

<p style="text-align: center;"> Lessons the Wasteland Taught Us Life advice from the Desert Rangers </p>	<p style="text-align: center;"> Show the world your true face. And, most importantly... </p>	<p style="text-align: center;"> How to have fun: What happens in Vegas does not stay in Vegas. Don't gamble. The house always wins. Most culinary errors can be corrected with hot sauce. There are at least one hundred ways to cook a potato. Carry a pencil, a pad of paper, and a deck of cards. Don't go to tourist traps. Drink with the locals instead. Everyone could use a dog. </p>	<p style="text-align: center;"> How to dress to impress: Clothes prevent sunburn better than sunscreen. Cover your skin! The most expensive component of any outfit should be your shoes. A headscarf is an extremely versatile object. Carry your pack on your hips and your stomach, not your shoulders. Always dress in layers. Custom-made clothes are worth it. Learn to fix them up yourself. Break in your shoes <i>before</i> that big trip, not during. Wear a mask! </p>
<p> How to stand up for yourself: Talking to people will solve more problems than violence ever will. Still, be ready to fight if push comes to shove. Be flexible and adaptable. Bend to keep from breaking. Names have power, faces have power. Only give yours to those who deserve it. Remember who you are, especially when the world forgets. Who are you if you don't know your history? Learn to recognize dogwhistles and read between the lines. </p>	<p> How to stay healthy: Keep good posture. Lift with your knees, not with your back. Get used to sleeping on a hard surface. Hydrate or diehydrate. You need to drink before you think you are thirsty. Perfectly clean looking water is not safe water. Humans are wired for a biphasic sleep schedule. Take that siesta. The sun is most intense around high noon. This is when you need to be in the shade. </p>	<p> How to keep a sense of perspective: The world is ending all of the time. We aren't the first generation to think we'll be the last, and everyone before us came out fine. Humans are not: top of the food chain, the only intelligent, society- building species around you. Humans are: fragile and easy to kill, not special, animals. Everyone's gotta eat. Don't take it too personally or you'll never get anywhere in life. Stay alive! It can always get better. </p>	<p> How to get along with others: Try to rely on each other a bit. You aren't an island, and no man is meant to be. Keep toys around for children, in cases of emergency. Others will thank you. When in Rome, do as the Romans do. Respect people who think very differently from you. If someone being wrong really, truly makes them happy, let them be wrong. </p>