

# Outdoor Survival

What constitutes a survival situation? Life Threatening

In a survival situation, what is the normal recovery time?

24 – 72 hours – You should be prepared to stay for this time frame

What is the biggest threat to your survival? YOU!

What are the top reasons Search and Rescue (SAR) is called?

- Lost
- Injury – usually ankle or leg
- Late
- Weather changes
- Gear failures

THESE ALL CAN LEAD TO WHAT? PANIC

What is the number one group of people that SAR is called in on?

Day users – They usually don't let anyone know where they are going.  
Least prepared etc..

What are the 4 factors you need for survival?

- 98.6 – keep your core temperature normal
- H<sub>2</sub>O – Stay hydrated any way you can
- Sleep – Key to helping you think straight, remain calm, and to help avoid PANIC
- Rescue – Do what you can to make this happen sooner

Your body can survive without the following for how long?

- Oxygen – 3-4 minutes
- H<sub>2</sub>O – 3-4 Days
- Food – 3 -4 Weeks

Remember if the mind dies, the body dies. You need to remain calm and avoid PANIC

- P.M.A. Positive Mental Attitude
- Will to live
- Adapt! (Crucial) – Change with the situations. Helps you make better decisions
- Acceptance / Action - Avoid Anger, Lashing out, Poor actions
- Spirit – Pray, think of family, keep a journal, know yourself,

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Today's Technology and issues with trusting completely

- GPS: Batteries, Acts of God, Poor satellite signal
- Personal Locator Beacon / Spot – 911 Yuppier Calls for help – effective is used correctly.
- Cell Phones – Weak or no signal, Battery powered, Poor decisions on getting to high points for more signal
- NOAA – pay attention to the weather in the area you are going before you leave. Listen to several NOAA or weather sources.

Know how to read a map and use a compass! – Take navigation or Orienteering course as that is beyond the scope of this class. Practice your navigation skills.

Hypothermia – What is it and how does it happen? – Core temperature drops

- Radiation – heat loss via radiating body heat
- Evaporation – Sweating, Wet clothing
- Convection – Cold Sweaty wind
- Conductive – Laying on the ground

What are the signs of hypothermia?

- Uncontrollable shivering that doesn't stop
- Umbles – stumbling words, slurred speech (caused by less oxygen to brain)
- Body starts to shut down
- You will want to go to sleep – Don't as you probably won't wake up.

(Note: if you don't have hypothermia, the cold will wake you up when you sleep)

How does your body combat Hypothermia? It shuts down blood flow to extremities. This includes your head/brain.

A simple test to see if you have the beginning stages of Hypothermia is to repeatedly touch our little finger to your thumb – inability to do this usually is an early sign of hypothermia.

Clothing – Assists with Thermo regulation.

- Need air spaces
- Cotton clothing
  - Works well when dry
  - Air spaces collapse when wet
  - Slow to dry out and is key to evaporative body temp loss
- Wool or synthetics
  - Works well when wet or dry
  - Breathes well
  - (Smart wool, IBEX, Ice Breaker)
  - Dry quickly
  - Wick moisture away from body

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- Synthetics can melt if exposed to fire more easily than natural fibers

## Survival Equipment Tips

### Bow Saws

- Very useful for survival, frame can be made of wood (easily taken apart, light weight, easy to carry)
- brace saw with foot to ground and between knees (Safer and easier way to cut wood using up and down strokes, conserves valuable body energy)

### Knife

- Recommend survival knife be carried around neck (easy access, safer to remove and replace in sheath).
- Make sure knife is sharp and easy to re-sharpen (carbon steel rather than stainless steel blade).
- Never leave your knife on the ground (easy to step on or loose).
- When handing knife to others, make sure blade is up and pointing towards you rather than the recipient, recipient should always acknowledge with "thank you" when you have a firm grasp on the knife handle.
- Never use a rock to hammer knife blade when splitting wood or other tasks, use another piece of wood (baton or mallet).
- For emergency gear, wet dry sandpaper (300, 400, 600 grit) on thin sticks works very well for sharpening and replicates heavier stones or hones.

### Axe or hatchet

- The smaller the tool, the more dangerous the axe becomes.
  - Best length is from your arm pit to your palm with your arm extended (Timber or cruiser Axe).
- Keep sharp to allow safer work and to conserve energy (less time and effort to cut wood).

Check out [www.wildernessartsinstitute.com](http://www.wildernessartsinstitute.com) for other survival tips and tricks along with survival training opportunities provided by David Cronenwett - David is a writer, naturalist and wilderness survival instructor living in Choteau, Montana. He can be reached via email: [dcronenwett@hotmail.com](mailto:dcronenwett@hotmail.com)

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## Basic 3 Season Survival Kit Ideas

The following are ideas of items that could be in a basic survival kit. What you place in yours depends on what you need and the area you will be traversing. Weather can also play a role in what you should include.

**(Always best to build one to suit your specific needs rather than buy a prebuilt kit that way you have what you need and know what you have included)**

- **Stainless steel water bottle** (stronger and can boil water in bottle to purify)
- **Whistle**
- Leather gloves
- **Small first aid kit**
  - Any medication you might need for 24 – 72 hours
- At least one Mora style **Knife** (single bevel on blade, easier to sharpen and stronger than dual bevel blades used for cutting meat)
- Saw – make sure the saw is strong and light weight
  - Bow saw can be wood frames
  - High quality folding saw
- Rain gear – at least a parka top (used for rain gear and to protect body core from wind providing simple shelter)
- Map and compass – know how to use (take orienteering course and practice navigation skills)
- Leatherman knife (multi tool with scissors and pliers)
- Gorilla tape (better than duct tape, multiple equipment repairs)
- Space blanket (shelter)
- **Flash Light (Small)**
- 550 parachute cord (accept no substitutes as other types are not as strong)
  - Interior cords can be pulled out and used for fishing or sewing
- Glass Signal Mirror (Glass reflects much further than stainless steel)
- Military Poncho (has grommets and can be used as a shelter tarp)
- Fire starting equipment – carry several methods, practice starting fires with various methods and conditions.
  - Water proof matches
  - Cotton balls coated with pure Vaseline (great fire starter material)
  - Carbon steel striker ( used for creating sparks to start fire)
  - **Good quality Bic lighter**