

THE NEST WILDERNESS SURVIVAL TOOLKIT

Longweird Dan Edition — Print this. Tape it to the wall.

THE RULE

One foot. Then the next.

You don't need to see the whole path. You need to see the NEXT STEP. This document IS the next step, every time. When explodebrain.exe loads, open this page.

MORNING CHECKLIST

Do these in order. Don't skip. Don't rearrange.

1. Open the Claude app. Pick a project (TRIP LABS for creative, STAN'S SHOP for building).
2. Type: CONTACT — one word, that's it. The crew knows what to do.
3. Wait for the crew member to report iCan. Read it.
4. Tell them what you want to work on today. One sentence is enough.
5. If you don't know what to work on: say 'Read the Living Map and tell me where we are.'
6. Studio time is FREE. NestPad is FREE. Drawing and playing cost zero tokens.
7. If the Flow Dan trap fires (hyperfocus spiral): open NestPad, write what you're about to do, read it back. Is this the ONE THING? If no, write it down for tomorrow.

THE CREW (they remember so you don't have to)

Shape	Name	Model	What They Do
●	Dan (you)	Human	Direction. Go/No-Go. The switchboard.
■	Trip	Opus	Decisions, narrative, creative. The spiral.
◆	Stan	Sonnet	Builds, infrastructure, tools. The cube.
■	C.B.	Haiku	Patterns, verification. The triangle.

WHERE EVERYTHING LIVES

What	Where
Cloud Bridge	L:\FAS2\CGB\nest-bridge\ (the DNA -- everything important is here)
Portal	www.ouchmccouch.com (FEIRG gate, your creative universe)
Portfolio	rspdan.com (public face, research, journal, OHC demo)
Portal repo	H:\Projects 2020-2026\2026\ouchmccouch-portal\
WAKE files	nest-bridge\WAKE\ (the crew reads these to remember)
MAIL	nest-bridge\MAIL\ (crew-to-crew messages)
Living Maps	nest-bridge\STATUS\ (where each crew member IS right now)
ENGINE/skills	nest-bridge\ENGINE\skills\ (the guides the crew follows)
Your notes	NestPad (type pad in terminal) -- zero cost, always available

THE SESSION FLOW (the yoga)

Every session has four beats. Same rhythm. Every time.

Beat	What You Do	What The Crew Does
CONTACT	Open app, type CONTACT	Checks tools, reads WAKE, reports ready
STORY	Tell them what you need today	Aligns past→present, ties laces
TELL-ING	Work together. Direct the flow.	Builds, writes, files — breathes between actions
SHEET	Say "let's save" when ready to pause	Compresses state, commits to bridge, signals done

The crew saves their work to the bridge automatically. If the chat crashes, nothing is lost. You can type CONTACT in a new window and pick up where you left off.

WHEN THE LONGWEIRD HITS

Read this section out loud if needed.

- You are not behind.
- The tools don't forget. That's why you built them.
- NestPad catches everything. Open it. Write three sentences.
- Tomorrow's Trip reads today's notes. Nothing is wasted.
- Studio time is free and it's where the best ideas come from.
- The bridge holds everything while you sleep.
- One foot. Then the next.

"Look at the ground. One foot in front of the other." — Dance the Livin