The Ultimate Short Term Survival Guide

REVISED TO REFLECT THE LATEST IN SURVIVAL KNOWLEDGE AND TECHNOLOGY, AND COVERING NEW TOPICS SUCH AS URBAN SURVIVAL AND SELF-DEFENCE
The Ultimate Short Term Survival Guide
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Introduction

In an ever-changing world, you never know when disaster might strike. From flash floods and tornadoes to car accidents and plane crashes, emergency situations can arise without warning at any time. Many survivalists agree that the only thing that remains unchanged in life is the fact that things are always subject to change. While you may not be able to predict exactly when a disaster might occur, there are certain things you can do to prepare yourself for an emergency situation. The more you know about what to do in a dangerous situation, the better you will be able to navigate the situation successfully. The safety and wellbeing of your family (and yourself) rests in your hands, so take the task of learning basic survival skills very seriously.

You do not necessarily have to be a trained Marine or even an experienced survivalist in order to survive an emergency situation. In fact, all it takes is a little bit of preparation and some planning to significantly increase your chances of survival in a disaster. If you are serious about learning what it takes to survive in any situation, you have come to the right place. In this book I will provide you with a detailed guide for predicting, preparing for, and surviving emergency situations. It is my goal to help you come to understand the importance of education and preparation – after all, in some emergency situations you may have no other resources than your own brain.

At this point you may be wondering what qualifies me to provide this kind of information. Not only did I serve as a professional soldier for twenty-six years, but I served in the Special Air Service (SAS) branch of the British Army for many of those years. This elite branch is trained to survive and work in all kinds of terrain, all over the world. Working in small groups, and often in enemy territory, SAS soldiers are trained to serve as their own navigators, doctors, and cooks – it is the ultimate test of self-sufficiency. In my experience, there were many missions in which my team and I had to literally live off the land, using all of the skills we had learned in training to make use of the resources we had available to us in order to survive and to make our way to safety.

After finishing my service with the SAS, I became a survival instructor. I use the skills I learned during SAS training to teach others how to apply those same skills in all kinds of emergency situations, both natural and man-made. I am a firm believer in
being prepared for anything and everything – after all, you never know where you might be when disaster strikes and you may not have access to resources or aid. This book is designed to teach you basic survival and emergency preparation skills to improve your ability to navigate an emergency situation successfully, bringing yourself and others to safety using whatever resources are available to you. You will also find a Survival Scenario at the end of each chapter which will encourage you to think on your feet about how to handle a specific situation.

So, if you are ready to learn basic skills for survival in all kinds of terrain, with and without resources, then simply turn the page and keep reading!
Chapter 1: Understanding Important Survival Essentials

Mankind has spread to every corner of the earth – even in the most inhospitable of areas. But what is it that allows man to survive in even the most treacherous of territories? His ability to think and to make use of the resources available to him. You cannot always count on having access to aid when you are caught in an emergency situation – sometimes you may be completely alone and ill-equipped. The one resource you will always have – and I would argue that it is the most important resource – is your brain.

1.) Basic Preparation and Planning

You don’t have to be a Boy Scout to know the Boy Scout motto – be prepared. Any time you set out on a journey or expedition, you should always take the time to prepare yourself for the trip. Not only does this involve planning the actual logistics of the trip (where you are going, how you will get there, where you will stay, etc.), but it also involves planning what you will take with you. Basic preparation and planning requires you to think ahead and to compile all of the essential tools and equipment you are likely to need. Of course, in an emergency situation any tools or equipment you have with you are a bonus – you cannot count on having them.

The equipment you need for a trip will vary depending on where you are going and how you are getting there. To make sure that you have the equipment you need before you leave, ask yourself the following questions:

- How long will I be away?
- How much food will I need for the entire trip?
- Do I need to carry water? How much will I need?
- What kind of clothing is appropriate for the climate?
- What kind of shoes will I need? Is one pair enough?
- What special equipment do I need to navigate the terrain?
- What kind of medical supplies am I likely to need?
In addition to packing all of the equipment you will need on your trip, you also need to have some basic survival skills. Survival is simply the art of staying alive. In some situations, you may not have access to basic resources and you may not have any of your equipment with you. In times like this, you must know how to make use of things in nature, how to attract attention to yourself so that rescuers can find you, and how to navigate your way through unknown territory. You will also need to know how to keep yourself in healthy physical condition and how to properly address any injuries or illnesses that might threaten your survival. If you happen to have other people with you, it may fall upon your shoulders to lead and direct them – to take charge of the situation so that you can all survive.

To help improve your chances of survival in an emergency situation, you need to do plenty of research before you leave. This research will help you to determine what kind of equipment you need, of course, and it will also help you to create a contingency plan. No matter where you are going, having a contingency plan is incredibly important. Ask yourself what you will do if your vehicle breaks down or if the weather becomes severe. Think about what you will do if you become separated from your party or if someone becomes ill or injured. The more you think about these things before you leave, the better equipped you will be to deal with an emergency situation if it arises. You should also perform a thorough health check on yourself and your companions before leaving to make sure you are in good health.

2.) What Equipment Will You Need?

While the exact list of equipment you will need might vary from on trip to another, there are certain categories of tools and equipment that you should address. These categories include clothing, sleeping materials, packs, navigational equipment, communication devices, and a survival kit. I will go over the things you should keep in your survival kit in detail in the next chapter, but here is a basic overview of the other tools and equipment you might need:
• **Clothing** – Having the right clothing for your trip is essential because it will protect you against the elements. Not only do you need to worry about staying warm, but you also need to think about staying dry and protection from the sun. Everything you carry must serve a purpose so choose your clothing items carefully. Layering is the key in cold climates but you want to avoid wearing too much clothing when you are walking because sweat can soak your inner layers and cause hypothermia if the climate turns cold. Gortex is a great material for clothing because it is breathable – it will keep you warm and dry as long as it is clean. Having a good zipped-front fleece is also good for colder climates because it will keep you warm and you can unzip it if you get too hot. Having the right footwear is another important aspect of choosing clothing for your trip. You want something that will be comfortable but will also stand up against the terrain you find yourself in. Be sure to break in new boots at least two weeks before your trip so that they don’t give you blisters and consider spraying them with a waterproof coating for extra protection against wetness. Depending where you are going, you may want to pack an extra pair of boots or another pair of shoes to wear around the camp when you aren’t hiking.

• **Sleeping Materials** – While your clothing will protect you and keep you warm during the day, you will need quality sleeping materials to protect you at night. There are two main types of sleeping bags – those made with synthetic fiber and those made with down. Synthetic fiber fill is much less expensive and it tends to stand up better in wet conditions. Down is very lightweight and provides better insulation, but only if it is kept dry. You should also invest in a high-quality tent to protect you in wet, windy, or cold conditions.

• **Packs** – Not only do you need the right clothing and sleeping materials, but you need the right pack to carry it all in. A strong, comfortable backpack is generally the best option for carrying your equipment and you should purchase the best one you can afford. Backpacks generally come with internal or external frames – internal frames are lighter and easier to stow, but external frames provide better support and weight distribution. Make sure that the material is strong and waterproof, ideally with a lace-up hood inside the main sack to keep water from
leaking in during rain. Your pack will help to keep your equipment dry while you are moving around, but you should plan to pack some polythene bags to keep your equipment dry while you are camping. Be intentional about how to pack your equipment as well – your sleeping bag should be on the bottom and your tent on top. Store heavy equipment on the top and reserve the side pockets for things like your stove and brew kit.

- **Navigational Equipment** – Depending where you are going, you may need different kinds of navigational equipment. A quality GPS is always a good idea and these devices have a 95% accuracy rate – just be sure to keep it dry. If you are traveling in the mountains, you may want to pack an altimeter to keep track of your progress up the mountain.

- **Communication Devices** – While GPS devices are important, you can get away without them in many cases and the priority should always be given to communication devices like radios and mobile phones. If you are traveling a long ways in a remote territory, a radio should be considered an essential piece of equipment. A mobile phone can also be very useful in an emergency situation but it may not work in all areas like a radio will. In addition to bringing communication devices, you also have to think about how you will charge the batteries – having a solar panel charger is a great idea.

In addition to the equipment listed above, you may also be bringing some kind of vehicle with you in your travels. Keep in mind that motor vehicles will require special adaptations for high altitudes and extreme conditions and remember that you will need to find room for extra fuel and water as well as spare tires. When traveling by boat or plane, make note of the emergency procedures which will be posted somewhere in the vehicle or provided by the staff. Paying attention to these procedures could very well save your life in an emergency situation.
3.) Learn to PLAN in an Emergency

The key elements of survival can be grouped into six categories: Food, Fire, Shelter, Water, Navigation, and Medicine. To help you remember these things in the order of priority, learn the acronym “PLAN”. This stands for Protection (P), Location (L), Acquisition (A), and Navigation (N). Below you will find a brief overview of each of these essential parts:

- **(P) Protection** – In any emergency, the first step you should take is to protect yourself (and your group) against further danger. This step typically involves setting up some kind of shelter and building a fire. If you have experienced an accident of some sort, it is best to remain at the site as long as it is safe to do so. By remaining at the scene of the accident you allow yourself to use the wreckage for resources and because it will make it easier for rescuers to find you. If there is a danger of exploding fuel, forest fire, avalanche, or some other disaster, however, you may need to abandon the site and seek shelter elsewhere.

- **(L) Location** – After you have built your shelter and started a fire, your next step is to put out emergency signals so that rescuers can find you. Using whatever resources you have available, do what you can to draw attention to your position. This may involve using flares or building a large, smoky fire.

- **(A) Acquisition** – Once you have sent out your emergency signals you will have to wait for your rescuers to see them. During this time you need to gather resources for survival – this includes things like firewood, food, and water. If you have the blessing of emergency supplies it is a bonus, but you may have to live off the land if get caught without your survival pack.

- **(N) Navigation** – Having sound navigational skills is essential if you are going to be traveling in unfamiliar territory – they will help you to avoid an emergency situation. In the event that you do become lost or you experience a disaster,
however, it is important that you stay where you are. If you move too far from the site of the disaster you will only make it harder for your rescuers to find you.

On top of these four essential steps for survival, you also have to be prepared to administer medical care. Not only might you have to treat people who were injured by the disaster, but you must also keep yourself in good physical condition in order to improve your chances for survival. Clean and care for all wounds and blisters to prevent infection. Keep a close eye on your companions as well, looking out for signs of trouble such as limping, changes in behavior, or falling behind. Do not wait for injuries or illness to get worse – treat them immediately if you can.

4.) Basic Human Needs for Survival

As it was mentioned earlier, the basic requirements for survival are as follows: food, fire, shelter, and water. Of course, certain resources are more valuable than others in specific situations. For example, having access to water when you are stranded in the desert won’t do you much good if you don’t have shelter from the heat during the day and the cold at night. Shelter is the primary concern in extreme climates because it will take weeks to die of starvation but exposure to the elements can be fatal in minutes in certain situations (think icy water or extreme heat). In fact, in many cases food is the least important resource. Water is a necessity for survival and it may not always be available. In the next section you’ll learn about where to find water in the wild and how to ration it appropriately.

When you find yourself in an emergency situation, one of your top priorities should be to find fresh water. Not only is water required for hydration, but it plays a key role in vital bodily functions. Water is the coolant that helps your body maintain a stable temperature and it is important for maintaining healthy kidney function. Without water, you would not be able to digest your food and water also plays a role in respiration. Even if you have some water on you, do not wait until you run out to start looking for more. Be sure to conserve what water you have until you find a fresh source.
– a single liter of water can last up to four days. In extreme situations, the final quarter liter can be made to last three days by dividing it into three, drinking half of the day’s ration at midday and the other half at night.

The average person loses about 2 to 3 liters of water per day – in the shade this amount is lower, around 1 liter. Perspiration is the primary cause for water loss, though breathing loses fluids as well. If you get sick and end up with diarrhea or vomiting, you will become dehydrated even faster and your electrolyte levels will be affected as well.

To help retain fluids in an emergency, follow these steps:

- Keep your body cool – stay in the shade as much as possible.
- Do not lie down on the hot ground or any other heated surfaces.
- Eat as little as possible – digestion requires a lot of water.
- Try breathing through your nose instead of your mouth.

While the steps above will help you to conserve the fluids in your body, you still need to make finding fresh water a priority. Start by looking in obvious places where water will drain to – a valley at the bottom of a hill, for example. If you can’t see any streams, creaks, or pools, simply look for patches of lush green vegetation and dry digging to find water below the surface. In the mountains, water often becomes trapped in crevices. When searching for water, you need to exercise a few precautions. Avoid pools of water with no vegetation surrounding it or with animal bones nearby – the water is likely polluted. You should also check the edge of water for mineral deposits which could indicate alkaline conditions. If you are in a cold area you can always melt ice or snow for water. Ice is generally better because it produces a higher volume of water than snow and it requires less heat.

In addition to looking for patches of lush vegetation, there are also certain animal signs to look for which might indicate a water source nearby. Look for game trails and follow them downhill – converging game trails generally lead to water. You can also try looking for grazing animals because they tend to not stray far from a water source. Carnivores, on the other hand, can draw moisture from their prey so they are a less reliable indication. Grain-eating birds are also good indicators of water sources, especially during the dawn and dusk hours but water-dwelling birds can travel great
distances between water sources so do not rely on them. Reptiles typically collect dew but insects can be a good indicator, especially flies and ants.

Depending where you are, you may not have access to fresh water but you might have access to salt water. In this case, you can try collecting water from dew or rain. You can do so by creating a large catchment area using a metal or plastic sheet – you can even dig a hole and line it with clay to hold water. You can even use your clothing to collect water than wring it out into a container. Another option is to collect condensation from plants by tying a plastic bag around a leafy branch – the evaporation from the leaves will create condensation in the bag. You can also create a solar still by digging a hole, placing a collection unit at the bottom, and draping a plastic sheet across the opening. The sun’s heat will raise the temperature under the sheet, causing water to evaporate from the soil – when it hits the underside of the sheet it will condense and drip into the collection unit.

Another option to find water in the wild is to look for certain plants which collect water. For example, bromeliads (a class of tropical plants) forms cup-shaped leaves which collect a reservoir of water. Bamboo tends to collect water in the old, hollow joints – if you hear water when you shake the bamboo, cut a hole near the bottom and drain the water out. Some vines carry drinkable water, especially those with rough bark, but some produce poisonous sap, so be very careful. Cacti collect water in their bodies and in the fruit and the roots of many plants can be squeezed or shaved to remove water.

While water is extremely important for survival, you cannot forget about the importance of salt. It may sound counter-intuitive, but salt is actually very important for fluid retention. In addition to losing water through sweat, your body also loses salt – some of the signs of dehydration caused by water and salt loss include muscle cramps, dizziness, nausea, and fatigue. To remedy the problem, take a pinch of salt in half a liter of water. If you have access to salt water you can dilute it with enough fresh water to make it safe to drink – do not drink saltwater straight. In a pinch, you can even drink animal blood as a source of salt and other minerals.
5.) Survival Scenario – Basic Needs

How long can the human body survive without the basic necessities?

When it comes to surviving in dire circumstances, the rule of 3 applies. The human body can survive for 3 minutes without air, for 3 weeks without food, and for 3 days without water. There are always exceptions to this rule and people have been known to exceed these limits, but these numbers are included to show you that you do have what it takes to survive, even if you think you don’t. The human body can withstand a great deal of stress and you can survive for weeks, or even months, on your own with just a few basic resources.
Chapter 2: Preparing a Basic Survival Kit

When you are traveling in unfamiliar territory it is always a good idea to have a well-stocked survival kit on hand in addition to your usual supplies and equipment. Your survival kit does not have to be large or fancy, but it should include a few basic items. Here is a list of what to pack in your survival kit:

- **Matches** – Matches are the quickest way to light a fire but you need to reserve them for emergencies, relying on other fire-starting methods when you can. Be sure to stock waterproof matches if you have room and make sure to keep them in a watertight container.

- **Candles** – These can be another back-up method for starting a fire and, if they are made from tallow, they can be used for cooking fat and emergency food. To make it easier to store your candles, shave them into a square shape.

- **Flint** – This is the best option for starting a fire in the wilderness because it works when wet and it will go one working long after your matches run out.

- **Magnifying Glass** – Having a magnifying glass is another back-up method for starting a fire that you can pack in case of an emergency. You can also use it to find splinters or insect stingers.

- **Needles and Thread** – Needles and thread can be used to make repairs to your clothing or your pack – they can also be used for emergency stitches. It is best to pack several needs, including one with a large eye for coarse threads, and wrap the thread around the needles so it is ready to use.

- **Fish Hooks and Line** – Keep several assorted fish hooks and lengths of line in a small tin in case you need to catch your food. Remember that small hooks can be used to catch both large and small fish, while large hooks will only catch large fish. Bring as much line as you have room for because it can be used for a variety of things.

- **Compass** – The liquid-filled type of compass is generally best, as long as you know how to read it. You should also consider a compass with a cap because if the pointer gets rusted it won’t work well.
• **Beta Light** – These lights are very small (about the size of a coin), they don’t need any batteries, and they are self-illuminating. These lights can be used for reading maps.

• **Snare Wire** – Pack a 2- to 3-foot length of brass wire to use in making snares. This wire can also be used for other purposes during an emergency.

• **Flexible Saw** – If you have room, a flexible saw (the kind with handles on either end) is a great tool to have on hand. It makes quick work of cutting branches to build shelters.

• **Medical Kit** – The items you pack in your medical kit may vary according to what kind of injuries you are likely to sustain during your trip. Be sure to pack some analgesics, antihistamines, anti-malaria tablets, water-sterilizing tablets, antiseptics, antibacterial ointment, plenty of bandages, and some tweezers. You will learn more about packing a first aid kit later in this book.

• **Condom** – This can be used as an emergency water carrying device – it will hold about 1 liter, or just under 2 pints of water.

• **Knife** – A knife may be the most important tool in your emergency kit and you should always have one on hand. If you plan to carry multiple knives, make one of them a multi-bladed folding knife (also known as a Swiss army knife). If you can only bring one, however, choose something strong with a general-purpose blade. Having a strong knife will enable you to prepare food, to skin animals, to cut sticks, and more. Always keep your knife clean and sharp to ensure that it is ready to use in an emergency.

The items listed above can either be stored in a comprehensive survival kit, or you can simply pack them in your backpack where you find room. If you have extra space, you may want to include some additional items in your survival kit, including the following:

• **Mess Tin** – These are generally made from aluminum (because it is strong but lightweight) and they generally include a bowl, a cup, and a cooking utensil all packed together.

• **Fuel** – At times when making a wood fire is not possible, you will be glad to have some backup fuel such as solid hexamine fuel tablets on hand. If you have the space, bring along a stove container that unfolds.
• **Flares** – Signal flares are great for attracting attention. Be sure to pack both red and green mini flares as well as a discharger – this will help to save space. Just be sure to pack them carefully because they are explosive.

• **Food** – If you are able to pack some food, go with dehydrated meat blocks or other kinds of dehydrated food. Keep in mind that fat is the hardest food to come by in the wild but it has the most calories so pack some kit-tubes of lard or butter. Chocolate is also a good source of calories but it doesn’t tend to keep well. You should also bring some salt or electrolyte powder with vitamins in it.

• **Brew Kit** – Pack your brew kit with sachets or powdered tea as well as sachets of milk and sugar. Tea will help to warm you and quench your thirst while coffee can make you thirstier.

• **Polythene Bag** – A large polythene bag (about 7 foot by 2 foot) can help to save your life in the cold because it will reduce heat loss – another option is an insulated heat back made from reflective materials.

You cannot expect the unexpected, but you can prepare for it to a certain degree. Even if you cannot predict exactly what kind of disaster you might be struck with, there are certain things you can do (and pack) to increase your chances of survival. Remember, however, that mental preparation (including research and planning) is your best tool for survival in unfamiliar territory. Your emergency survival kit is the second most important thing but you should have strong enough survival skills that you will be able to get by without it if you have to.

**Survival Scenario – Survival Kit**

You are getting your survival kit together – what is the most important item you should remember to take with you?

Your brain! You cannot beat the combination of common sense and experience in a high-stress survival situation.
Chapter 3: How to Handle Disaster

When you find yourself in an emergency situation it is easy to become overwhelmed with fear or even self-pity. If you succumb to your weaknesses, however, your chances for survival will be low. What you may not realize is that the human body is stronger than you might imagine and you have what it takes to outlast even the direst of circumstances. When faced with an emergency situation your body will be put under a lot of stress, both physical and mental. How you choose to deal with those stressors is directly related to your likelihood of survival. Physical fitness plays a role in determining your chances for survival, of course, but knowledge is even more important, as is mental preparation. In this chapter you will receive some strategies for surviving specific types of accidents.

Before getting into the details for how to survive specific situations, however, I want to talk to you a bit about strategy. Even if you have limited tools and resources available to you, good planning and preparation can make the difference in your survival. For many people, the initial reaction to an emergency situation is panic. If you can remain calm, however, you will be better able to assess the situation and to find a viable solution. There are even certain situations that are predictable in nature – such as car accidents or plane crashes – and learning survival techniques for these specific situations may save your life one day if you learn them now. This is the kind of information you are going to find in this chapter.

1.) Surviving a Car Accident

a.) Brake Failure
If the brakes on your car should fail while you are driving, change gear and apply the handbrake to slow yourself down. In order to do so, follow these steps:

1. Take your foot off the accelerator pedal.
2. Turn your hazard lights on.
3. Pump the foot brake rapidly – there is a chance it might still catch.
4. Shift down through the gears.
5. Apply the hand brake in gentle bursts, gradually braking harder until you come to a stop.

If you do not have time to go through these steps, take your foot off the accelerator pedal and change quickly through the gears. Grab the hand brake but don’t apply maximum pressure until you are sure you have slowed enough not to skid. Keep an eye out for escape lanes and places where you can leave the road – ideally a soft bank or a slope. If you are still going too fast, try to brush the car against a hedge or a wall to slow it further. As a last resort you may be able to use another vehicle to slow you – just be sure to honk the horn and flash the lights, giving the car plenty of warning that you are on a collision course.

In the event that a collision becomes inevitable, try to steer the car in such a way as to minimize the damage to yourself and others. Avoid a sudden stop by driving your car into something that will give – something like a fence or a hedge instead of a pole or a tree. In preparation for the collision, make sure you are not sitting too close to the steering wheel – if you are too close the force of the airbag inflating could be harmful. If you do not have airbags, you may need to adopt a bracing position with your body to minimize injury – just make sure your upper torso is as low as possible and place your hands on the wheel and brace your forehead on the back of your hands. Do NOT try to jump out of a moving vehicle unless it is headed for a cliff or a substantial drop. If you must exit the vehicle, roll into a ball and roll out of the car.

b.) Car Underwater
If your car ends up in a body of water, try to abandon the vehicle before it sinks – it will take time to fill with water before sinking completely. If you cannot open the door or window due to water pressure outside the vehicle, you may need to wait until the vehicle fills and the pressure equalizes. Release your safety belt and release any door or window locks immediately before they malfunction. Stand or kneel on the seat, keeping your head near the roof of the vehicle so you can have access to air for as long as possible, keeping one hand on the door handle. Just before the car fills completely, have
everyone take a deep breath – once the pressure equalizes, open the doors and swim to the surface, releasing that breath as you swim.

c.) Car on Railroad Tracks
If your car breaks down on an unmanned railroad crossing, try putting it in gear and use the starter motor to jerk it clear of the tracks – this will only work with a manual car, not an automatic. If a train is approaching, abandon the vehicle and carry any children or infirm passengers well clear of the tracks – at least 45 meters (about 50 yards). If there is no train immediately approaching you must try to clear the tracks – put the car in neutral gear and try to push it. If there is an emergency telephone, use it to warn the signalmen down the track of the situation, giving the train time to slow. If there is no emergency telephone, stand clear of the tracks and wave a brightly-colored garment to try and warn the driver.

2.) Surviving a Disaster in the Air

a.) Before the Crash
A plane crash or emergency landing in rough terrain is one of the direst emergency situations and it can be completely unpredictable. Airline staff are trained for such emergencies, however, so be sure to follow their instructions. The air crew will make every effort to land the plane safely and all you have to do is remain calm and follow instructions. To prepare yourself, tighten your seatbelt, link arms with the people on either side of you, and hold your chin firmly against your chest. Lean forward over a cushion or folded blanket and interlink your legs with the passengers on either side of you. Do not leave your seat until the plane comes to a complete stop.

b.) After the Crash
If the plane makes a successful landing on the ground, evacuate the plane as soon as it stops moving and move quickly away from the landing site – there could be danger of explosion or fire. If the emergency landing occurs on water, dinghies anchored to the
wings will automatically inflate - wait to exit the aircraft then inflate your lifejacket and swim to the dinghy. If the plane is sinking, disengage the dinghy from the wing as soon as all passengers are on board.

In the aftermath of a plane crash it is essential that you remain calm. If there is any risk of fire or explosion, make sure that all passengers and crew move far from the crash site. Make sure to move all injured away from the site before you start taking an account of all people involved. Treat injuries in the order of severity and separate the dead from the living, if space allows. Salvage whatever useful items you can from the wreckage as long as it is safe to do so then take stock of the situation and respond accordingly. If you must abandon the crash site, leave some kind of indication there that you and other survivors have moved away, telling rescuers which direction you have taken away from the site.

3.) Survival at Sea
The conditions of survival at sea are worse than many other situations because even if you are able to access a flotation device, resources will run out quickly and it is difficult to obtain more. Any and all opportunities to obtain resources of food and water from the sea must be exploited and efforts must be made to conserve resources as long as possible. If you are traveling by sea, you will likely go through a lifeboat drill. Pay close attention to all instructions from the crew to ensure that you know what to do during an emergency situation.

a.) Abandoning Ship/Man Overboard
If you have enough warning of a dangerous situation, you may be able to make some quick preparations. If you know that you will be abandoning the ship, put on warm (preferably woolen) clothing, including a hat and gloves, and wrap a towel around your neck. Your clothes will help to protect you against exposure and they will not drag you down in the water. Just be sure to remain calm and avoid shouting or pushing – you do not want to start a panic. Wait to inflate your lifejacket until you leave the ship and, if you must leave the ship, toss something buoyant into the water before you jump and grab onto it once you reach the water.
In the case of being swept overboard (as opposed to a sinking ship), your first priority aside from keeping afloat is to attract attention. Sound travels well over water, so shouting and splashing may be effective. Make sure to only wave with one arm, however, using the other arm to keep your head above water. If you are wearing a lifejacket, it may be equipped with a whistle. To keep yourself afloat, swim slowly and steadily – do not waste your energy by making more effort than necessary. If rescue is not possible but you are in sight of land, simply relax and let the current propel you toward shore. To conserve energy, float in an upright position with your arms outstretched in front of you.

b.) Surviving Afloat at Sea

If you are forced to abandon ship, try to take an inflatable dinghy with you as well as a lifejacket. Most dinghies are self-inflating and are automatically inflated upon contact with saltwater. As soon as the dinghy is inflated, board the ship from the end of the dinghy, not from the side. Place one leg over the edge and roll yourself into the dinghy. To haul someone else into the dinghy, grab hold of their shoulders, lift one of their legs over the side, and roll them in. If the dinghy overturns, use the righting straps on the bottom, bracing your feet against the bottom, and pull.

If you must survive afloat at sea on a dinghy or raft, priority must be given to the injured and young. Dinghies are designed to carry a limited number of passengers and exceeding that limit could put everyone at risk – any who don’t fit into the dinghy should hold on the side while floating in the water. Any gear that you are able to take with you from the ship should be stowed in the designated areas in the dingy and you should check immediately for signaling equipment such as flares and rockets. If you were able to get a distress call out before abandoning ship, try to maintain your position as much as you are able.

In a cold climate, it should be a priority to get out of the water as soon as possible and you need to find protection from the wind. Try to bail out any water and rig an awning to protect against the wind and sea spray. Dry out your clothing as much as possible and wrap yourself in something to maintain body heat. In warm water, remove any unnecessary clothing but remain covered – if you are in the dinghy, keep your head and
neck covered to avoid sunstroke. You can dampen your clothes with water to keep cool, but make sure you are dry before nightfall.

c.) Rescue Efforts
If you are floating at sea with a group of people, set up a rotation for people to keep watch – even at night. Watches should be kept short to avoid exhaustion. While keeping watch, look for signs of ships, aircraft, and signs of land. Signs of land may include cumulus clouds in an otherwise clear sky, an abundance of sea birds, drifting vegetation, and the swell of the tide. Sea birds tend to fly outward from land before noon, and inward in the late afternoon. If the water appears to be muddy, it may be silt from the mouth of a nearby river.

When floating at sea you must make the decision whether to remain where you are or to move in search of land. If you know that you are near regular shipping lanes or that a distress signal was sent out, it is best to remain in the vicinity for 72 hours. If neither of these is the case, however, you should waste no time in searching for land. Keep in mind that your craft will move with the current and the wind – take in the sea anchor and make use of the wind by crafting a sale, if possible. In the event of rough water, let out the sea anchor to keep the bow facing into the wind and to prevent capsizing.

If you have reason to believe that rescue efforts may be nearby you can use your signaling equipment to attract attention. Sea markers release dye into the water are best used during the day while flares are most effective at night. If you don’t have any equipment, use brightly colored clothing to wave or churn the water around the dinghy if it is fairly still otherwise. If you have a radio transmitter on board, transmit a distress call at regular intervals but take care to preserve battery life.

d.) Rationing Resources
When floating at sea you need to be very careful about rationing your resources. If you have a good water supply, starting rationing it at once until you are able to replenish the supply. In ideal situations, one liter a day is enough to keep hydrated but you can stay alive on just 2 to 8 ounces. Take precautions against water loss and gather as much fresh water as you can. If you must ration water, do not drink any on the first day.
because your body has a reservoir. Drink 14 ounces on days 2 through 4, and 2 to 8 ounces on days 5 and on. When drinking water, moisten your lips and tongue first before you drink.

You also need to conserve your emergency food supplies when afloat at sea. When you eat, take only a small nibble and try to live off of natural foods, if you can. Keep in mind that there are some dangerous ocean fish but generally fish in the open sea that are out of sight of land are safe to eat. Fish and turtles will naturally be attracted to the shelter from the sun created by the dinghy and you can use a torch to attract fish at night. Make hooks from whatever you have available and ration your fishing line as much as you can. Birds are another source of food at sea and you may be able to find small crabs and shrimp floating among seaweed beds.

4.) Survival Scenario – Water Temperature

Is it easier to survive in warm water or cold water?

An emergency survival situation is preferable in warm water to cold water. You can only survive for a short period of time in cold water before hypothermia sets in, so try to get out of the water as quickly as you can. In warm water the biggest risk is fatigue – you may become tired from swimming or treading water.
Chapter 4: Climate and Terrain

Because disaster can strike at any time without warning, you never know what kind of climate or terrain you might find yourself in. Being stranded in temperate or even a tropical location is the ideal of an unideal circumstance because you do not have to worry about cold and you are likely to have access to food and water. In this chapter you will find some basic tips for navigating three types of difficult terrain and climates – mountainous regions, seashores and coastal areas, and arid regions.

1.) Mountainous Regions

When traveling in mountainous regions, you can be exposed to a variety of different conditions as well as some treacherous terrain. Mountain peaks are usually exposed to high winds and they can be covered in snow – there is also the challenge that they typically do not provide much food or shelter. Climbing rock and negotiating through ice fields requires a certain degree of skill which is best learned ahead of time. If a disaster forces you onto a mountainside, however, you may need to navigate the terrain regardless of skill or experience. Your best bet is to travel in daylight, trying to reach a valley where food and shelter might be available by nightfall. At night, try to protect yourself with some kind of shelter, digging into the snow if nothing else is available, using rocks for extra cover.

As you navigate the rocky mountain terrain, it may be difficult to see what is below you. Looking at the opposite side of the valley may give you some clue as to what is to come, or you may be able to move along a spur to look down at what is below you. Navigating cliffs without rope is extremely dangerous, especially if you must descend while facing the cliff – you may not be able to look below you to find safe footholds. If you are traveling with a group, have one person descend so they can then observe and give directions. If you are climbing up a mountain you will be able to see what is ahead of you to some degree but you should still move one hand or foot at a time, keeping three points of contact with the mountain.
If you must travel across a snow or ice field, you need to be extra careful. Not only is there the risk that you might lose your footing and slip, but you could also cause an avalanche which could be deadly for everyone involved. If you have one, use an ice axe or a stick to give yourself stability and use security ropes to keep your group together and to prevent one person from falling. Keep an eye out for areas of new snow and for places where the sun shines directly on the snow because these areas have the highest risk for avalanche. Stick to the ridges and high grounds above avalanche areas and always keep an eye out for past avalanche activity to guide your travels.

a.) Survival Scenario – Avalanche

If you are caught up in an avalanche, what should you do?

Use a swimming motion with your arms and legs, trying to stay on top of the avalanche as you are swept up – this will help you to avoid getting trapped under debris. If you become trapped under the snow, make a pocket in front of your face to give you room to breathe. Once you have a space opened up, spit into it and watch which way it travels – that will tell you which way is up. Most of all, remain calm to keep your breathing steady and work your way toward the surface.

2.) Seashores and Coastal Regions

The seashore can be a tricky area because it is close to water, but it is saltwater, and there may be limited options available for shelter. On the plus side, there is plenty of food nearby. When it comes to coastal regions, there are several different types of terrain you may encounter:

- **Sandy Beaches** – Sandy shores are most likely to slope gently, leaving large open areas of sand. For food you can usually find molluscs buried in the sand as well as the birds that feed on them.
- **Estuaries** – Muddy shores and estuaries occur where a slow-moving river joins the sea – here you can find an abundance of wildlife and a mix of saltwater and freshwater.

- **Rocky Shores** – Some coastal areas have steep, rocky cliffs rather than sandy beaches. In areas where pools of water become trapped you can find fish and crustaceans for food as well as some larger animals like octopus, in some cases.

- **Pebble Beaches** – You are likely to find stretches of pebble beach between the sandy rocky sections of the shore. These areas contain the fewest food options because the continuous movement of the pebbles makes it difficult for plants and animals to live.

In addition to the challenge of different types of terrain, coastal regions and seashores have the added challenge of a changing tide. The tide comes in and goes out twice every lunar day which may or may not line up with the solar day. While you are searching for food and water, always keep an eye on the rising tide to make sure you don’t get cut off from a beach or sandy shore. If you get caught in the water, be careful of the undertow which can drag you under with great force. If this happens, push off the bottom and swim to the surface then make your way toward short in the trough between waves. If you get caught in a cross current, do not fight it! Swim across it, adjacent to the shore, letting it slowly carry you in.

When it comes to food options in coastal regions, you have a wide variety of options available to you. Fish are great but you may have to do some work to catch them. Mollusks and other crustaceans are easy to come by but make sure that they are alive before you eat them. Octopus and squid are best hunted at night and you can find crustaceans trapped in rock pools. Fresh water can generally be found in small river outlets or gathered in pools among the sand dunes. If no obvious water sources are available, try digging down into the moist sand and let the water accumulate – the fresh water will rise to the top of the saltwater so you can scoop it up.

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*a.) Survival Scenario – Seashore*

What dangers do you have to keep an eye out for in seashores and coastal regions?
The ocean itself contains many potential dangers including the tide itself, currents, and dangerous animals. Conditions in shore areas can change very quickly so you always need to keep your wits about you. Avoid contact with jellyfish and watch out for fish with venomous spines as you comb rock pools for crustaceans and other food sources. Always keep an eye on the tides and keep in mind that the sandy bottom can drop off without warning, leaving you stranded in deep water.

3.) Arid Regions

In most cases, arid regions were fertile at one time and some of the animals living there have adapted to the change in circumstances. Like these animals, you need to be ready to adapt, making use of whatever shade, shelter, and water you can find in these conditions. Rain is scarce in the desert so you may need to rely on alternative sources for moisture such as desert plants and animals. If it does rain, collect as much of the water as you can and do your best to stay hydrated. Just as important as hydration in arid regions is protecting yourself against sunstroke – keep your head and neck covered and take shelter during the hottest part of the day if you can. Remember, however, that it gets very cold at night so you do not want to be caught without shelter once the sun goes down either.

When traveling through the desert you need to take precautions to protect yourself. Not only does this mean finding and utilizing shelter, but you also have to be smart about your clothing. In addition to protecting you against sunburn, clothing also helps to reduce moisture loss. The best clothing for desert travel is loose, flowing garments. If you have it, make use of headgear to protect your head and the back of your neck – you can even use a handkerchief or a piece of cloth if that is all you have. Use sunglasses or goggles if you have them, or smear some soot from the fire under your eyes to help reduce glare. Never walk barefoot on the sand until the bottoms of your feet have become hardened.
Food in the desert can be difficult to come by but, luckily, heat will reduce your appetite as well. In certain deserts you may find little more than scrub grass, but some deserts have desert gourds and cacti which produce edible shoots and flowers. Most animal life in the desert burrows into the ground so you may need to get creative in order to catch them. Insects are another food source to consider in the desert, as unappetizing as that may sound. If you happen to see any larger animals, it may be an indication of a nearby water source so be sure to investigate.

a.) Survival Scenario – Desert

If you are stranded in the dessert and must choose between water and shelter, which should you prioritize?

Shelter is always the biggest priority when you find yourself in a survival situation. In the dessert having water will do you no good if you don’t have protection from the heat and the sun. Shelter is important for helping you to retain what moisture you have in your body and preventing you from succumbing to heat stroke.

4.) Survival Scenario – Weather Change

If the weather or the conditions in your camp change, should you revise your strategy for survival?

You should always have a survival strategy for every scenario! Weather is unpredictable so you should have a contingency plan to account for changes in temperature and weather. You must be flexible and adaptable in order to survive.
Chapter 5: Finding Food in the Wild

If you are lost in the wilderness for an extended period of time, you may eventually come to rely on natural food sources. While finding food is not always easy, you may be surprised to learn that there are many edible plants and animals out there that you may not know about. In addition to learning about the different types of food you may encounter in the wild, you should also learn the basics about your body’s energy needs so you know what kinds of food to prioritize with your search. You will find all of this information and more in this chapter.

1.) Your Body’s Energy Needs

As you probably already know, calories are a unit of energy that comes from the food you eat. On a daily basis, your body burns a specific number of calories simply to maintain essential bodily processes like digestion and respiration. The more active you are, the more calories your body burns in excess of that number. Without making any physical effort, the average person burns about 70 calories per hour to maintain essential bodily functions. Different types of foods offer different calorie counts. For example, carbohydrates contain 4 calories per gram and proteins contain 4 calories per gram. Fats, on the other hand, contain 9 calories per gram which makes them one of the most valuable sources of energy in an emergency situation.

Carbohydrates make up the bulk of the average person’s diet and they come from sugars and starches. Fats are made up of the same elements as carbohydrates but they are combined differently and their energy is much more concentrated. Proteins make up the basic units of living matter and they generally come from things like meat, fish, eggs, and dairy products. Some plants have protein in them as well, such as beans and legumes. Your body also requires certain vitamins, minerals, and trace elements in your diet for proper nutritional balance. Vitamins play a vital role in protecting the body against illness and in maintaining the proper function of vital organs. Minerals are also important for essential functions.
2.) Gathering Edible Plants

When it comes to gathering food in the wilderness you have two main options – plants and animals. While some plants are obvious sources of food (things like fruits and vegetables), others are not so obvious. In fact, some plants are actually poisonous or, at the very least, they will cause digestive upset if you eat them. **If you are not absolutely certain that a plant is edible, you should go through a specific testing procedure to check:**

1. Start by inspecting the plant and make every effort to identify it – if the plant appears to be old or worm-eaten, avoid it.
2. Crush a small portion of the plant and give it a smell – if it smells like peaches or bitter almonds it may be poisonous.
3. Rub a little of the plant or some of its juice on your inner arm – if the area swells or develops a rash, discard the plant.
4. Place a small portion of the plant on your lips and wait 5 seconds – if no reaction, repeat on the tip of the tongue, then under the tongue.
5. If no reaction occurs, chew a small portion of the plant – if there is no discomfort, swallow it.
6. Wait five hours after swallowing the plant and eat or drink nothing else – if there is no negative reaction, the plant can be considered safe.

As you search for edible plants, there are certain things you should look for and certain things to avoid. When gathering leaves and stems, young growth will generally be tenderer and better tasting than older plants. Roots and tubers are best from larger plants, as are fruit and nuts. When gathering fruit and nuts, only pick ripe and fully colored fruits – avoid hard, green berries and the tough, bitter skins of tropical fruits. Seeds and grains are best avoided unless you are absolutely sure what they are and can cook them properly. It is best to avoid red plants, any plant with a milky sap, fruit that is divided into five segments, and leaves that are wilted or old. You should also avoid any that smell like bitter almonds or like peaches (this is an indication of hydrocyanic acid content).
3.) Hunting and Fishing

While plants can be an easy source of food, they are generally not the most calorie-rich. Animal-based foods like meat, fish, and eggs (even insects) are a better source of nutrition in an emergency situation. When searching for game, there are some common signs you can look for:

- Evidence of game trails, tracks worn in the dirt or through the vegetation, especially those that lead to watering places.
- Look for animal activity in the early morning and in the evening at dusk – these are the coolest parts of the day and when the animals are most likely to be active.
- Check for broken twigs along a track for an indication of the animal’s size – twigs broken higher off the ground will indicate larger prey.
- Look for signs of feeding like bark stripped away from young trees, partially eaten fruits, and discarded nuts or leaves.
- Check for animal droppings as an indication of the animal’s type and size – dryness of the droppings is an indication of the animal’s proximity.
- Listen for the sound of animals nearby and sniff for any scents – you can also look around for burrows dug into the ground.

When it comes to catching animal prey, there are a variety of means to do so. One option is to set a trap or a snare, both of which require the use of bait to attract game to a particular location. It is best to set a trap in an area where animals are most likely to travel such as game trails and near water sources – do not set a trap near an animal’s lair because that is where it is going to be the most cautious. Simple traps and snares are generally made up string or wire, requiring little else besides some wood and bait. When setting a trap, here are some simple tips to follow:

- Avoid disturbing the area around the trap as much as possible.
- Hide your scent when setting a trap by wearing gloves and handling the materials as little as possible.
- Don’t leave any signs that might alert the animal – for example, don’t use a trap made from pine wood in a patch of hazel.
• Camouflage your trap by covering the cut ends with mud and blending snares with leaves and foliage.
• Make your traps and snares strong enough to contain the animal when it begins to struggle.

If you have the means to do so, hunting can be a very effective means of finding food in the wilderness. As long as you keep an eye out for the signs of animal movement, you can track game through the wilderness and take it down with whatever means you have available to you. When hunting for game, be as quiet as possible and avoid making any sudden movements. It is best to hunt early in the morning when animals are most active – early evening works too but the light will fade quickly. If you do not have a true weapon available, a bow and arrow is one of the easiest weapons to improvise with spears and slingshots coming next. To hunt birds you can even attach a noose to a long pole and use it to drag down birds roosting on low branches.

In addition to setting traps and hunting for animals, fishing can be another great way to gather food in the wild. In addition to being rich in protein, fish also contain fat as well as important vitamins and minerals. There are several different ways to go about fishing – if you have a hook and line you can create a fishing pole or you can set lines out overnight. If you leave the lines out, be sure to check them in the early morning. When choosing bait for your lines, choose something native to the fishes’ own water such as berries hanging over the bank or insects breeding nearby. Carnivorous fish will also eat small piece of meat or raw fish.

4.) Survival Scenario – No Food

If you find yourself in a situation where you have no food supplies, which type of food is the most important to hunt or forage for?

There is no one food source that is more important than another – it is best to have a mixed diet to ensure proper nutrition in the absence of food supplies. If you are injured, however, protein is a little bit more important because it will help your body
repair the damage. Fat is the most concentrated source of energy but it is not always
the easiest to find. Plant materials can be difficult for your body to digest as well, so
try to cook them or chew them well before swallowing.
Chapter 6: Finding Shelter and Setting Up Camp

In an emergency situation, one of your priority goals should be to create a protective shelter. Having shelter will protect you from the elements (including weather and insects), and it will also provide you with shade in hot climates. Getting restful sleep may be difficult in an emergency situation but it is essential if you want to keep your wits about you – that is another way that shelter comes in handy. In this chapter you will receive some basic tips for finding or building shelter as well as some recommendations for where and how to set up camp.

1.) Choosing the Right Location

Picking the best location for your camp is very important – you want to choose an area that is easy to access but is sheltered from the elements. You can also erect some kind of structure or windbreak to protect yourself against wind, rain, and cold. If you are on a high, exposed ground you should travel lower to find a sheltered spot to set up camp. If you are in a low, wet area then you should move higher. Some of the worst places to set up camp include exposed hilltops, valley bottoms, spurs on a game trail, and hillside terraces. If possible, set up your camp near a water supply and somewhere with a supply of wood handy for fires and animal traps. If you are setting up camp on a river bank, check for high water marks and make sure your camp is set up past that mark so you don’t have to worry about flooding. Always check for deadwood trees that could come down in a heavy storm as well as animal lairs and insect nests that could pose a hazard.

2.) Different Types of Shelter

The type of shelter you choose to erect will depend on where you are and what kind of materials you have to work with. If you need immediate protection from the
elements, use what you have to construct a temporary shelter to keep out wind and rain while you work on something a little more permanent – this is especially important if you decide to stay in one location and wait for rescue. If you plan to stay on the move, however, you can build a temporary shelter at each stopping point – you can even carry it with you if it is light enough. Here is a quick overview of different types of shelter:

- **Hasty Shelter** – If you don’t have any materials from which to construct a shelter, make use of nearby structures such as cliff overhangs, gradients, and caves to shield you from the wind and rain.
- **Bough Shelter** – If you have access to plenty of trees with low-hanging boughs, weave them together with twigs and vines to create a shelter – conifers tend to be better for this type of shelter than deciduous trees.
- **Root Shelter** – Take advantage of the root-work at the base of a fallen tree for a quick barrier against wind and rain – you can even fill in the sides with branches for a more effective shelter.
- **Natural Hollow** – A simple depression in the ground can become a shelter if you can find enough branches to cover it, making an improvised roof.
- **Sapling Shelter** – If you find a growth of saplings, choose two lines and clear the ground between them then bend the saplings over the cleared ground and lash them together. You can then create a roof out of branches or a plastic sheet, if you have one.
- **Woven Covering** – If you need a lightweight shelter that can move with you, construct a frame from long branches and weave pliable saplings between them to create a sort of mat that you can lean up against a cliff face or a fallen tree to create a hasty shelter.

All of these shelters are perfect for short-term stays but if you find yourself in a cold climate and you are likely to be there for a while, you may want to look for something more permanent like a cave – you could even construct a sort of log cabin using logs or branches and mud for weatherproofing.

3.) *Building a Fire and Cooking*
After setting up your shelter, your next priority is to build a fire. Lighting a fire can be difficult in certain circumstances, so you should practice building and lighting a fire in wet conditions, in rain, and in any other conditions you can think of. To build a fire, start by gathering sufficient quantities of tinder, kindling, and fuel. Next, dig a hole or construct something that will enable you to contain the fire – you don’t want to start a forest fire by accident. You can line a hole with large rocks, build your fire on a pile of rocks, or even construct a wooden platform on which to build it. Dry wood is the best fuel for a fire but, if you don’t have any, you can use alternative fuels like animal droppings, peat, coal, shales, and even oils.

Once your fire is constructed and lit, you can use it for warmth, light, and for cooking. There are several kinds of cooking fire that are the most effective – here is a quick overview:

- **Yukon Stove** – To build this cooking fire, start with a circular hole in the ground then build a chimney around it using rocks and mud. When you light the fire in the hole, the hot air will be channeled through the opening, making it ideal for cooking.

- **Trench Fire** – This type of fire is great in windy conditions – just dig a trench into the ground and construct the fire on top of a layer of rocks lining the bottom. Even after the fire burns down, the rocks will be hot enough to cook on. You can also set a spit over the opening of the trench and use it to roast meat.

- **Hobo Stove** – If you have a 5-gallon oil drum on hand you can punch holes in the bottom and sides for ventilation then cut out a panel on one side and build a fire in the drum. Set the drum on a bed of stones to create a draught beneath and use the fire for cooking.

If you have a hot fire going, there are several ways to go about cooking your food. Meats can be roasted on a spit or slices can be draped across a Y-shaped stick and held over the fire. If you have a mess kit you can boil water and cook the food that way. To grill food you will need a piece of mesh wire or something similar that can be suspended over the fire – you can also cook food on rocks that have been heated by the fire. If you have a metal box or drum, you may even be able to construct an oven by digging a ditch to bury the box and using hot rocks to heat it.
4.) Ropes, Lines and Knots

Having some kind of ropes or lines will be very useful for a number of camping essentials such as candles, constructing a bed, hanging a tarp, and more. If you are lucky enough to have some rope on you, you can avoid the time-consuming process of making your own. If you have some rope, be sure to take good care of it by keeping it clean and dry – if it gets wet, let it air dry instead of forcing it dry by the fire because this can damage the rope. If you must make your own rope, various vines, grasses, barks, palms, and animal hairs can be used – you can also split canes and weave or braid the fibers together to create your own rope.

Not only should you take care to include some quality rope in your survival kit, but you should also learn how to make knots. There is a knot for every purpose under the sun, though you may not need to know all of them. Below you will find pictures and a brief description of some of the most useful knots to know:

**Overhand Knot** – Make a loop and pass the live end back through it – this knot can be used as an end stop and it is a part of many other knots.

**Overhand Loop** – Double the end of the rope and tie an overhand knot with the loop – the loop becomes fixed and cannot be tightened.
**Figure-of-Eight** – Make a loop then carry the live end first behind, then around the standing part and bring it forward through the loop.

**Sheet Bend** – This can be used to join ropes. Make a loop in one rope then take the live end of the other right around behind the loop to the front where it is carried under itself and then tucked up through the loop and drawn tight.

**Fisherman’s Knot** – Lay two lines beside each other, the ends in opposite directions, and carry the live end of one around the other in a simple overhand knot. Repeat with the live end of the other line and partially tighten the knots, sliding them toward each other, tightening them against each other.

**Tape Knot** – Make an overhand knot in the end of one tape and feed the other tape through it so it follows the shape. The live ends should be clear of the knot so they will not slip back when tightened.
**Bowline** – Make a small loop a little way along the rope then bring the live end up through it, around the standing part, and back down through the loop. Pull on the live end to tighten, easing it into a knot shape and finish with a half-hitch.

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</tr>
</thead>
<tbody>
<tr>
<td><img src="image1.png" alt="Diagram" /></td>
</tr>
</tbody>
</table>

5.) **Survival Scenario – Camp Hygiene**

>You have constructed your temporary shelter, but where should you wash yourself and your clothes?

Your best bet is to build your shelter near a water source, ideally a creak or stream. You can wash yourself and your clothes in the water as long as you do it so your ablutions flow downstream. Make sure to enter the stream at a point that is downstream from where you are gathering your drinking water.
Chapter 7: Maps and Movement

In an emergency situation you may find yourself faced with the decision of whether to stay put or to go in search of rescue. If you have reason to believe that a rescue is imminent, it is always better to stay near the disaster site so you can be found more quickly. If the disaster site is unsafe, however, or if no one knows where you are or that disaster has struck, you may need to take matters into your own hands and go in search of rescue. If you do, take the time to plan your trip using all of the resources you have available to you and be safe about how you make your movements. In this chapter you will receive an overview on how to read a map as well as tips for safely moving through the wilderness.

1.) Basics of Map-Reading

Before you set out on your journey you need to learn as much as you can about the terrain you are going to be covering. Equip yourself with detailed maps and memorize the lie of the land including the direction in which rivers flow, prominent features, prevailing winds, weather patterns, known hazards, and more. The more information you know before you set out, the better you will be equipped to deal with unexpected circumstances. If you happen to leave your intended route, you will be able to find your way back using the information you have memorized as well as your map. To make sure you can do this easily, be sure to choose a quality map with a scale that is most useful to you. Large-scale maps that show every foot path are not of use – you want to see as many features as possible in just the right degree of detail without going into so much detail that you lose sight of the bigger picture.

When reading your map, remember to use the key to interpret symbols that are used on the map. These symbols may be used for man-made as well as natural features like roads, buildings, rivers, etc. You should also be familiar with the way maps are divided into grids based on degrees of longitude and latitude. You can measure distances on the map by lining up a straight edge against the scale bar or you can use a
ruler and multiply it by the ratio on the map’s scale. Understanding these basic features of how maps work will be useful for you if you do not have a map of the area you intend to travel. If you don’t have a map to work from, you would be wise to make one – this will ensure that you can always find your way back to camp.

2.) Staying Safe on the Move

Once you have made the decision to move you then need to decide which direction you are going to go. If you have the blessing of a map you will be able to plan your journey with a specific destination in mind – some kind of settlement or a location that will be better suited to signaling for a rescue. If you do not have a map to guide you, there are some simple things to think about. If you don’t know where you are, your best bet is to follow a waterway and head downstream – they usually lead to civilization at some point or at least a greater chance for rescue. If you are on high ground above an open plain, you may be able to plan your route with some precision and you will be able to identify potential hazards before you come across them.

As you move away from your camp site (no matter which direction you take), be sure to leave signs that make it clear that you have been there and that you have moved on. That way, if rescuers come looking they will know how to find you. Another important thing to remember is that once you choose a direction, you need to maintain it. If you can see a prominent figure in the distance, use it to help your group stay on track – the last thing you want is to go wandering aimlessly through the wilderness. If you have a compass on hand, you can use it to make sure you are maintaining a steady direction toward your goal.

If you are traveling with a group, try to maintain some semblance of order and walk in a specific formation to make it easier to see if someone is struggling to keep up. You should also assign specific roles to each person in your group. The person at the front of the formation is the scout, responsible for choosing the path that avoids hazards. The second person is responsible for making sure that the scout maintains the right general direction. The rest of the party should follow along while keeping an eye out for edible plants and animals. Each person in the group needs to keep an eye on the
others to make sure that no one is left behind and you should switch roles frequently so that no one becomes overly tired.

In addition to choosing a specific route to follow, you should also maintain a steady pace as much as possible. If you have a large group, you may want to send part of the group ahead to clear the way and to set up camp. The rest of the group will then be able to follow a little more slowly, keeping an eye out for food as they go. While moving along your path, try to take a 10-minute break at least once every hour, depending how difficult the terrain is. On even ground you can speed up your pace and, on uneven ground, you can slow it a little. If you can avoid it, do not travel at night because you will not be able to keep track of your direction and of your party as easily. If you absolutely must travel at night, move very slowly until your eyes become adjusted to the dark (this takes about 30 to 4 minutes) and test each step before you take it. If you are traveling with a group you may also want to use a rope to keep the group together if visibility is limited.

If you come across a waterway during your travel, you can save a lot of time and effort by floating on it rather than walking aside it – assuming, of course, that your route takes you downstream. A raft is one of the most practical means of water travel and it is fairly easy to construct one. Bamboo is ideal for making a raft because it is strong but lightweight – if you have to cut timber, choose leaning trees because they are the easiest to drop. If you have a sheet or tarp available, you can use it for waterproofing. Once your raft is constructed, lash everything down securely and have everyone onboard tie a bowline around their waist and attach it to a safety line or to the raft itself. For steering you can use a long stick (in fairly shallow waters) or you can construct a paddle rudder.

3.) Survival Scenario – Crossing a River

*If you come across a river or large body of water and you need to cross it, what is the best way to do so?*
If you find yourself in a position where you and your group needs to cross a river, be very careful about doing so. Remember that the headwaters of a river will be very swift and narrow while the estuaries will be wider with strong currents and tides. River banks may be steep and rocky but you may be able to find a point of crossing, but be sure to use a pole to test the depth as you wade across. Make sure to avoid obstructions in the water and keep an eye out for floating debris and make use of flotation aids if you can. If you cannot swim, do NOT try to – rely on others to help you across using some kind of flotation aid.
Chapter 8: Survival First-Aid

In an emergency situation, you may not have access to medical care – you may have to be your group’s doctor. To prepare yourself for such an emergency, it is a good idea to keep a fully stocked first-aid kit with your equipment. Traditionally, first-aid measures are designed to mitigate a minor problem and to stabilize the injury until expert treatment is available. In the field, however, there is always the possibility that expert care will not be available and, in some cases, you may need to provide life-saving measures for an injured person.

1.) Basic First-Aid Tips

Below you will find a brief overview of first-aid procedures for specific situations or injuries:

- **Choking** – If a person is choking, your first priority is to check the airway and remove any blockages. If swiping the throat with a finger doesn’t work, a sharp blow to the back may work, otherwise perform the Heimlich maneuver.

- **Artificial Respiration** – If a person has stopped breathing (due to choking or something else), you first need to ensure that the airway is clear and then you can administer mouth-to-mouth resuscitation. For babies, cover the mouth and nose with your mouth in order to administer rescue breathing.

- **Dangerous Bleeding** – The average person has 6.25 liters of blood and a loss of ½ liter can cause faintness – a loss of 1.5 liters leads to collapse and a loss of 2.25 liters may cause death. Arterial bleeding is the most dangerous type of bleeding and it must be stopped quickly by compressing the artery at a pressure point – in severe cases the artery may need to be tied off. In other cases of dangerous bleeding, a tourniquet may be adequate to stop the bleeding until the wound can be treated. Just be careful not to leave the tourniquet on too long or it could lead to loss of limb.
• **Minor Bleeding** – For minor bleeding – bleeding from a vein rather than an artery – putting pressure on the wound is generally sufficient to stop the flow of blood. Cover the wound with a large pad and apply pressure for 10 minutes – after 10 minutes you should be able to secure the bandage in place.

• **Internal Bleeding** – This type of bleeding is common with broken bones, violent trauma, and penetrating wounds and there may not always be visible evidence that it is happening. To treat internal bleeding, lay the patient flat and elevate the legs, keeping the patient warm and hope for rescue.

• **Wounds** – Open wounds pose the risk for infection so they need to be cleaned as well as treated. If possible, clean your hands with boiled water before treating a wound and use soap or another antiseptic to clean the wound itself. Deep wounds may need to be closed with stitches – adhesive butterfly sutures should be included in your first-aid kit for exactly this purpose.

• **Burns** – This type of injury needs to be treated promptly because burn victims are highly susceptible to shock and infection. The first step is to reduce the temperature by drenching the wound with cool water, ideally with cold running water for at least 10 minutes. After cooling the skin, apply a clean, dry dressing and avoid applying anything else to the wound.

• **Fractures** – Fractures need to be stabilized and immobilized before the patient can be moved. There are two types of fracture – open and closed. In an open fracture, the bone may push through the skin – there is a large risk for infection with open fractures. If you expect to be rescued soon, immobilizing a closed fracture is fine but otherwise the fracture needs to be reduced (the bone must be realigned) as soon as possible after the injury. After reduction, the limb should be immobilized with a splint or sling.

• **Sprain/Dislocation** – A sprain occurs along a joint and it is caused by the wrenching or tearing of the connective tissues while dislocations are caused by a sudden force or fall which pulls the joint apart. Dislocations should be reduced if possible and sprains can be treated with cold water to reduce swelling and exercised through the full range of motion without painful stress.

• **Bites** – Bites from a mammal are dangerous due to the potential for infection so the area should be cleaned thoroughly then dressed and bandaged. Venomous snake bites are rarely fatal if the anti-venom is available and treatment is
received within an hour or two. In the wild, however, access to anti-venom is unlikely. To prevent the venom from spreading quickly, bandage above the bite and place the wound in a cool stream until treatment can be administered.

- **Poisoning** – If someone swallows a poisonous substance, the quickest way to get rid of it is to vomit it up. This should not be done, however, if the source of the poison was a caustic chemical or an oily substance. For contact poisons like poison ivy and poison sumac, thoroughly wash any skin or clothing that has come into contact with the plant – alcohol can be used to neutralize plant oil on the clothing as well.

When administering first-aid in an emergency situation it is important not to take any unnecessary risks because you may not have the supplies needed to deal with the consequences. If an accident occurs in which many people are injured, you will need to treat the injuries in the order of severity. If a single patient has multiple issues, problems with breathing, bleeding, and heartbeat must be given priority. Start by restoring breathing and heartbeat then stop the bleeding. Next, protect any wounds and burns, then immobilize fractures and treat shock. Once the serious problems are treated you should remove the injured from danger, taking caution when moving them not to cause more injury.

2.) **Natural Remedies for Common Ailments**

If you are caught in the wilderness without access to medical care, you may be able to improvise some natural remedies from common plants. Below you will find a brief overview of natural remedies for common ailments:

**Aches and Sprains** – To relieve the pain caused by aches and sprains, make a poultice using plantain, chickweed, garlic, sorrel, chamomile, comfrey, or willow bark. You can also make a salve using the expressed juices of these plants and combining it with some kind of fat.
Antiseptic – To clean wounds and to relieve rashes caused by poison ivy or other contact allergies, squeeze the juice from wild onion or garlic and apply it to the area. Crushed chickweed, mallow or dock leaves work as well.

Constipation – A natural remedy for constipation is a decoction made from dandelion greens, walnut bark, or rose hips.

Diarrhea – Stop diarrhea naturally by making a tea from the roots of blackberry bushes and other similar plants like cowberry, cranberry, or hazel leaves.

Fever – Reduce a fever by making a tea from elm bark, linden flower, feverfew, chamomile leaves or willow bark.

Hemorrhaging – To stop heavy bleeding, make a poultice from plantain leaves, puffball mushroom, or yarrow leaves.

Itching – Relieve itching by making a poultice from witch hazel leaves or jewelweed – aloe leaves also work well.

Always be very sure that you have correctly identified a plant before using it to treat a wound or illness. Many plants have look-alikes that are actually poisonous or, at the very least, will cause some kind of negative reaction.

3.) Survival Scenario – Natural Remedies

How do you prepare plants for use in natural remedies?

To make an infusion for consumption, cut and crush the leaves and boil a handful in about ½ liter of water then stir and leave it to cool. To prepare a decoction, cut, scrape and mash the root then soak it in about 3 cups of water for at least half an hour then bring to a boil and heat until the liquid reduces to one third. To make a poultice, mash the plant material into a flat pad, adding a little water if needed, then place it on the affected area and cover with a leave or bandage.
Chapter 9: Attracting Attention for Rescue

If you find yourself in an emergency situation, you should establish the means for your survival first and then go in search of rescue. The steps you must take to attract attention for rescue will vary from one situation to another, depending where you are stranded. For example, you may be able to use flares or water dye when stranded at sea but the signaling efforts for being lost on land are different. In this chapter you will learn the basics about different types of signaling as well as specific codes and patterns to increase the efficacy of your efforts. You will also receive an overview of common search patterns used by rescuers.

1.) The Basics of Signaling

When you are in an emergency situation and in need of rescue you not only need to alert rescuers to that need, but also to your location. The most obvious signaling technique is to use a mobile phone or satellite phone. If you only have a radio, you may be able to transmit an SOS (Save Our Ship) signal or a “Mayday” call. If you do not have any of these available to you, you may need to create a distress signal using fire or smoke. If you have experienced a vehicle or plane crash, you might be able to use pieces of glass or metal as reflectors or you can set fuel or oil on fire to create a smoke signal. At night, turning on lights can be helpful, as long as you don’t need the batteries for something more important.

In setting distress signals, location is important. If you are near a ridge or a large hill, set the signal at the highest point for the greatest visibility. If you don’t have a useful formation nearby, try laying out marks on an even patch of ground that might be visible by aerial search. Noise can also be a means of attracting attention in some areas, especially if you have a whistle. Apart from signaling SOS using Morse code you can use the International Mountain Distress Signal which is six whistles a minute (you can also try six light flashes a minute) followed by a minute of silence, then repeated. If you
are lucky, you may even find that a dinghy or life raft has a transmitter that sends out a distress call as well as your location.

2.) Emergency Signals and Codes

In the event that you must create a visible distress signal, fire is a great way to go. Below you will find some tips for setting smoke signals:

- The internationally recognized distress signal using fire is three fires placed in a triangle shape at equal distances.
- If you can’t keep the signal lit at all times, just keep it dry and covered then light it to attract the attention of passing aircraft.
- Small, isolated trees also make good fire signals – be careful not to risk starting a forest fire.
- The color of the smoke matters – light smoke stands out against dark earth and can be produced with wet material. Dark smoke shows against sand or snow and can be produced with rubber or oil to increase the heat.

Another way to signal your need for rescue is to use ground-to-air signals – this involves spelling out letters to signal passing aircraft. You can use a variety of different things to make the signals including pieces of wood, rocks, or even tamped-down patches of snow. The key is to make the panels that form the letters as large as possible, about 3 meters wide and 10 meters long. Here are the most common ground-to-air signals and what they mean:

![Ground-to-air signals diagram]
If you are able to make radio contact you can use Morse code to spell out a message – this can also be accomplished with flashes of light or by using a heliograph to create reflections. Here is a list of Morse code letters and common signals:

| MORSE CODE |
|---|---|---|
| A | N | 1 |
| B | O | 2 |
| C | P | 3 |
| D | Q | 4 |
| E | R | 5 |
| F | S | 6 |
| G | T | 7 |
| H | U | 8 |
| I | V | 9 |
| J | W | 0 |
| K | X | |
| L | Y | |
| M | Z | |

SENDING SIGNALS
AAAAA* etc. – Call sign. I have a message
AAA* – End of sentence. More follows
Pause – End of word. More follows
EEEEEE* etc. – Error. Start from last correct word
AR – End of message

RECEIVING SIGNALS
TTTTT* etc. I am receiving you
K – I am ready. Start message
T – Word received
IM* – Repeat sign. I do not understand
R – Message received
* Send as one word. No pauses

USEFUL WORDS
SOS
SEND
DOCTOR
HELP
INJURY
TRAPPED
LOST
WATER

Another common way of making a signal is to use a flare. Though flares come in different colors, it is important to know that any flare will be investigated, regardless of color. However, certain colors are more effective in certain areas. A red flare will stand out most in a forested area and either green or red will work over snow or sand. Some flares have two ends – one that produces smoke for the daytime and another that produces a flare at night. Always be very careful when handling flares and hold them at arm’s length, pointing directly upward to fire it.

3.) Common Search Patterns

When planning your trip or expedition, it is helpful to have a knowledge of commonly used search patterns, just in case. If you know what the common search patterns are, you will be able to set your signals in such a way as to attract the most
attention. The very first search that will be made will follow the route you and your group were supposed to have taken. If the first search yields no results, another pattern will be used depending on the type of terrain and the weather. In poor weather conditions or high wind, a base line or box search may be used. If your starting position is known but it is unclear which direction you have taken, the rescuers will likely use a fan search. If you were traveling by river or stream, a watercourse search will take in all of the tributaries, using the main part of the river or stream as a base line.

Search patterns from the air are a little bit different when it comes to aircraft. The first search will be conducted from both sides of your intended flight path. Aerial searches are favorable at night, when conditions allow, because light will be clearly visible from the air. If a nighttime search yields no results, the search will be conducted again during the daytime. Another aerial search pattern that is commonly used is the creeping line – it starts in one corner of the search area and follows parallel lines across the length. A track crawl is another aerial search pattern and it involves searching along parallels on both sides of the expected flight path. If you are expecting an aerial search, keep an eye out for aircraft and don’t stop watching if the plane turns – it is probably following a set pattern and will turn back at some point.

Even if a search is being conducted by airplane, land rescues generally take place by helicopter. To improve your chances of rescue, make an effort to prepare a landing site. Look for a natural clearing or choose a high point on a hill or mount with no trees surrounding it. If you have materials available, mark the landing site with a large H using inlaid rocks or panel markers. If the helicopter is not able to land you should still find a clear space where the helicopter can hover and lower a winch to lift you from the ground into the helicopter.

4.) Survival Scenario – Helicopter Rescue

In the event of a rescue helicopter landing, what is the safest way to approach the helicopter?
Do NOT approach the helicopter from the rear because it is a blind spot for the crew and the rotor will be unprotected. Do NOT approach the helicopter on a down slope because you will be at risk from the blades. It is best to approach the helicopter on an up slope in clear view of the crew. Don’t carry with you anything that could become dislodged and fly into the main or tail rotor.
Chapter 10: Home Security and Self-Defense

When you think about disasters and emergency situations, you probably picture plane crashes, car wrecks, and natural disasters. It is important to realize, however, that dangerous situations can arise at home just as easily! Keeping your family safe in your own home is very important and it requires more than just an alarm system – you also need to be aware of what kind of dangers may present themselves and how to handle them when they do. In this chapter you will receive an overview of home security risks as well as tips for self-defense in various situations.

1.) Home Security Basics

When you think of the place where you feel the safest, you probably think of your family home. It important to remember, however, that dangers can arise even here – often in the form of break-ins, theft, intrusion, and vandalism. Having anyone enter your home without permission can be scary, even if it is not inherently dangerous. This is why many people invest in a security system for their homes. In addition to installing a security system, there are a few other things that can help improve your security:

- Basement and ground floor properties are the most vulnerable to intrusion and burglary – so are detached houses that are set well back from the road.
- Properties that back up on an alley or public park are highly vulnerable to burglary, as are buildings with adjacent scaffolding.
- Privacy measures like fences, dense shrubbery, and large tree can also provide cover for intruders – keep your hedges trimmed low and cover fences and garden walls with trellises to discourage climbing.
- Keep your home illuminated at night with spot lights and motion lights – you should also set your indoor lights on a timer when you are not home.
- Make sure your windows and doors are firmly shut at night and when you leave the home – stay bars are a great way to keep casement windows from being forced open.
• Always keep outbuildings like sheds and garages locked – not only to protect the contents but to keep intruders from using things like ladders and tools.
• Avoid keeping expensive items in view of large windows where they might be seen by thieves – thieves tend to target carry-away items as well like jewelry, electronics, and small antiques.

In addition to taking these precautions to protect your home, you should also be familiar with the most common ways intruders access a home. Ground floor doors and windows are the most common point of entry, especially when they are left unlocked or they are not properly secured. Single-latch doors and doors that are not dead-bolted are also vulnerable points of entry. In addition to locking your doors, your ground-level windows should also have locks. Ideally, you can connect your door and window locks to an alarm system that will trip any time one of the locks is disengaged or if a connection between two magnets placed on the window/door and the frame is broken. Some alarm systems also come with motion detectors.

2.) The Basics of Self-Defense

While you should never attempt to apprehend an intruder, you are entitled to self-defense in cases of deliberate attack. It is important to understand the extent of the law for self-defense, however. You are legally permitted to do what is “reasonably necessary” to protect yourself and your family, though the definition of this term varies greatly. You should not resort to excessive force or violence, but you can take action against an attack to defend yourself. In many cases, learning self-defense measures is not just about learning to defend yourself – it is also about empowering yourself and conquering the fear of being attacked.

Self-defense takes many forms including various types of martial arts like Ju-Jitsu, Judo, Karate, and Kung Fu. There are also many defense classes you can take to learn specific self-defense techniques. In addition to learning these techniques, you should also learn how to recognize and potentially diffuse a dangerous situation. An invasion of personal space can generally be considered a potential threat, but unless someone jumps out and attacks you, you should exercise caution with your response. If
you are approached by someone you don’t know, or if someone attempts to rob you, try to diffuse the situation by talking but do not attack if the person has a weapon. You can try saying something like “I don’t want to fight you – if you want my money, you can have it”. In many cases, giving the attacker what they want is the easiest way to avoid any harm to yourself.

If you are unable to diffuse a dangerous situation with your words and your only option is to fight back, there are certain targets you should aim for. The eyes are a very sensitive target and something as simple as blowing into them can cause an attacker to become disoriented. A sharp blow to the nose or throat can be very painful and disabling, as can a shot to the groin. If you are able to kick out with your feet, aim a downward kick to the knee or thrust a knee into the attacker’s stomach. The solar plexus, the area at the top of the stomach, is also sensitive and can be hit with a closed fist without hurting your hand. You don’t only have to use your fists or feet, either – a well-placed elbow or palm strike can also be very effective.

3.) Survival Scenario – Home Invasion

If you arrive home and have reason to believe that a burglary is currently taking place, what should you do?

Do NOT enter your home! If you think that an intruder may still be inside your home, call the police from a safe location like a neighbor’s house and keep an eye on the house. If you see the intruder leaving, try to take down a description of the person and/or his vehicle. Do NOT attempt to apprehend an intruder and do not enter the home until the police arrive – you do not want to compromise the crime scene or accidentally destroy evidence.
Conclusion

While you can never truly predict when a disaster might strike or when you might find yourself in an emergency situation, there are certain things you can do to prepare for these unforeseen circumstances. Learning basic survival skills is the best way to ensure that you are able to navigate yourself and your companions through a dangerous or disastrous situation, no matter what that situation may be. Remember, your most important tool to use in these situations is your brain – if you can remain calm and make use of the resources and tools available to you, you can survive any situation, no matter how dire. You can never truly know how you will react in a dangerous situation, of course, but you can prepare yourself both mentally and physically just in case it happens.

In reading this book you have received a wealth of information about basic survival skills including tips for stocking a survival kit, information about basic human needs, and tips for dealing with specific emergency situations. This book is not long enough to include every detail that you should know in order to consider yourself a survival expert, but it will have you well on your way to developing the skills and gathering the knowledge you need to survive in a variety of situations. In learning this information I hope that you find yourself with increased confidence in yourself and in your abilities. You never know when they may be tested, so keep your mind sharp and always be prepared!