that you've taken the necessary wildfire safety precautions to reduce the consequences of toxic wildfire smoke.

Smoke can travel for miles beyond its source. In 2020, smoke from wildfires in the Western United States drifted for nearly 5,000 miles, eventually being detected in Europe.

What's in wildfire smoke?



Wildfire smoke is a mixture of thousands of individual compounds, including harmful particles and gases that pose a severe health risk to anyone (including pets) nearby and downwind from a fire.

Wildfire smoke often contains:

- water vapor
- particulate matter
- trace minerals
- carbon dioxide
- carbon monoxide
- nitrogen oxides
- hydrocarbons and nitrogen oxide compounds that contribute to elevated ozone (O₃) levels
- volatile organic compounds (VOCs), including acrolein and formaldehyde (potent respiratory irritants)

Wildfire smoke often contains fine (PM_{2.5}) and ultrafine particles that can be absorbed directly into your blood stream and reach any organ or area of your body.



Pictured: The typical contents of wildfire smoke, including ultrafine particles (≤ 0.3 microns), PM_{2.5} (2.5–10 microns), acrolein, PM₁₀ (> 10 microns), formaldehyde, carbon dioxide (CO₂), carbon monoxide (CO), nitrogen oxides, and hydrocarbons. Source: IQAir

Wildfire smoke composition depends upon multiple factors, including:

- the types of wood and vegetation burning
- the moisture content
- the fire temperature
- wind conditions
- other weather-related influences

The primary pollutant threatening the health of those nearby and downwind of a wildfire is particulate matter. Wildfire smoke often contains fine (or PM2.5) and ultrafine particles. These tiny airborne particles are the most dangerous to your health. Fine particles (smaller than 2.5 microns) penetrate deeply into your lungs.

The most dangerous are ultrafine particles (smaller than 0.1 microns), which represent 90% of all airborne particles. These particles are tiny and can be absorbed directly into your bloodstream. Once in your blood, they can reach any organ or area of your body.

Wildfire smoke and at-risk populations

Most healthy adults will recover from smoke exposure. However, certain individuals are more at risk for severe health consequences, including:²

- **Young children.** Children whose lungs are still developing are considered more vulnerable, regardless of whether they have a pre-existing condition.
- **Pregnant women.** Wildfire smoke inhalation puts pregnant women and their unborn children at a higher risk than the general population.
- **Older adults.** This population is at-risk due to an increased rate of pre-existing heart and lung disease.
- **Anyone with a respiratory disease.** Individuals with emphysema, chronic bronchitis, COPD, asthma, or another respiratory disease are at-risk.
- **Individuals with heart disease.** Circulatory diseases include high blood pressure, vascular diseases, heart failure, and cerebrovascular conditions. These conditions make sufferers susceptible to heart attacks, transient chest pain, heart failure, stroke, and sudden death from cardiac arrhythmia.

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Why We Provide Sunglasses – Two Main Reasons, Snow Blindness and Solar Cooking, but also more, read below.

Sunglasses

From Wikipedia, the free encyclopedia

(Redirected from [Sun glasses](#))

"Dark glasses" and "Shades" redirect here. For the film, see [Dark Glasses](#). For other uses, see [Shade \(disambiguation\)](#).



Wearing sunglasses under direct sunlight: Large lenses offer good protection, but broad temple arms are also needed against "stray light" from the sides.

Sunglasses or **sun glasses** (informally called **shades** or **sunnies**; more names [below](#)) are a form of [protective eyewear](#) designed primarily to prevent bright [sunlight](#) and [high-energy visible light](#) from damaging or discomforting the eyes. They can sometimes also function as a visual aid, as variously termed spectacles or [glasses](#) exist, featuring lenses that are colored, [polarized](#) or darkened. In the early 20th century, they were also known as **sun cheaters** ([cheaters](#) then being an [American](#) slang term for glasses).^[1]

Since the 1930s, sunglasses have been a popular fashion accessory,^[2] especially on the [beach](#).

The [American Optometric Association](#) recommends wearing sunglasses that block [ultraviolet](#) radiation (UV) whenever a person is in the sunlight^[3] to protect the eyes from UV and blue light, which can cause several [serious eye problems](#). Their usage is mandatory immediately after some surgical procedures, such as [LASIK](#), and recommended for a certain time period in dusty areas, when leaving the house and in front of a TV screen or computer monitor after [LASEK](#). It is important to note that dark glasses that do not block UV radiation can be more damaging to the eyes than not wearing eye protection at all, since they tend to open the pupil and allow more UV rays into the eye.



✓ First precursors: against Snow Blindness

[Inuit snow goggles](#) function by reducing exposure to sunlight, not by reducing its intensity

Since prehistoric times until the spread of contemporary UV-shielding [spectacles](#), [Inuit](#) made and wore [Snow goggles](#) of flattened walrus or caribou ivory with narrow slits to look through to block almost all of the harmful reflected rays of the sun.^[415] In many different forms and with many different materials, the indigenous peoples of [North America](#) and northern Asia crafted highly efficient equipment to protect their eyes against the damaging effects of strong sunlight in icy circumstances.^[416]

Visual clarity and comfort

Sunglasses can improve visual comfort and visual clarity by protecting the eye from [glare](#).^[24]

Various types of disposable sunglasses are dispensed to patients after receiving [mydriatic](#) eye drops during [eye examinations](#).

The lenses of [polarized sunglasses](#) reduce glare reflected at some angles off shiny non-metallic surfaces, such as water. They allow wearers to see into water when only surface glare would otherwise be seen, and eliminate glare from a road surface when driving into the sun.

Protection



Broad temple arms protect against "stray light" entering from the sides

Sunglasses offer protection against excessive exposure to light, including its visible and invisible components.

The most widespread protection is against ultraviolet radiation, which can cause short-term and long-term ocular problems such as [photokeratitis](#) (snow blindness), [cataracts](#), [pterygium](#), and various forms of [eye cancer](#).^[425] Medical experts advise the public on the importance of wearing sunglasses to protect the eyes from UV.^[25] For adequate protection, experts recommend sunglasses that reflect or filter out 99% or more of [UVA](#) and [UVB](#) light, with wavelengths up to 400 [nm](#). Sunglasses that meet this requirement are often labeled as "UV400". This is slightly more protection than the widely used standard of the European Union (see [below](#)), which requires that 95% of the radiation up to only 380 nm must be reflected or filtered out.^[26] Sunglasses are not sufficient to protect the eyes against permanent harm from looking directly at the Sun, even during a [solar eclipse](#). Special eyewear known as [solar viewers](#) are required for direct viewing of the sun. This type of eyewear can filter out UV radiation harmful to the eyes.^[27]

More recently, [high-energy visible light](#) (HEV) has been implicated as a cause of age-related macular degeneration;^[20] before, debates had already existed as to whether "blue blocking" or amber tinted lenses may have a protective effect.^[21] Some manufacturers already design glasses to block blue light; the insurance company [Suva](#), which covers most [Swiss](#) employees, asked eye experts around Charlotte Remé ([ETH Zürich](#)) to develop norms for blue blocking, leading to a recommended minimum of 95% of the blue light.^[22] Sunglasses are especially important for children, as their ocular lenses are thought to transmit far more HEV light than adults (lenses "yellow" with age). There has been some speculation that sunglasses actually promote [skin cancer](#).^[23] This is due to the eyes being tricked into producing less [melanocyte](#)-stimulating [hormone](#) in the body.

Assessing protection



These [Stanley](#) Vexis safety sunglasses have a scratch resistant coating, block 99.9% UV, and meet ANSI Z87.1 and CSA Z94.3 standards.

The only way to assess the protection of sunglasses is to have the lenses measured, either by the manufacturer or by a properly equipped [optician](#). Several standards for sunglasses (see [below](#)) allow a general classification of the UV protection (but not the blue light protection), and manufacturers often indicate simply that the sunglasses meet the requirements of a specific standard rather than publish the exact figures.

The only "visible" quality test for sunglasses is their fit. The lenses should fit close enough to the face that only very little "[stray light](#)" can reach the eye from their sides, or from above or below, but not so close that the eyelashes smear the lenses. To protect against "stray light" from the sides, the lenses should fit close enough to the temples and/or merge into broad temple arms or leather blinders.

It is not possible to "see" the protection that sunglasses offer. Dark lenses do not automatically filter out more harmful [UV radiation](#) and blue light than light lenses. Inadequate dark lenses are even more harmful than inadequate light lenses (or wearing no sunglasses at all) because they provoke the pupil to open wider. As a result, more unfiltered radiation enters the eye. Depending on the manufacturing technology, sufficiently protective lenses can block much or little light, resulting in dark or light lenses. The lens color is not a guarantee either. Lenses of various colors can offer sufficient (or insufficient) UV protection. Regarding blue light, the color gives at least a first indication: Blue blocking lenses are commonly yellow or brown, whereas blue or gray lenses cannot offer the necessary blue light protection. However, not every yellow or brown lens blocks sufficient blue light. In rare cases, lenses can filter out too much blue light (i.e., 100%), which affects color vision and can be dangerous in traffic when colored signals are not properly recognized.

We Offer Four Food Preparation Methods - Now you Have a Real Choice of What You Want for Breakfast, Lunch and Dinner!

Now you can have real meal choices no matter where you are or what you are doing! You deserve great tasting nutritious different meals from cold to hot foods and drinks. So, what do you want for breakfast, lunch, or dinner keeping in mind size of package, weight, nutrition value, quality, taste, cost of food and process?

1. **Raw, Natural or Precooked Meals**- this can be fruits, vegetables grown in the fields or found in stores, from canned and prepackaged foods not requiring cooking or cold storage, to energy bars and all kinds of retail survival foods sold; Almost limitless choices.



All types of Fruits and Vegetables



Energy Bars



Canned Foods

2. **Thermo-Heat** – Chemical Bags of canned products that produce heat to pre-heat or cook with. We use and suggest OMEALS brand self-heating food in bags because they do not require water added directly to the food being cooked. Almost any liquid that is non-flammable in small portions (3 to 5 Oz.) can be used to heat food in a self-sealing pouch by steam process when a small chemical patch is activated by liquid. Other benefits include that they only require 3-5 minutes to cook, everything include in each package (plasticware, napkin, heats source, etc.) and all disposal items for environmentally friendly product. Also, they are light weight, flexible and waterproof. You get a variety of foods choices that have a shelf life of 5 years. This is not dehydrated food, but real cooked food with excellent taste. Below are stored OMEALS in Ultimate Basecamp Product Top Case and variety of food.



Meals stored in top case
Top Case can store Dry Ice.



Some of the great food choice options.
From Omeals included in this Picture

3. **Solar Cookers** – We use the ray of the sun to cook/heat meals and boil water for purification, sanitation, dehydration, and desalination in Solar Tubes with attached mirrors that are adjustable for maximum sun ray cooking. Pictured below are how our Solar Tube is set-up in a Horizontal and Vertical Position utilizing our red case and or a separate Solar Kettle option, if you so choose.



Horizontal Position



Vertical Position



Solar Kettle & Stand



Side View of SK

4. **Fire/Electric Heating System** – Too many ways to describe all of them, but anything that can raise the thermos heat level to 160 degrees or more of water or food. This can be from a wood or other type of fuel /electric energy source be it in the open space outside or inside a structure to the use of Stoves, Ovens, Grills, etc.

The picture below is our Fire Grill set-up utilizing a wood or charco fire at the base of our Grill Platform that can be used to cook with pots, containers or directly over the wire grill. Also, our Cutting Board with blood line groove, Knife and Machete for preparing raw food.



Firewood Stand (Adjustable Height), Wire Grill & Pot



Our Cutting Board and Machete Tool

Please Note: We also offer clean water in a variety of ways, from sealed water pouches (4.225 OZ) to Two Gallon Bags Plus Solar Boiling of Water Purification. See our white sheet paper -Why We Provide Water and Food.