Yelling is not always going to get someone's attention plus it may make you lose your voice, it's important to carry a whistle just in case you get in a jam. For example: When I went mountain biking with a group of friends I crashed plenty of times. Luckily, none were serious. However, if I had a bad crash, I would of had to wait until someone pedaled back to me. Unless that is, I could signal them somehow. Make a whistle out of an old .223 case and be the envy of all your prepper friends

To signal for help with a whistle you sound three blasts. Do this in a consistent interval until help comes. The plus side to this whistle is you'll have a conversation starter when help finally comes.

How To Make A Survival Whistle From A .223 Case

Photo credit: Mrballeng