

# [VIDEO] Pocket Survival Kit (PSK) – Food Procurement Options

One of the most important parts of survival is finding sustenance. Without food your body and your organs slowly shut down, your mind becomes foggy and doing all of the things you need to survive becomes more complicated, dramatically lowering your chances of survival.

A good Pocket Survival Kit (PSK) contains both something to eat in an emergency, as well as the tools necessary to procure more food if your supplies dwindle down to nothing. Cache Valley Prepper is here to show you exactly how to get the most bang for your buck and guarantee you won't go hungry.

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