

THE **NODE** NFP

Survival Guide

Practical Mobility & Self-Management Guide

Choose gear that serves multiple functions. A jacket that doubles as a pillow, a pot that works as both cookware and storage, or a bandana that can be used for first aid, cleaning, or sun protection.

The lighter your pack, the easier it is to move confidently, make decisions quickly, and protect your energy.

Respect the Space You Use

Leave every spot as you found it. Pack out your trash, avoid damaging vegetation, and keep your footprint minimal.

This isn't about hiding — it's about respecting shared spaces and keeping the environment welcoming for everyone who may pass through.

Health, Hygiene & Personal Care

Community Centers & Outreach Hubs

Many centers offer showers, laundry, lockers, and case management.

Planning your day around their hours helps you stay organized and reduces the stress of carrying everything with you.

Low-Cost Gym Memberships

A 24/7 gym can provide reliable access to showers, restrooms, and a climate-controlled place to regroup.

It's also a safe environment to stretch, clean up, and recharge.

Foot & Skin Care

Change socks daily when possible and keep your feet dry to prevent infections.

Baby wipes or a small washcloth can help you stay clean when showers aren't available.

Good hygiene protects your health and keeps you ready for work opportunities.

Smart Resting Habits

Choose places that feel safe, well-lit, and near resources, but avoid sleeping directly in high-traffic areas where you may be disturbed.

Look for sheltered corners, overhangs, or quiet edges of public spaces where you can rest without being in anyone's way.

Protecting Your Identity & Documents

Use the Library as Your Base of Operations

Libraries offer computers, Wi-Fi, charging outlets, and a calm environment.

Scan and store important documents (ID, birth certificate, Social Security card) in a secure cloud folder or email them to yourself so you can access them from any device if your belongings are lost.

General Delivery at the Post Office

You can receive mail under your legal name at the main Post Office using "General Delivery."

This gives you a stable point of contact for official documents, job applications, and communication even without a fixed address.

Income

Skill Bartering

Your abilities have value.

Fixing a bike, helping with small repairs, or assisting with lifting or moving can often be exchanged for food, supplies, or other essentials.

Recycling for Steady Cash

Collecting and returning aluminum cans can provide small but consistent income for daily essentials like hygiene items or laundry.

Trade, Don't Hoard

Carry only what you need.

If you have extra gear, trade it for something more useful. Mobility is more valuable than excess weight.

Your situation today doesn't define who you are. Every step you take to stay healthy, organized, and connected keeps the door open for whatever comes next.

