

## SURVIVAL

1. How long is a typical survival situation?
2. List the factors affecting survival:

1. Pain	5.
2. Cold	6.
3. Thirst	7.
4.	

3. List the rules to prepare for a possible survival situation.
  - a. Tell where you're going and when you'll be back (update if plans change).
  - b. Take clothes that will keep you warm and dry and work if the weather changes.
  - c.
  - d.
  - e.

4. Field Survival Techniques

- a. Treat injuries

- b. FIRE**

- i. Not under tree; build on platform in snow; scrape dry ground down to dirt
- ii. Build against rock wall or logs to reflect heat
- iii. Use three wooden 'Strike anywhere' matches
- iv. Have wood, especially tinder and kindling, on hand and ready

- c. Shelter

- i. Use natural cover if available
- ii. Build shelter
  1. Lean-to (ridge low if in windy area; butts of boughs up)
  2. Snow cave (boughs on sleeping shelf; cut air vent)

- d. Signal

- i. Sets of three if possible (international)
- ii. Bright fire at night
- iii. Smoke during the day
  1. Platform fire with green boughs

- e. Water

- i. Boil to purify
  1. Filter before boiling; shake after to improve taste
  2. Don't melt snow in mouth
  3. Drink about 3L per day whether or not you are thirsty

- f. Food

- i. Healthy people can survive 30 days without food
- ii. Three plants to avoid
  - 1.
  - 2.
  3. mushrooms
- iii. Cook animals in water as stew or soup
- iv. Set snares or traps



Top Priority!

## HYPOTHERMIA

Hypothermia is a condition where your body temperature drops more than 2°C.

Any hypothermia, even mild, requires immediate treatment!

### Symptoms of Hypothermia

1. uncontrollable spells of shivering
2. slurred or slow speech; not making sense
3. memory problems
4. fumbling hands, stumbling, walking like a zombie
5. drowsiness
6. exhaustion

### Treating General Hypothermia

1. get the victim to shelter and warmth (light a fire if necessary)
2. if victim's clothes are wet, remove them
3. apply heat to victim's head, neck, and torso
  - a. warm towels, bath, hotpacks, etc.
  - b. Use body heat
4. Give warm drinks (NOT alcohol)

### Drowning and Hypothermia

1. clear air passage and give mouth-to-mouth
  - a. if patient does not start breathing continue. Do not give up
2. once patient is breathing, put him in a sleeping bag or wrap with blankets (**DO NOT REWARM HIM!**)
3. Get the patient to the nearest medical facility

### Preventing Hypothermia

1. Appoint a foul weather leader
2. Choose clothing that will keep you warm and dry
3. check the weather forecast before you leave
4. prepare and pack a survival kit

### When Hunting on Land

1. pace yourself; 2) Stay warm and dry; 3) Get out of the wind

### When Hunting on Water

1. Stay out of the water; 2) wear a life preserver, assume the HELP position; 3) stay off ice less than 2 inches thick - if you break through, kick your feet to the surface and tried to "swim" onto the ice then roll away from the whole (spread your weight out)