

SO YOU'RE IN A SPOT OF TROUBLE.

Well, you aren't the first and you sure won't be the last—so have faith and keep your hood up—whether you make it out alive or not will largely come down to your attitudes and your actions.

OK, first things first: **RELAX**. Take a deep breath and keep a clear head. The mistake that many people make in life-or-death situations is getting their priorities wrong. Think, before you act. The phrase I use to remind myself is: Please Remember What's First: **PROTECTION, RESCUE, WATER, FOOD**. These are the absolute basics you need to survive. And survival now needs to become your number one goal. So here we go—down to business.

BG

PRIORITIES OF SURVIVAL



POCKET GUIDE

PROTECTION

Whether it's from the elements, dangerous animals or imminent hazards, **PROTECTION** is your number one priority in a survival situation.

CLOTHING

Clothing is your first line of defense against the climate. So wear or improvise appropriate clothing. In the cold, layers of clothing trapping air are warmer than just one thick garment. Keep your body's core warm. Headwear is important. And a golden rule of cold? Act before you get too cold. Avoid sweating and keep your clothing dry. Wet clothing can lose up to 90% of its insulating properties. Water conducts heat (away from your body) approximately 25 times

faster than air of the same temperature, so keeping your clothes dry, be it from sweat or the elements, is vital.

In a hot climate, clothing and headwear may be your main protection from the sun. Keep skin covered to prevent burning. An improvised hat or head scarf can provide shade and keep the body cool if made wet. (Think urine or any fluids you can find—remember: survival is rarely pretty!)

SHELTER

Shelter is one of the top priorities in any environment. As with every element of survival, you must think carefully before expending precious energy. Don't waste time constructing a shelter if nature has already provided one. Take advantage of caves, overhangs, hollows and trees. In many situations, a man-made shelter may exist: a life raft, safe wreckage,

abandoned structures, etc. Man-made materials can also be scavenged to help in construction. Location is everything. Protection from the elements is the first key in a shelter. It needs to be stable and away from natural hazards like wind, rain, flooding, rock falls, animals and insect swarms. Study the terrain before choosing your shelter location.

Lean-To



A-Frame



Snow Pit*

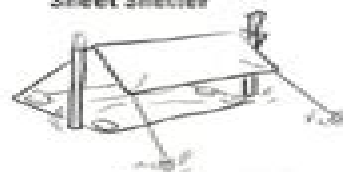


Tree Pit*



*Don't forget to add ventilation

Sheet Shelter



A Disclaimer and Warnings

Survival is injury, training or death guarantee your survival or protect and equipment. Because only our consequences of any actions take will protect these rules. This part

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