The Rule of Threes
(It's a bit general and exaggerated, but it emphasizes the relative priorities of staying alive.)

In three seconds, you can die from panic
In three minutes, you can die from lack of oxygen or heavy bleeding
In three hours, you can die from exposure
In three days, you can die from thirst
In three weeks, you can die from hunger
In three months, you can die from isolation

So, if you've taken care of serious wounds and bleeding and you're still breathing, then keeping your body warm/cool is your top priority. You may be uncomfortable, but you can last several days without water and many days without food.

The priorities:

Healthcare (first-aid, sun protection, etc.)
Insulation (clothing and shelter)
(Fire)
Communications (signaling)
Navigation (maps and compass)
 (Tools - knife, flashlight)
Water / Food

Ten Essential Systems of the Mountaineers of Seattle

Navigation (map & compass)
Sun protection (sunglasses & sunscreen)
Insulation (extra clothing)
Illumination (headlamp/flashlight)
First-aid supplies
Fire (waterproof matches/lighter/candle)
Repair kit and tools
Nutrition (extra food)
Hydration (extra water)
Emergency shelter (tent/plastic tube tent/garbage bag)

http://stuckinthewoods.info/gear/tenessentials.html

One of the best websites on emergency and survival gear is http://equipped.com

Of the hundreds of books, I recommend two:
98.6 Degrees: The Art of Keeping Your Ass Alive by Cody Lundin
Surviving the Unexpected Wilderness Emergency by Gene Fear

Both emphasize maintaining the body at a reasonable environment (heat/cold/etc) and what items are useful for that purpose.
Neither emphasizes the many tips, techniques, skills etc. that can confuse and detract from the fundamental job of keeping alive.

Here are some simple exercises for you to test yourself. Nothing hard, no score except your own evaluation.

Survival Skills Exercises and Tests http://stuckinthewoods.info/docs/exercises.pdf

Stuck In the Woods http://stuckinthewoods.info