

1.Know your surroundings

No matter what, always know exactly where you are when you're shrunk. This also means know the movement of people in the area. Whether you're shrunk to kid size or bug size, knowing where the feet, food, and deadly animals are can keep you alive.

2.Have food, water, and shelter readily available for any size

This is extremely important if you want to limit your movement in the area you're in. Things as simple as bread and granola can fulfill your dietary needs. For water, a thimble or shot-glass could quench your thirst at any size. It's best to keep your food and water in a place that you can use for sleep at any size. Someplace where people or animals don't walk around is best for a shelter.

3.Limit your contact with people

This rule only applies if there are suspected microphiles in the area. It's best to avoid everyone in general. Make sure your trusted companion has very good hearing, in case you are too small at some point.

4.Avoid kitchens

This sounds a little cliché, but it's rather serious. People being eaten alive while shrunk, is all too common. While the kitchen is the best place to forage, it's also the best place to get trapped inside someone's food. If you must enter the kitchen, do so when others aren't around.

5.Beware traps

While you think that you can outsmart things like mousetraps, bug hotels, etc., they are designed to capture things of that size. Going near traps is never an option. All food in traps is usually poisoned or never edible.

6.Avoid messy food

Things like ice cream, liquid cheese, or anything greasy, spell out danger for anyone shrunk. Not only would it give your scent away to animals, it could blind you when solidified. It could also make it harder for anyone that you trust with your safety, to see you.

7.Always have an exit

Wherever your location is, an exit strategy can save your life. In case of discovery, or even nasty animals, it's best to have a place to go to that only you can access. This could be a tiny hole in the wall, or even under furniture. Privacy, is the way to live.

8.Stay inside if possible

This is important for shelter. The smaller you are, the more dangerous the outside elements can be. Things like rain, or a light breeze, become floods and hurricanes to the shrunken. Living inside a sturdy building is key.

9.Avoid appliances

Most appliances generate heat when in use. At normal size, that heat is uncomfortable. In a shrunken state, that same heat could easily be fatal. Things like refrigerators, freezers, and air conditioners, become realms of winter at a small size. You could easily be frozen and undiscovered for a long time.

10. “The buddy system”

Always have a trusted friend, who will know you are shrinking or shrunk. This way, you can be resupplied, if need be. However, make sure it's just one friend.

Special rules for shrunken groups

Know Your Skills

Being able to stitch your own clothing, or cook your food could mean the difference between survival and failure. The right buddy may be willing to accomplish this for you (by providing doll clothes, and cooking regular food to cut down to your size), but it would be easiest all around for you to be able to do this yourself. (Besides, you really want to wear doll clothes?)

Fire Safety

Have a set up in place so that you can cook your food readily and without catching your shelter on fire. Aluminum foil could be useful for cooking some foods, and a well stacked pile of rocks could double as a fire-pit.

Each to their own

Each member of the shrunken group should have their own tasks assigned to them. It is vital for all to work together to allow for a better outcome.

Best Fit

Each member of the shrunken group should be assigned to tasks based upon who does which task the best. Some tasks should be group tasks to allow for maximum safety, such as gathering supplies outside of the safe area.

Teamwork

All members should know where all other members are at any point in time. One person may be appointed as leader to keep up with the location and tasks of all the group members, but this does not exclude him/her from doing his/her own assigned task.

Guard Duty

Being in a group, allows you to guard the shelter in shifts for extra protection and safety to keep unwanted guests away, such as pests, rodents, pets, and more.