

Survival Inspired by "Tom Brown's Field Guide to Wilderness Survival"

1. Attitude

- . *The most important survival tool is the mind (victims ask for their mommy vrs. Survivors get it done and become proactive)*
- . *Deal with (fear, wants vrs. needs, Don't complain do something, right here right now)*

2. Shelter

Purpose: *serve as a home, will protect you (weather, natural hazards, animals), maintain your body heat and give you peace of mind*

Location : *near water, safe from fire area, safe from dead trees, elevated from natural drainage, on lee side of hill, abundance of supplies, not near animal run, southern exposure)*

Winter Shelters: *Snow Cave, Snow Trench, Fir Pit*

- . **Cold Drain:** *is lowest part of the shelter where the cold air drops so that the area where the resident is located is toasty warm relatively speaking*

Other Shelters: *Lean-too, The Hogan, Debris Hut, Tent, Canoe, Cave, Garbage bag*

3. Fire

Purpose: *purify water, cook food, morale, warmth, scare animals, light*

Types: *baking (log cabin), Boiling (tee-pee)*

Fire starting: *Lighters, Water proof matches, The Bow (spindle, fireboard, the handhold, bow), flint, battery and steel wool*

4. Water

Purpose: *if the weather is not cold or wet, water is likely the next priority after shelter, however our body can only go three days with out water*

- . *First and foremost make sure that the water is safe to drink, boil or treat with chemical – sickness could mean death e.g. (Giardia - beaver fever, Crypto)*

Techniques to purify water: *Boil water, Iodine pills, Bleach drops, Pump, Take a chance (I don't think so)*

- . **Finding water:** *natural catches(Lakes, ponds, rivers, streams, springs) , solar stills, water from plants, & collecting dew with rag)*

5. Food

Purpose: *to fuel the bodies energy systems – remember it is the need verses want principle here*

- . *First and foremost make sure that the food is safe to eat,– sickness could mean death*
- . *Shrink Stomach – don't eat for the first 24 hours (western society, eat when we want must be overruled)*
- . **Gather Edibles:** *pick, traps, snares, deadfalls, bow and arrow*

6. Signal a Plane

There are many ways to signal a plane: green bough fire, boughs in the snow, waving a colorful tarp, SOS message(built with rocks, written in the snow)

7. What are 6 ways to start a fire

- | | |
|----|----|
| 1. | 2. |
| 3. | 4. |
| 5. | 6. |

8. What are 3 components of a fire and an example of each component (refer to Introduction to fire sheet)

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|----|----|
| 1. | 2. |
| 3. | |

9. What is the most important thing surrounding a survival situation and food

10. List 4 ways to gather food

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|----|----|
| 1. | 2. |
| 3. | 4. |

11. What are 4 different ways to signal a plane

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|----|----|
| 1. | 2. |
| 3. | 4. |

12. Why is it important to stay in one place in a survival situation

