

BASIC LAND SURVIVAL

Introduction--Personal Background

What IS survival?

Its easy--maintain 98.6! You've been doing it all your life!

What are some likely scenarios?

most likely--stuck in your car during the winter--in the pass, skiing

you get lost when you are hiking

your aircraft engine quits in the mountains and you make a forced landing

What are your priorities?

Air--5 minutes

Water--5 hours

Food--5 days

Shelter

Fire

Signals to Rescue

Warm, Fire, Water, Signal

So I'm stuck, what do I do?

RECOGNISE that this is a potential life-threatening situation! (tactical!)

ASSESS your health condition and equipment inventory--dehydrated, hurt, etc.

TAKE action! WFWS--world federal wrestling service

So use your priorities. (STAY PUT! HUG A TREE!)

1) Get warm. This includes clothing and shelter.

Dress warm, in layers--especially if you are moving around.

If you are in your car or airplane, GREAT. Perfect.

Need to build a shelter? Easy. Cave, branches, PONCHO, parachute, snow cave, under pine tree.

Anything that counted as a "fort" when you were a kid will do.

This counts in summer as well--ensure you aren't TOO warm, and have something to keep the rain off.

2) Get a fire. ESPECIALLY if you have to remain overnight.

Uses--heat, light, cooking

Most importantly, PSYCHOLOGICAL

PSYCHOLOGICAL--it means a lot. If you think you are going to be ok, you probably will. PANIC kills. Its the same in first aid--its SHOCK that kills. They're the same thing. Keep your head. To do this, you should try to make things as much like "home" as possible. If that's NOT possible, make it as

much like camping as you can. You are now officially USED to that situation, and psychologically you are prepared. If you make it as much like another--more familiar--situation as you can, you have a greater chance of surviving. One of the great things about fire is it can be your "Survival TV." Ever notice how people at a campsite will gravitate around a fire and will watch it for hours on end? Same thing while you are alone. Build it. Keep it alive. Watch it. Even when its warm, its an essential survival element.

3) Now you need water. A person requires 2 qts of water EVERY DAY. We rarely get this. Therefore, you are probably a little bit dehydrated RIGHT NOW. This will also likely be true if you get into a tactical survival situation. When stressed, you need even more water. This need does not fluctuate with the temperature outside--winter or summer, its still 2 qts--and this need will only GO UP. Stress, injury, heat, working, and altitude all create a need for MORE water. Water procurement...

1) snow and ice--melt it first, if possible--"snow machine"

2) streams, lakes, springs--purify!! Bever Fever... Iodine, filters, 20 minutes boiling
a. multilayer parachute filter--grass, sand, charcoal

3) rain--collect

4) digging for it--last resort--its WORK!

5) other advanced methods yield only small amounts of water, and require much work and knowledge.

See a book. They aren't necessary around here. (out east, MAYBE)

4) Now it would be nice if someone came and got you, huh?

Is it REALLY necessary, or now that the plows have come, can you drive out?

Is someone LOOKING? (did you file a flight plan? Did you tell someone what time you were planning on coming home, etc)

What do you have available?

your fire...already it has been signaling people!!

dashboard thingy? Flag on antenna?

ELT?

other radio--CB, CAP

flares/rockets?

Strobe?

whistle?

yelling? (NOT recommended over long time)

signal mirror

strip signals (big, contrast!)

smoke generator (big teepee fire with junk in it--starts good w/flare)

5) Rescue!!!! Do what they (the rescuers) say.