

Pine Tree for Survival

- 1. Pine tree needles make great vitamin C tea.**
- 2. Pine tree needles make excellent bedding to sleep on. I like to use about 6" deep.**
- 2. Boil the bark for tannin tea, apply cooled tea with compress to insect stings.**
- 3. Pull the outer bark off and scrape top layer of wood for starch laden food.**
- 4. Collect a lump of dried sap called pitch. This is excellent starter fuel for fire.**
- 5. Nuts from green pine cones. Excellent protein source. Must knock green pine cones out of tree.**
- 6. Scrape the sap/pitch from the pine tree and place in a metal container. Press the sap/pitch into the container until the container is full. Light the sap/pitch at night. The odor will deter insects, and its glow will provide light.**
- 7. The sap/resin can be used as a waterproofing agent to water proof boots, mittens, or tent seams. Heat the resin in a container, and use the resin as glue while it is still hot. Adding ash dust from your fire to the hot resin can help strengthen its waterproofing qualities.**
- 8. Sometimes finding enough resin or sap on a pine tree for your needs can be challenging. Just cut into the bark with a knife or sharp object. Sap will seep out. Come back later to collect new sap as it oozes from the cut.**



FIG. 187. BRANCHLET AND CONES OF PINUS SYLVESTRIS.

