Survival: A State of Mind
Are you a Survivor?

To survive= to stay alive
There are many accounts of people in similar situations
One lives another dies
WHY?
When planning to an outdoor experience having a “Survivors” mentality can mean the difference between life and death.

As a leader of a trip your ability to face difficult situations with confidence is vital.
Every outdoor experience is a potential survival experience

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

Basically $S\&\#?@*$ happens
Boy Scouts are not the only ones that need to be prepared

- **Prepare** yourself mentally and physically for whatever adventure you are planning

- **Be physically** fit
  - Start slow and build endurance

The time to get in shape is not on the trail
► Know where you are.
► More then just map and compass skills
► Have a basic understanding of the entire area and the layout of the land
► Be prepared to handle the worst this place has to throw at you.
Where did Joe go?

► Tell someone your plans

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

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

Most people are found or dead within 48 hours.
Make the most important thing the most important thing

- Win the “Mind Game” first
- Know what you know
- Admit what you don’t
- S=stop
- T=think
- O= observe
- P= plan
Loneliness, boredom and fear are your worst enemies

Make a plan, get busy, stick with the plan
The Law of 3’s

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

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

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

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

► Starts with the clothing you choose to wear. (Cotton is a bad choice)

► What are you carrying that will help? What can you find?

- Tarp
- Space blanket
- Garbage bag
- Debris
- Natural shelters
Fire

- 3 ingredients: Heat, Fuel, Oxygen

- Three sizes of fuel:
  - Tinder, Kindling, Fuel

- Carry tinder in your kit:
  - wax and sawdust sticks, cotton balls in PJ, 000 steel wool
  - Start small build slowly
Rescue

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

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

- Lowest priority
- Carry at least a days supply
- Don’t waste energy
- Don’t experiment
The Ten Essentials
The consensus is.... There is no consensus

► A simple survival kit should include the basic tools to help you meet your survival needs.

► These thing vary depending on the situation.
Basic Survival Kit
The “American Express” Kit

► Whistle
► Compass
► Mini Flashlight
► Fire Starting Kit
► Thermal Blanket
► Small Quality Knife
► Mirror
► Basic First Aid Items
Knowledge + Experience = Confidence

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

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