

Survival: A State of Mind



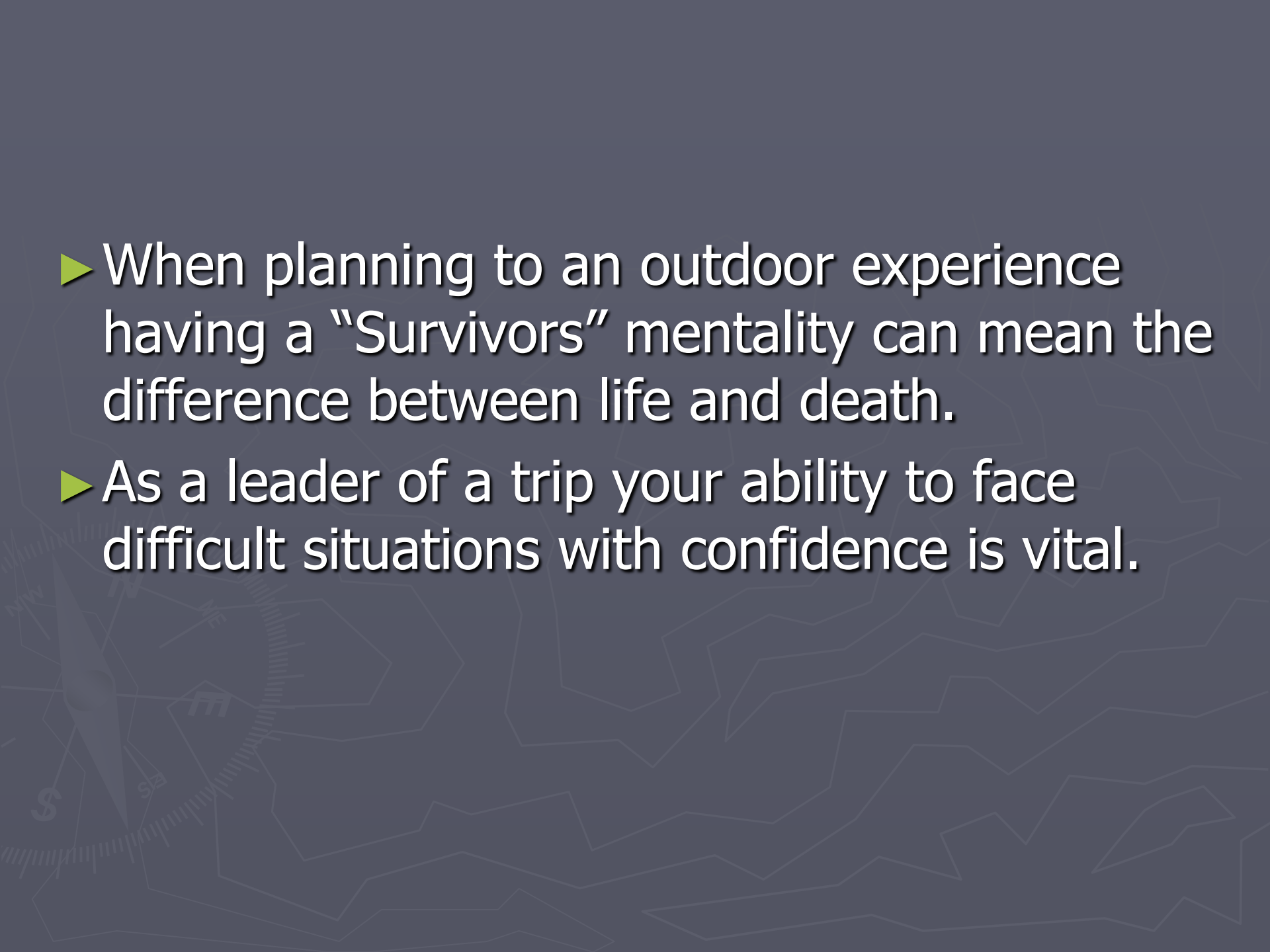
Are you a Survivor?

To survive= to stay alive

There are many accounts of people in similar situations

One lives another dies

WHY?

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- ▶ When planning to an outdoor experience having a “Survivors” mentality can mean the difference between life and death.
 - ▶ As a leader of a trip your ability to face difficult situations with confidence is vital.

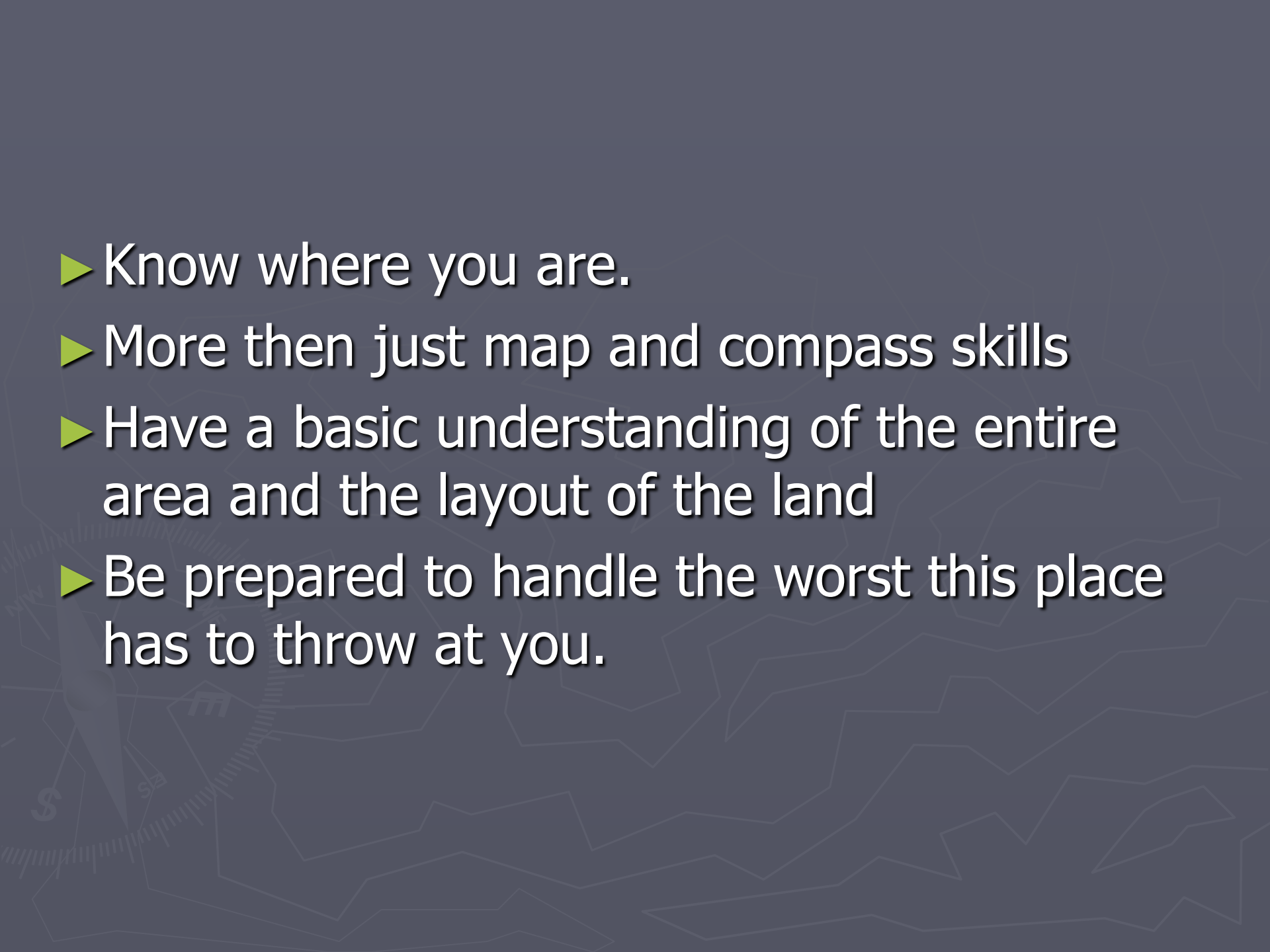
Every outdoor experience is a potential survival experience

- ▶ Vehicles break down
- ▶ Equipment fails
- ▶ Ability is overestimated
- ▶ Unexpected weather moves in

Basically **S&#?@*** happens

Boy Scouts are not the only ones that need to be prepared

- ▶ **Prepare** yourself mentally and physically for whatever adventure you are planning
 - ▶ Be **physically** fit
 - Start slow and build endurance
- The time to get in shape is not on the trail

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- The background of the slide is a dark blue-grey color with a faint, light-colored map overlay. The map shows various landmasses and lines, and a compass rose is visible in the lower-left quadrant. The text is presented as a list of four items, each preceded by a green right-pointing triangle.
- ▶ Know where you are.
 - ▶ More than just map and compass skills
 - ▶ Have a basic understanding of the entire area and the layout of the land
 - ▶ Be prepared to handle the worst this place has to throw at you.

Where did Joe go?

► Tell someone your plans

- Where are you going?
- When will you return?
- Who are you going with?
- Where did you park?
- What kind of vehicle did you use to get there?

This and more could be **VITAL** to rescuers that are looking for you in an emergency.

Most people are found or dead within 48 hours

Make the most important thing the most important thing

- ▶ Win the “Mind Game” first
- ▶ Know what you know
- ▶ Admit what you don't
- ▶ S=stop
- ▶ T=think
- ▶ O= observe
- ▶ P= plan

- ▶ Loneliness, boredom and fear are your worst enemies
- ▶ Make a plan, get busy, stick with the plan



The Law of 3's

- ▶ You can survive:
- ▶ 3 minutes without air
- ▶ 3 hours without warmth
- ▶ 3 days without water
- ▶ 3 weeks without food

Don't spend your energy trying to kill a deer when what you need is a warm place to rest, clean water to drink and a good rescue signal

Survival Priorities

- ▶ Shelter (hypothermia)
- ▶ Fire
- ▶ Rescue
- ▶ Water
- ▶ Food

Don't use energy doing something that is not a high priority

Shelter

- ▶ Starts with the clothing you choose to wear.
(Cotton is a bad choice)
- ▶ What are you carrying that will help? What can you find?
 - Tarp
 - Space blanket
 - Garbage bag
 - Debris
 - Natural shelters

Fire

- ▶ 3 ingredients: Heat, Fuel, Oxygen
- ▶ Three sizes of fuel:
 - Tinder, Kindling, Fuel
- ▶ Carry tinder in your kit:
 - wax and sawdust sticks, cotton balls in PJ, 000 steel wool
 - Start small build slowly

Rescue

- ▶ Three of anything signals distress
- ▶ Whistle blasts, flashes, fires, ground signals
- ▶ Carry signaling device in kit
- ▶ Whistle, mirror, flare, flag
- ▶ Think big when making signals
- ▶ Stay out in the open and stay in one place

Water

- ▶ Don't trust natural sources
- ▶ Plan ahead, carry it with you or have a method of purifying
- ▶ Boil, chemical or filter

Food

- ▶ Lowest priority
- ▶ Carry at least a days supply
- ▶ Don't waste energy
- ▶ Don't experiment

The Ten Essentials

The consensus is.... There is no consensus

- ▶ A simple survival kit should include the basic tools to help you meet your survival needs.
- ▶ These things vary depending on the situation.

Basic Survival Kit

The "American Express" Kit

- ▶ Whistle
- ▶ Compass
- ▶ Mini Flashlight
- ▶ Fire Starting Kit
- ▶ Thermal Blanket
- ▶ Small Quality Knife
- ▶ Mirror
- ▶ Basic First Aid Items

Knowledge + Experience = Confidence

Take what you know and combine it with experience to build the confidence in your abilities.

Having confidence in your survival skills will allow you to explore where others fear to tread.