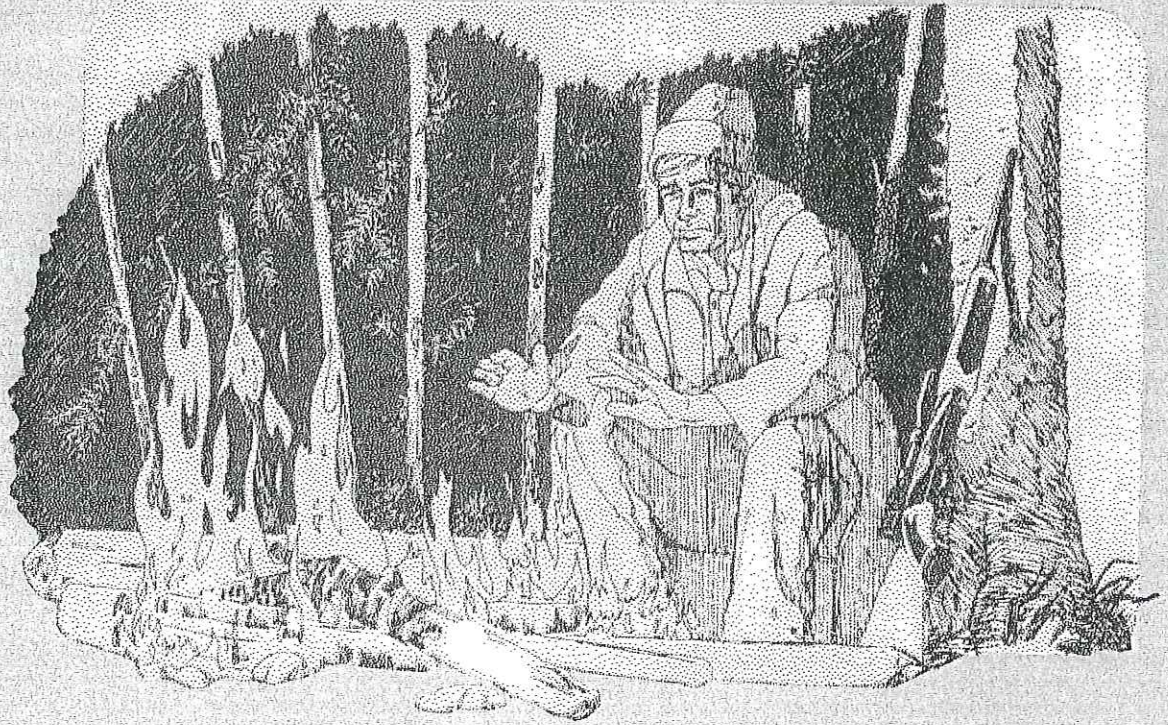


# Survival





# Introduction

Survival is the ability to cope with emergency conditions that occur when in the outdoors. Knowing how to cope with emergencies is essential to hunters. Basic survival techniques should be learned and practiced by every hunter before going into the field.

Fire drills are a regular practice, even though a real fire seldom happens. But should there ever be a fire, you'll know what to do. Similarly, practicing survival techniques makes good sense. If an emergency happens while hunting you'll know what to do. You'll be able to cope with the situation if you become lost or disabled.

A survival situation usually lasts less than 72 hours and seldom longer than five days. Searches can take time, however, and you'll need to rely on your own resources to survive until help comes.

If you're in trouble, stay calm. Accept the fact that immediate help may not be available. Resist the urge to travel further seeking safety if you're lost. Stay put! Collect your thoughts and put the survival procedure outlined in this manual into practice. This procedure is designed to sustain life with as little discomfort as possible until help arrives.

## Factors Affecting Survival

Pain, cold, thirst, hunger, fatigue, boredom, loneliness and fear are feelings we've all had before, but never so strongly as when we must survive a serious emergency situation. No matter how severe these feelings are, they can be overcome when you know how to deal with them.



### Pain

Pain is nature's way of telling a person that something is wrong. Attend to any injuries immediately, using appropriate first aid treatment (see First Aid chapter).

If your mind is busy making plans to cope with your situation, you'll feel less pain and may even forget about it for a while. If you give in to the pain, you might stop trying to survive.

### Cold

Cold is a serious threat to survival. The victim of cold often loses the ability to function normally. When you are very cold, it's hard to think about anything other than becoming warm.

Exposure to cold, wetness and wind—even in temperatures that are not considered severe—can lead to hypothermia (see Hypothermia chapter).

To survive in the outdoors, the hunter must find ways to maintain his body temperature by staying dry, building a fire and constructing a shelter to protect himself from the weather.

### Thirst

Don't think about how thirsty you are. A person can survive for several days without water if he's in normal health.

Instead, keep your mind active and busy with plans for coping with the situation at hand. Such activity may even make you forget for a while about how thirsty you are. Later, you can easily locate water near your survival camp or collect it when it rains or snows.

### Hunger

Though hunger will make you feel uncomfortable, it is not a serious factor in most survival situations. Your body fat will supply energy to enable you to survive 30 days or more if your health is normal.

### Fatigue

When you are tired you do not think clearly and can become careless. Extreme fatigue can even destroy a person's desire to survive.

Though over-exertion is the usual cause of fatigue, lack of sleep and boredom may contribute to it. Try to rest as much as possible and avoid over-exertion. By making a comfortable shelter, you will be able to sleep soundly and avoid fatigue.

## Boredom and Loneliness

Boredom and loneliness creep up on you when nothing happens and nobody comes to rescue you. You may act irrationally and your actions could make matters worse.

Your reaction to boredom and loneliness can often be more of a problem to your survival than any physical factors such as pain, cold, thirst or hunger.

Boredom and loneliness can be overcome by:

1. Making decisions and acting on them.
2. Adapting to your situation and improvising solutions to problems.
3. Tolerating solitude.
4. Avoiding panic and keeping calm.
5. Thinking positively and planning ways to overcome problems.
6. Being patient.
7. Keeping your hands busy—even by whittling a stick.

## Fear

Fear is a normal reaction. Everyone is afraid. Fear affects the way you behave and, if not overcome, it can become your greatest obstacle to survival. In a survival situation, you may experience:

1. Fear of death
2. Fear of the unknown
3. Fear of animals
4. Fear of being alone
5. Fear of darkness
6. Fear of weakness
7. Fear of punishment
8. Fear of ridicule
9. Fear of discomfort
10. Fear of personal guilt

The best way to deal with these ten basic fears is to prepare yourself mentally to:

- a) identify which fears you are feeling; and
- b) try to understand why you are afraid and use common sense to deal with and overcome each particular fear.



## Fear of Death

Until faced with a life or death situation, most people seldom think about death. Provided you follow the survival procedure outlined in this chapter, your chances of staying alive are excellent.

## Fear of the Unknown

When an unexpected emergency arises, the immediate questions which flash through a person's mind are: "What is going to happen to me?" "Will they find me?"

This is normal. Fear of the unknown is by far the most common fear of any we experience. Practicing survival skills and thinking about how to cope with new and unusual situations should they arise will prepare you to handle most "unknowns." Reading other people's accounts of their survival experiences and trying to place yourself in their shoes will help to prepare you to deal with this fear.



## **Fear of Animals**

Most animals are wary of humans and will stay out of their way. Learning about wildlife and their habits will help you overcome this fear. Don't let your imagination conjure up dangers from wildlife that are not real.

Realize, for example that wolves are curious animals but they will not attack you. Despite all kinds of stories about wolves, no person has ever been attacked and killed by a wolf in North America. Making noise around your camp and keeping a fire going at night will make other animals such as bears shy away from you.

You should learn to view wildlife positively. They can be a potential source of food to you and they provide interesting company.

## **Fear of Being Alone**

We are seldom alone in our daily lives. Being alone is almost an unknown experience for many. Solitude and solving problems for ourselves is something every outdoorsman must learn to cope with through solitary outdoor experiences. Spend time on your hunting and fishing trips getting away from your companions to learn what it's like to be alone in the outdoors.

## **Fear of Darkness**

When it is dark, we depend more on hearing than seeing things around us. We often hear sounds in the darkness and imagine all sorts of threats to us. Most of us have experienced this fear at some time. Practicing being alone in the dark will help overcome this fear.

## **Fear of Weakness**

People are stronger than they realize. Countless experiences have proven that people acting under stress can accomplish super-human tasks. Be confident that you can cope with any physical or mental problem if you think about it logically. Plan a step-by-step approach towards solving the problem and then act.

## **Fear of Punishment**

Because most of us are used to meeting time commitments, such as being home for supper, we get concerned about being late. When you're lost and alone, don't worry about missing appointments. Being late will alert your friends to the fact that you are lost and they will begin to search for you.

## **Fear of Ridicule**

Normally, you'll be embarrassed by getting yourself lost and you'll worry about what your companions will think about you. You're afraid they'll think you are dumb for getting into such a predicament. Don't worry—each and every one of them will likely have been in a similar situation at one time and they'll understand how it can happen to you.

## **Fear of Discomfort**

If you follow the basic steps of survival outlined in this chapter, there is no reason why you should experience severe discomfort. You may actually find that a survival experience can be exciting and pleasurable.

## **Fear of Personal Guilt**

In a survival situation, blaming yourself for your predicament will accomplish nothing. It is not what you did wrong to get into trouble that counts. It's what you do right from now on that will make the difference. Think positively at all times.

Helplessness and hopelessness are two factors which increase fear. Through training and putting into practice the knowledge of survival in this guide, your fears will be overcome by confidence in your ability to handle a survival situation.

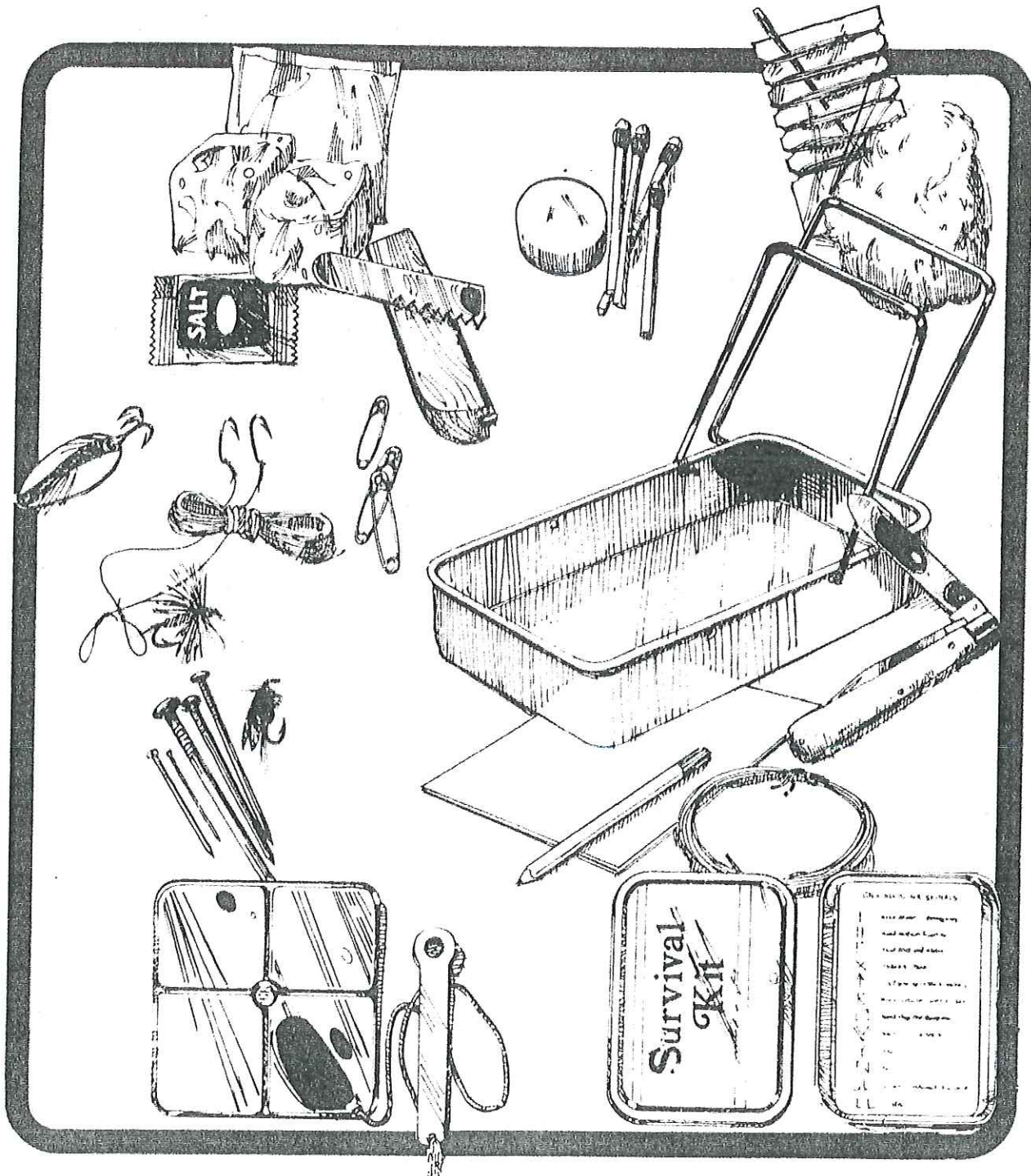
In summary:

1. Recognize that fear is a very normal reaction.
2. Be alert to physical dangers, recognize potentially dangerous situations, then plan to avoid them.
3. Subdue fears by simply keeping mentally and physically busy.
4. Be realistic, think positively and do not let your imagination get carried away.
5. Pray—prayer has proved to be a very effective tool to survival. Under stress conditions, you are at the mercy of your mind.

# Survival Procedure Preparation

There are some basic rules to follow before hunting to ensure you're prepared for a survival situation:

- 1) Tell someone where and when you are going, and when you plan to return. If you change your plans, or move from one area to another, let someone know.
- 2) Choose clothing which is suitable for the expected weather conditions but will also be comfortable and protect you should the weather change.





# Field Survival Techniques First Aid

First, treat any injuries by following the procedures outlined in the First Aid chapter of the manual.

## Fire Building

Fire is a basic need for survival. With fire, a person can warm himself, dry clothing, signal for assistance, cook a meal and enjoy a safe and comfortable night. Fire provides security, comfort and has a way of putting fear and apprehension out of the mind. Always carry means to light a fire with you when hunting.

### Ignition

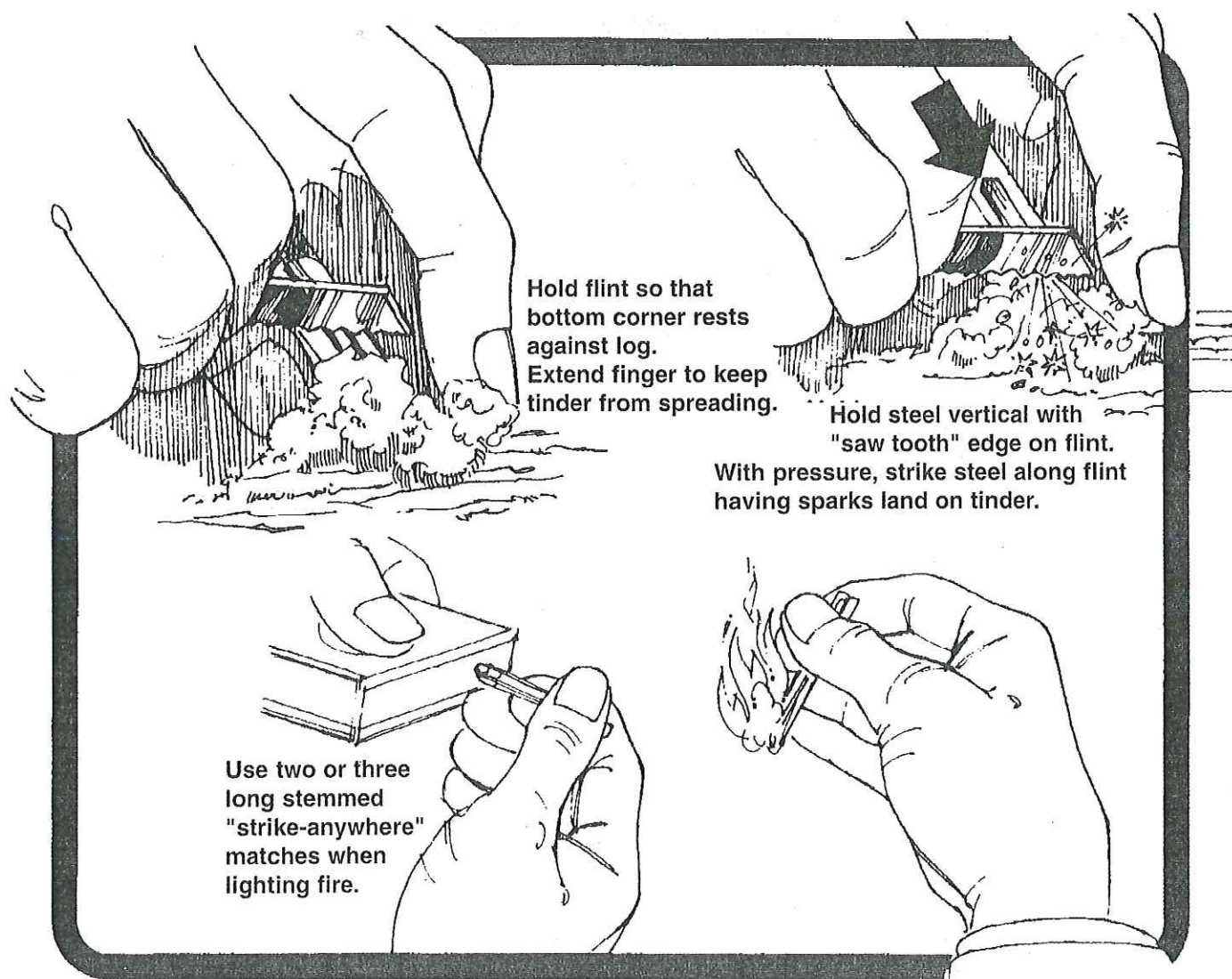
Long wooden matches of the "strike-anywhere" variety, are the most practical matches for lighting fires. A waterproof, unbreakable container will help keep your matches dry.

To prevent matches from accidentally catching fire inside the container:

- a) place half of the matches upside-down to keep their heads from rubbing together;
- b) dip the matches in paraffin wax (this will also water proof them and make them burn longer);
- c) pack cotton batting into the container to keep them from striking against each other (the cotton will also make a good tinder).

A second way to start a fire is with flint and steel. Cold, wet, windy or stormy weather will not affect the use of this fire starter.

Other methods of igniting a fire are far less reliable and are not recommended.





## Fuel

Before attempting to light a fire, have two kinds of fuel available—tinder and kindling.

Most fires will not burn without first lighting some easily flammable tinder. In forest areas, you will find tinder readily available. Gather the fine dead twigs from the lower limbs of standing trees or from dry windfalls. They make excellent tinder.

Thin layers of birch bark torn into shreds is also good tinder. Other material such as dry grass, fur balls found in the nests of mice and birds, shavings, dry leaves, hornet nests and even lint scraped off your clothing with a knife or sharp rock make good tinder.

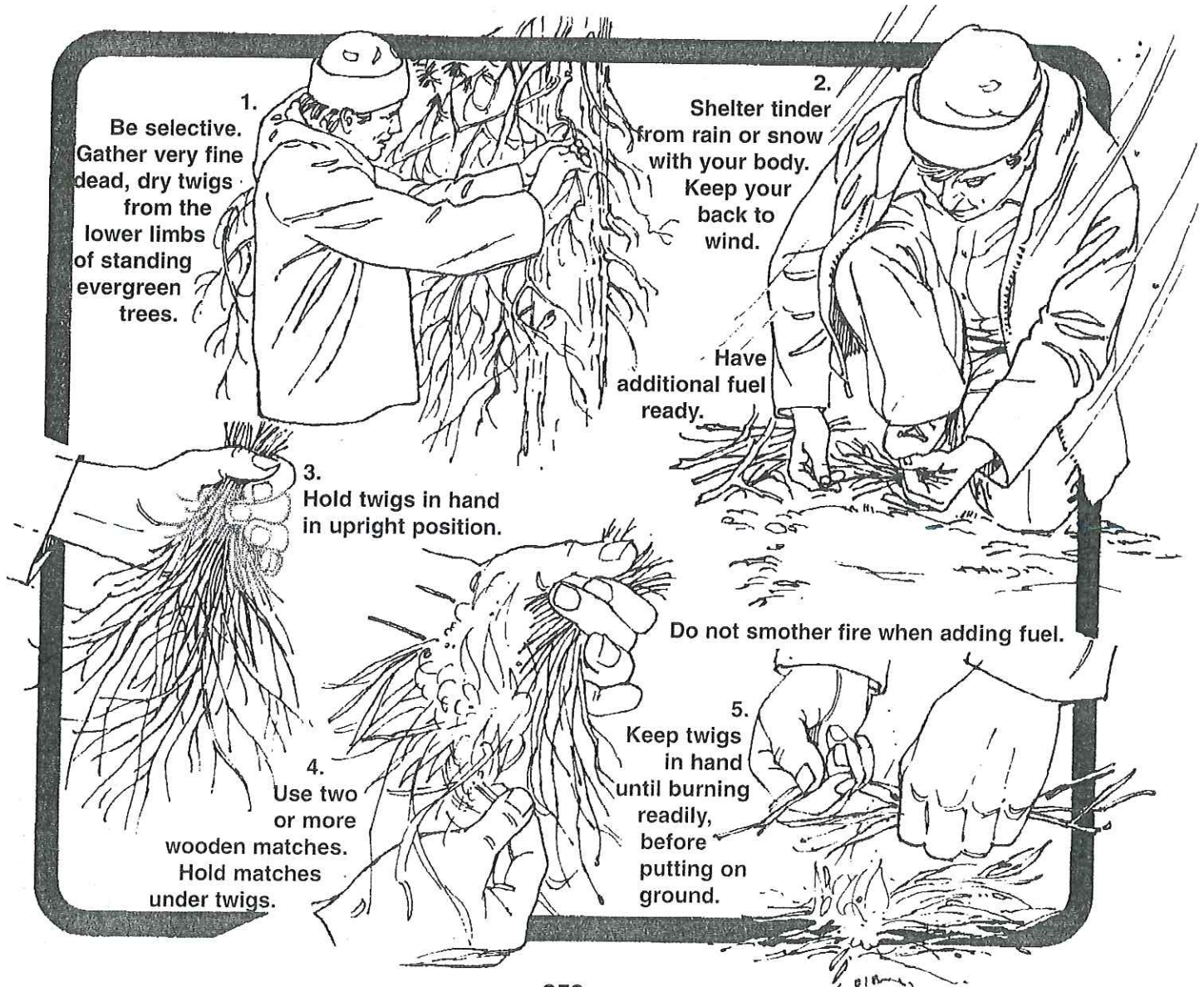
For kindling, gather dry, standing, dead wood. Because of its highly flammable resin, the dry wood of most evergreen trees makes good kindling.

The thicker the logs, the longer they will burn. A large, old tree stump is ideal for an all-night fire. The inside of tree trunks and large branches may be dry though the outside bark is wet.

## Fire Location

The location of your fire pit should be carefully selected. Do not build a fire under a tree as the tree could catch fire. The heat of a fire could also melt snow on the tree's branches, soaking the fire and putting it out. If you must build a fire on snow, construct a platform on the snow made of green logs or stones. Avoid using wet, porous rocks as they may explode when heated.

If the ground is dry, scrape away all grass and debris and build the fire on bare dirt to avoid starting a grass or forest fire. If possible build the fire against a rock or wall of logs to reflect the heat towards you and your shelter.





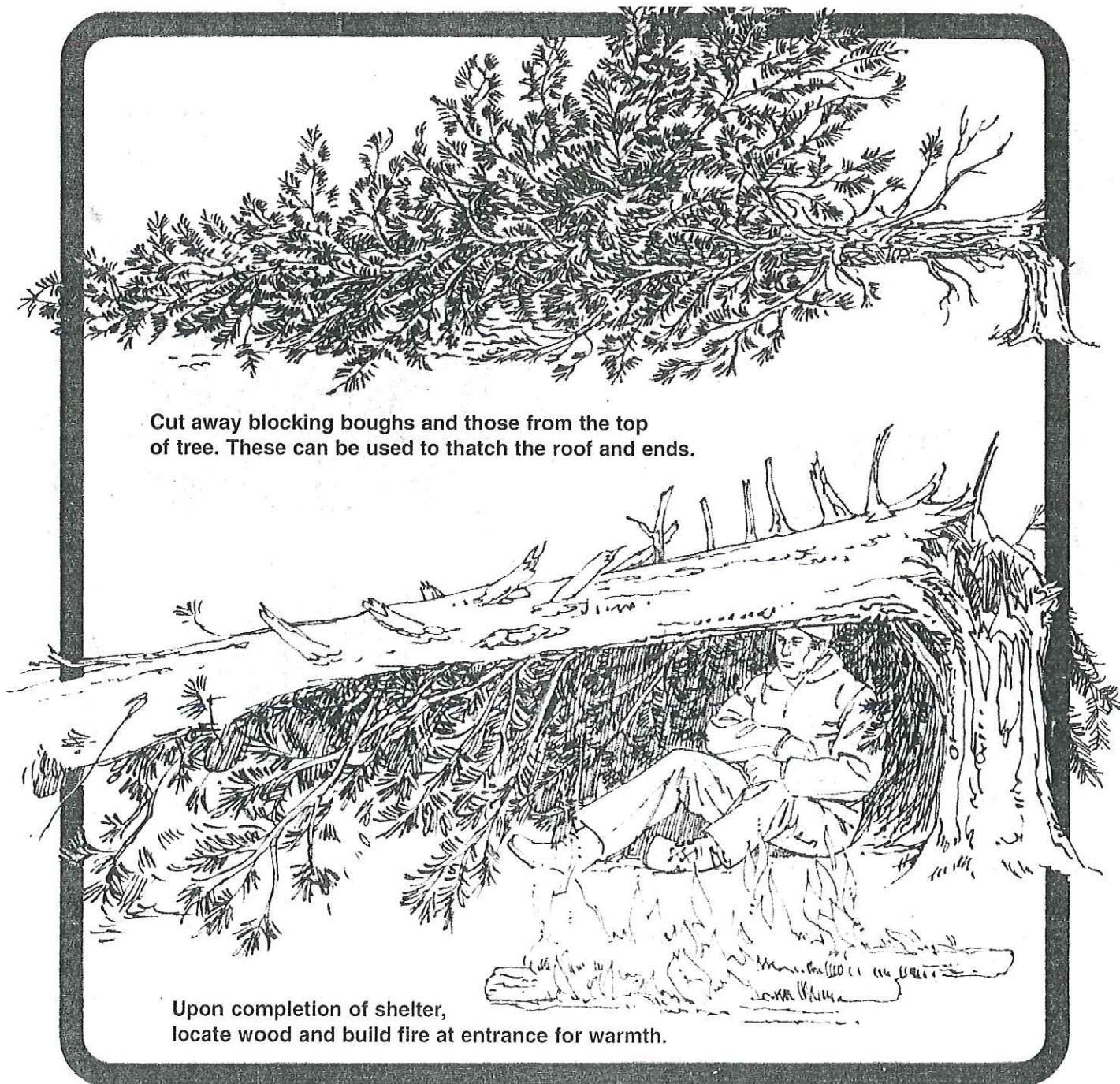
# Shelter Building

Choose the most protected spot you can find for your shelter site. A cave, rock outcrop or fallen tree will provide shelter for the night. If it isn't sufficiently sheltered, use whatever is at hand to make it better. It is of vital importance to stay warm when lost or stranded. Your shelter should protect you from the wind and cold and keep you dry to prevent loss of body heat. Choose a shelter site that will allow you to locate a fire in front of it.

Build the best shelter you can. However, do not waste valuable energy needlessly.

## Fallen Tree Shelter

If you are among trees, the quickest and easiest form of shelter is one made from a fallen tree that has ample space between the trunk and the ground. Often all that is necessary is to cut away some of the branches and lean them against the trunk to form a crude type of roof. Be careful not to cut off any of the limbs underneath that may be supporting the tree.

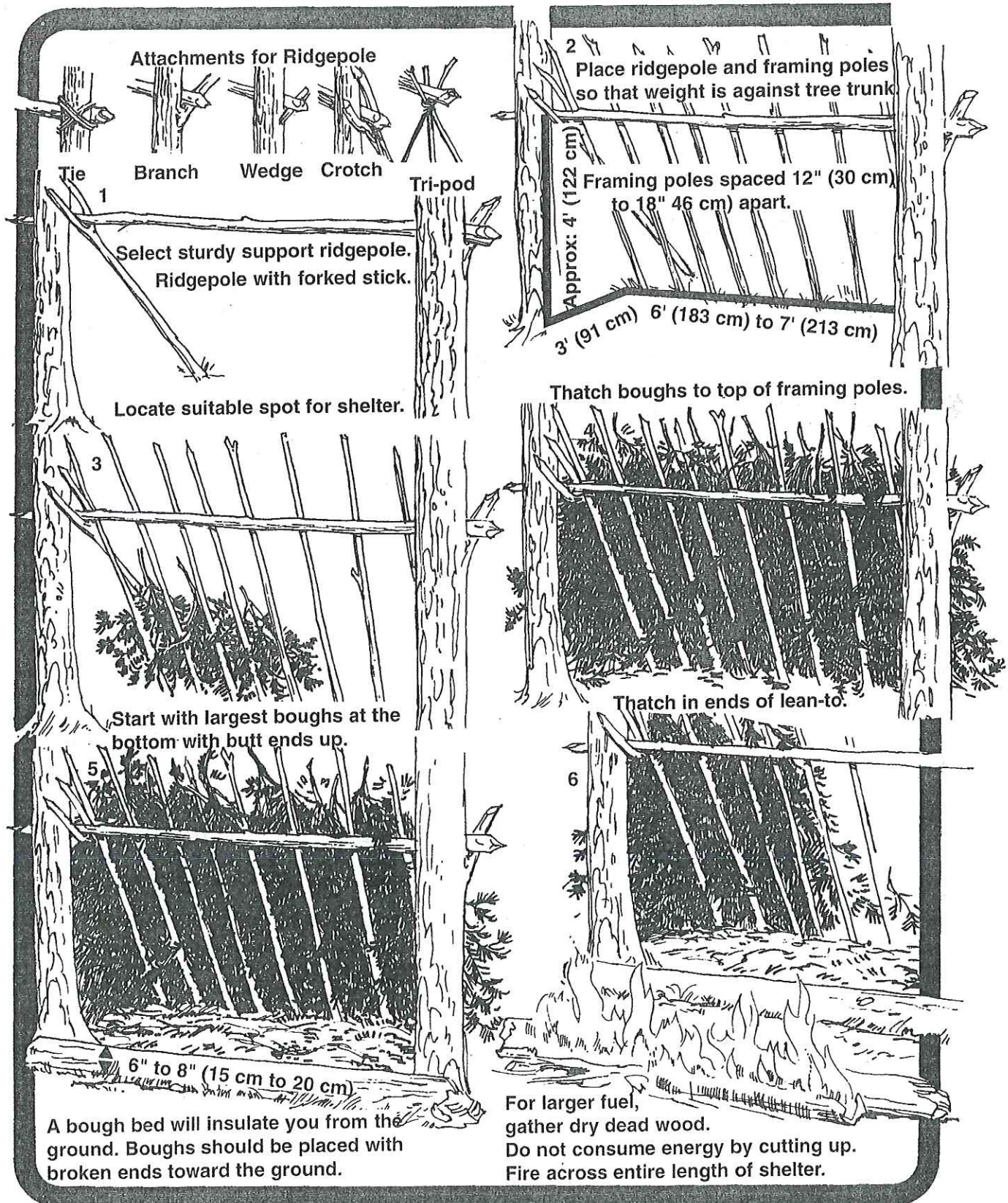




## Lean-To Shelter

One of the easiest shelters to build is a lean-to. A bed made of boughs about eight inches (20 cm) deep, will provide

good insulation from the cold ground. Boughs should be placed in rows with the butt ends toward the ground.





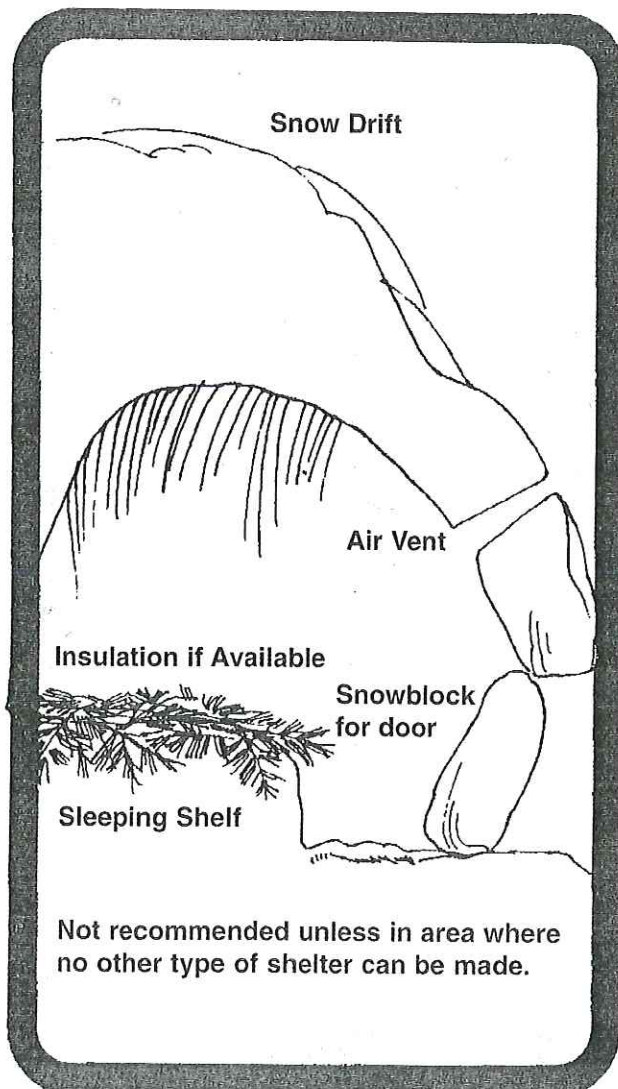
## Snow Cave Shelter

Snow caves are difficult to dig without getting wet. For this reason, they are less desirable than other types of shelter. However, snow is a good insulating material that can keep you warm in a survival situation.

A snow cave should be deep enough to sit in. When shaping a snow cave, arch the roof inside so moisture from melting snow will run down the sides of the cave and not drip on you. Do not make the cave's roof exceptionally thick. The cave should be shallow enough and the roof thin enough so you can break through the snow and stand up if a cave-in should occur.

Punch a ventilation hole in the roof. Keep it open by ramming a stick through it occasionally. It is very important to clear drifting or blowing snow from the vent so fresh air keeps circulating within the cave.

Chop a roomy bench or sleeping shelf at least one foot (30 cm) above the cave entrance and cover it with tree branches.

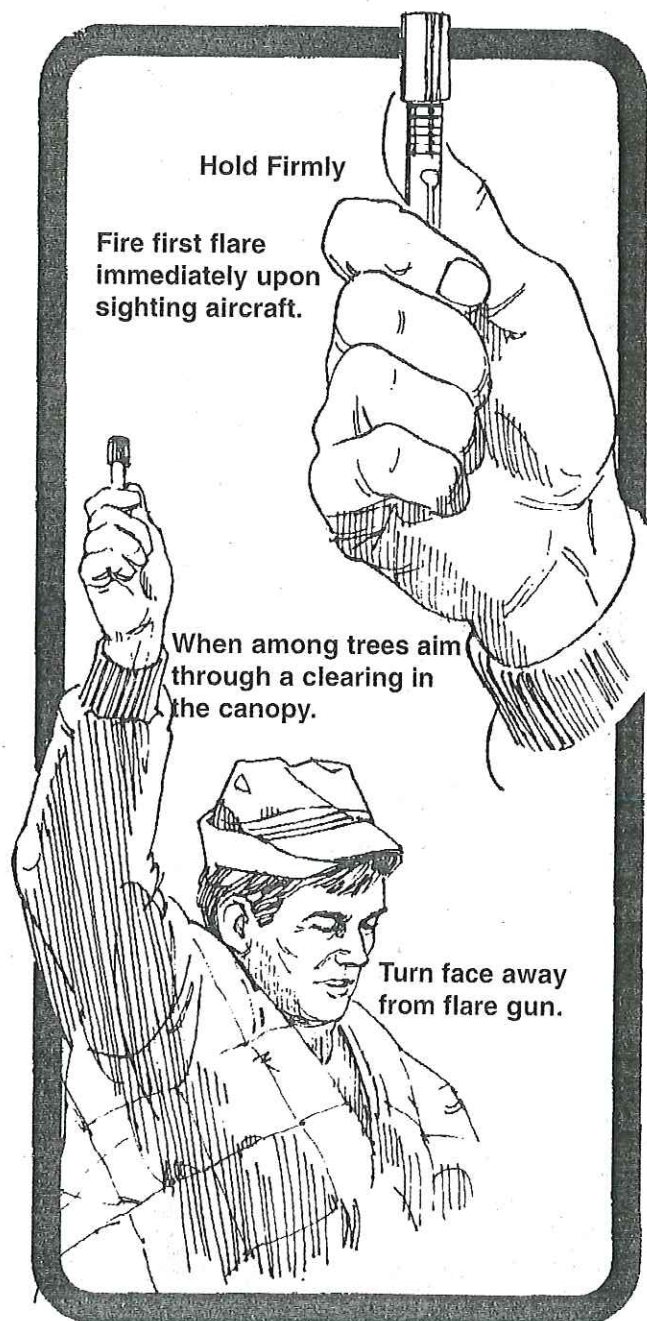


## Rescue Signals

Once your needs for first-aid, fire and shelter have been dealt with, consider how to attract other people's attention to your location. Various types of signals can be used. Although the International Emergency Distress Signal is three signals of any kind (i.e. three shots, three whistle blasts, three fires in a triangle), a single signal is better than none at all.

### Flare Signals

To attract searching aircraft, flare signals are best. Flare cartridges are available which can be fired from a rifle or shotgun. Also, small, flare signaling devices may be purchased and included in your survival kit.

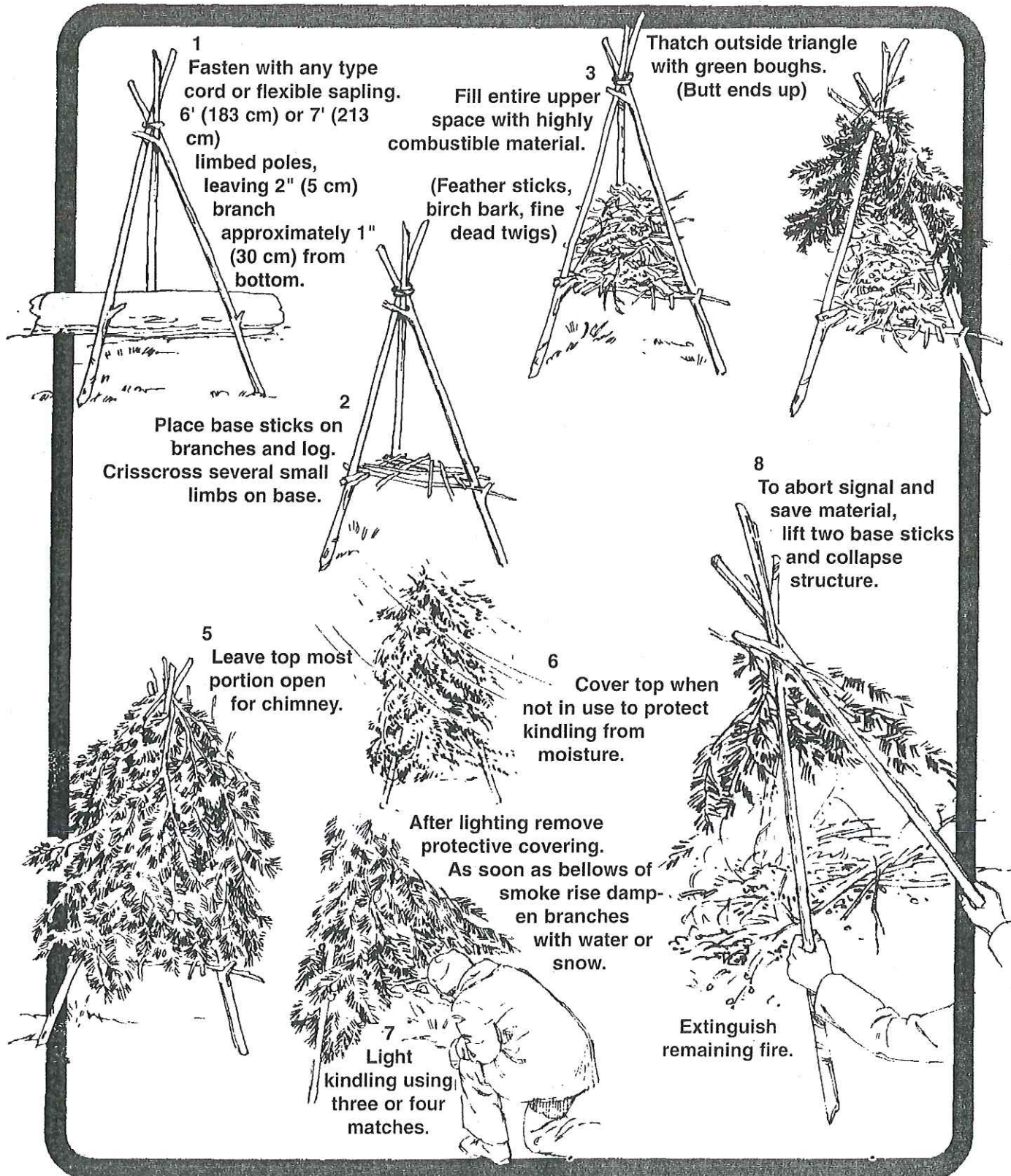




## Fire Signals

The best signals are fires. A large bright fire at night or a smoky one by day can be easily seen. Be careful to keep

your fire under control because an uncontrolled fire could destroy your camp and threaten your life.





## Mirror Signals

The signal mirror is an excellent device for attracting attention. On a clear day, mirror signals may be seen for up to ten miles (16 km) at ground level and at much greater distances from an aircraft.

## Sound Signals

Carry a shrill whistle like that used by police forces and mountain rescue teams. It has a loud, distinctive noise. If you do not have such a whistle, improvise one by blowing across the mouth of an empty cartridge case.

Carefully consider using your firearm to attract attention. Resist the urge to fire more than one or two shots on the first day you're lost because others will likely think you're shooting at game and ignore your signal shots. However, if you're seriously injured and bleeding heavily, fire your ammunition off in groups of three shots at a time with 10 seconds between each shot. Wait 10-15 minutes for an answering signal shot. If nothing is heard, fire a second group of three shots. Repeat this procedure as long as your ammunition supply will allow.

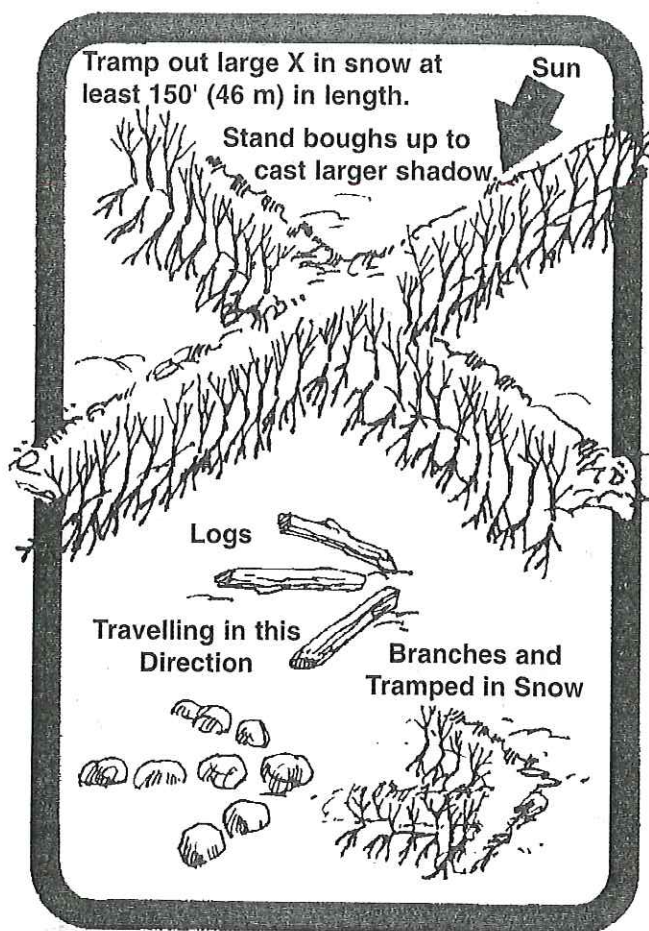
If you're not seriously injured, limit your signal shots to the late evening or night of the first day you're in trouble. Fire single shots spaced an hour or more apart through the night. Conserve enough ammunition to shoot game for food in case you must survive for a week or more (five or more cartridges).

Sound carries best during the evening quiet, just before dark. This is the best time to use a sound signal.

## Information Signals

If you decide to leave your place of shelter, be sure to leave a message indicating the direction you're going. Make a large arrow on the ground from any available material—stones, tree branches, brush, trampled down grass or snow, or earth—so that search aircraft passing overhead will know which direction to look. Ground searchers will also be guided by such signals. If possible, leave a note explaining where you are headed and what time you left camp.

As previously indicated, your best chance of survival is by staying put at one location. To signal your location to airborne searchers, besides using a fire, you should mark a large "X" in a clearing near your survival camp. Use heaps of stones or earth, piles of brush, tree branches or trampled down grass or snow. Lay branches beside the lines of the X to create shadows and make your signal more visible from the air. Such signals can even be seen in the moonlight from aircraft.



## Water

While a person can survive for several days without water, locating water is generally not a problem. It is readily available from rivers, streams, lakes, sloughs, small pools of rainwater or snow.

If possible, water should be purified before drinking. Boiling is the safest way to purify it. Dirty water should be filtered through several layers of cloth or allowed to settle beforehand. The taste can be improved by shaking it vigorously to aerate it.

Don't melt snow or ice in your mouth to quench your thirst as this will cause dehydration and loss of body heat. Melt the snow or ice over a fire first to obtain water. Conserve energy by drinking hot liquids instead of cold whenever possible.

Remember that the body requires two or three quarts (2.27 liters or 3.41 liters) of water a day even in cold weather. Drink even though you may not feel thirsty. Do not ration water by sipping. It will do more good to drink as much as possible when it is readily available. If your water supply is limited, restrict your activity and movement, particularly during the heat of the day.



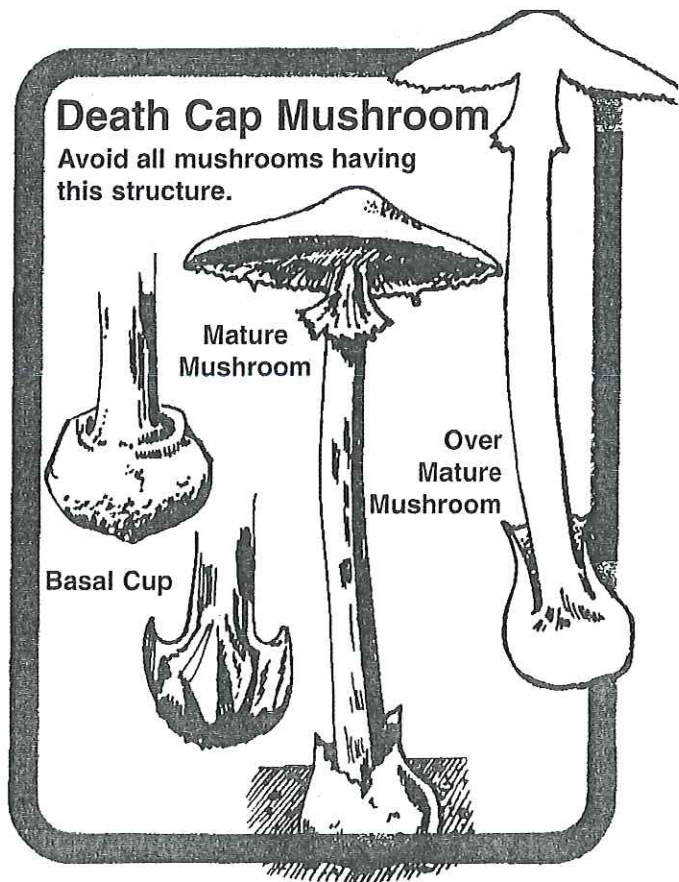
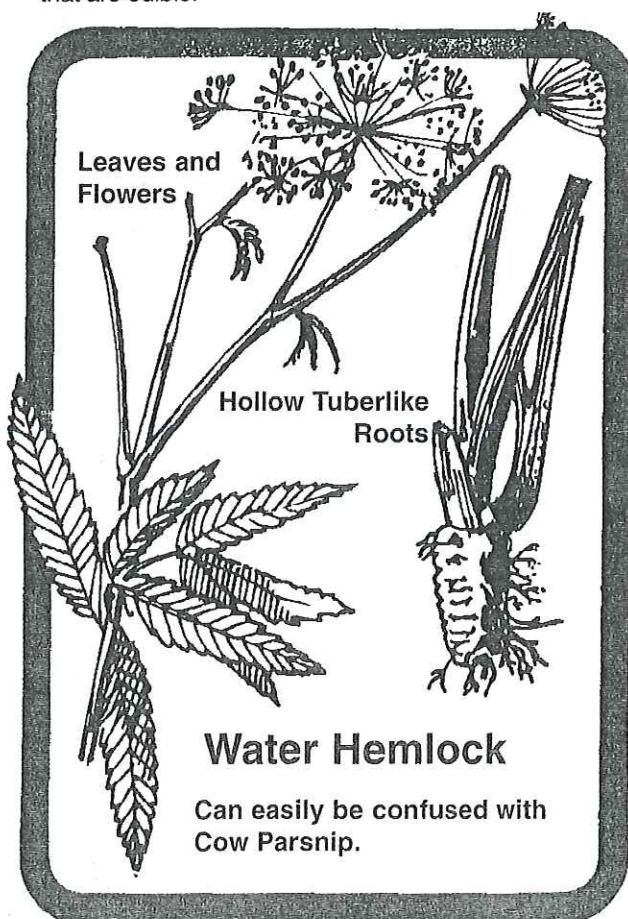
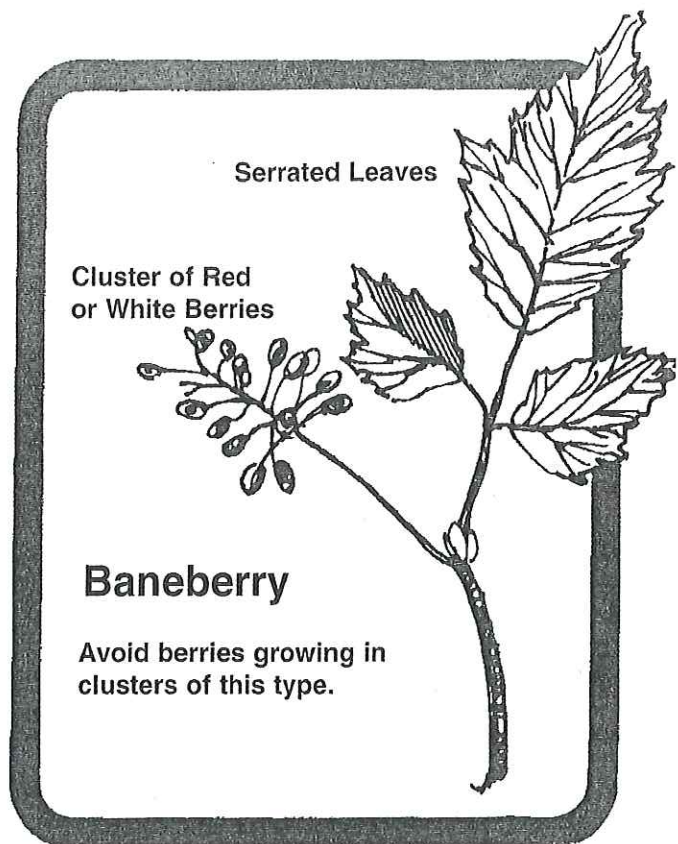
# Food

Food is not an immediate necessity for survival. People in normal health can exist for 30 days or more on their own body fat and water. However, once other survival needs are taken care of, you should spend some time gathering food from the wild to ward off hunger. This activity will also help dispel boredom.

## Plants

Many plants native to North America are safe to eat. However, you should learn to identify and avoid the following three types of plants which are poisonous:

- a) Water hemlock is a poisonous plant, two to four feet (0.60 m to 1.22 m) tall, it is a member of the carrot family and has toothed, three-part purple streaked leaves which give off a disagreeable odor when crushed and hollow-like roots which smell like parsnips. Water hemlock is easily confused with cow parsnip.
- b) Baneberry is a bushy perennial two to three feet (0.60 m to 0.91 m) tall. It has small white flowers in a short thick cluster at the top of the stem. Red or white berries replace the flowers in the fall and resemble dolls' eyes in appearance. Avoid all berries growing in clusters.
- c) Mushrooms of all kinds should be avoided as some kinds are poisonous and they are difficult to identify from those that are edible.



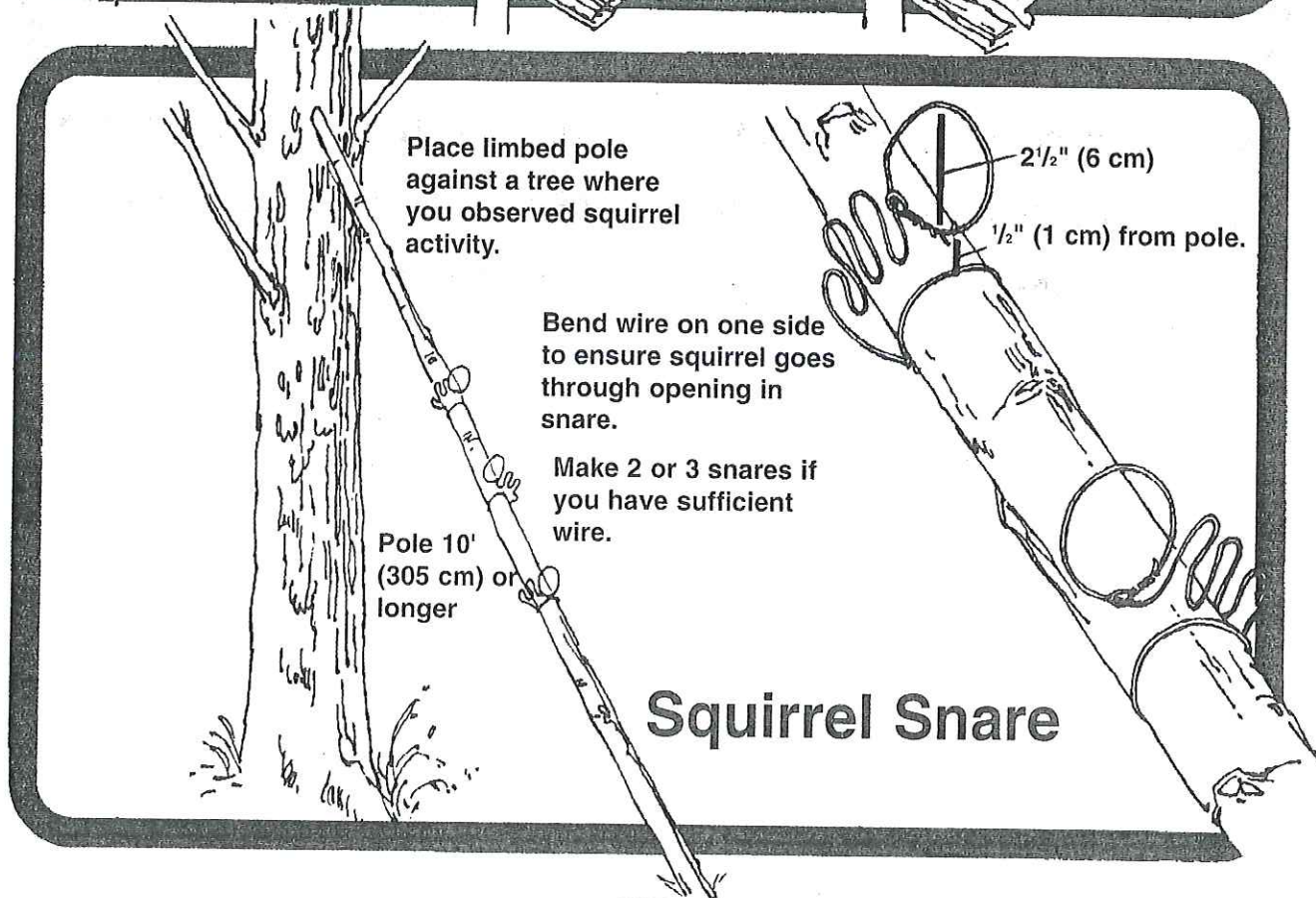
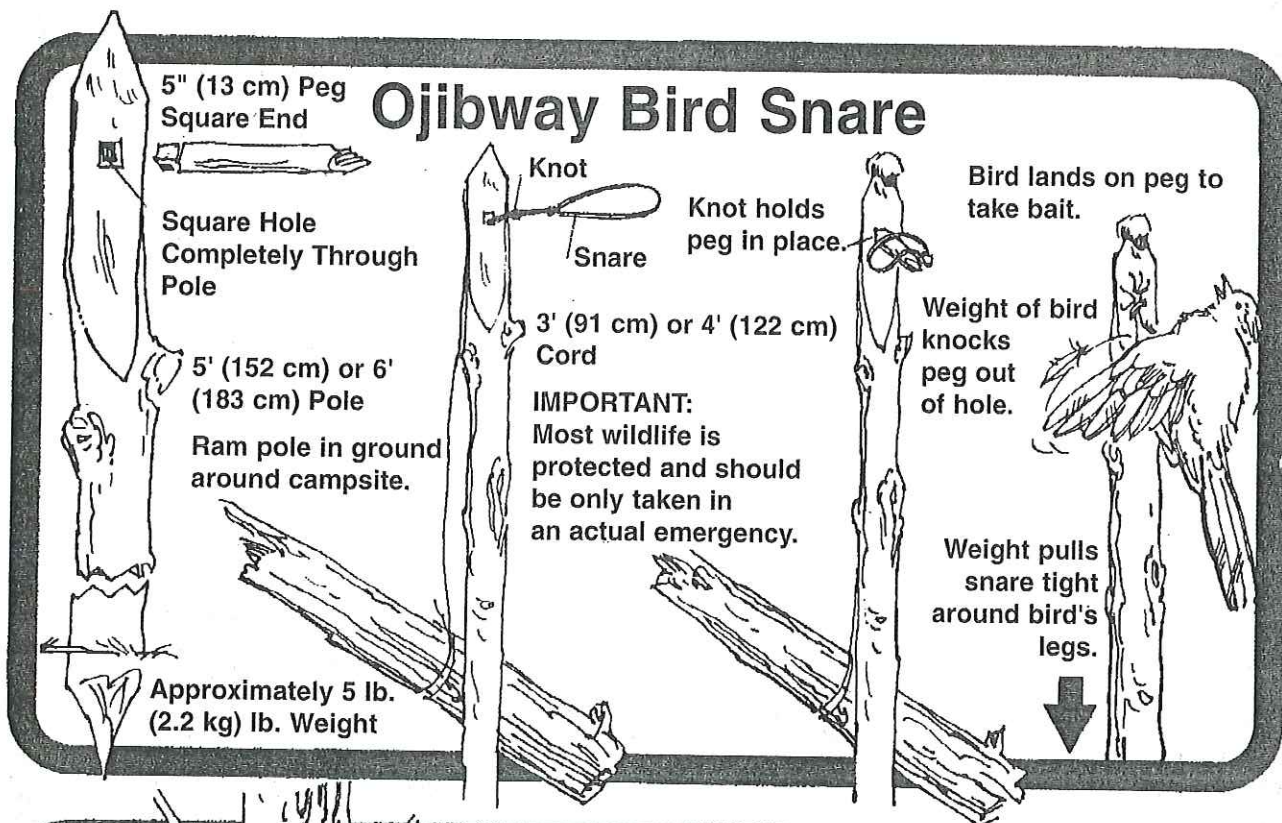


## Animals

All animals in North America are edible and will provide excellent nourishment. They should be boiled and eaten as a stew or soup to maximize their value as food. You can obtain animals for food by shooting, spearing, snaring, trapping or hooking them. Special skills are

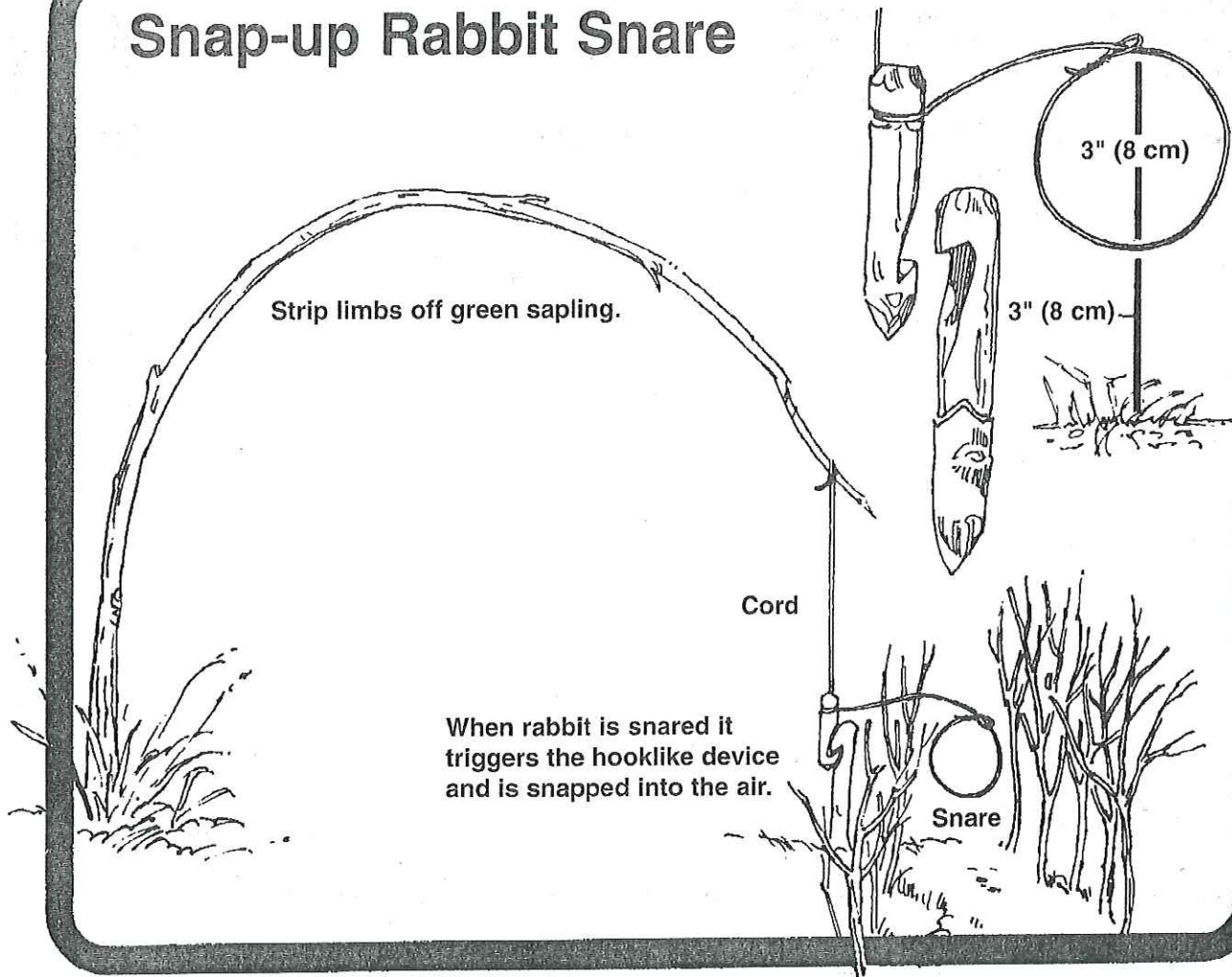
required to trap animals and catch fish.

Remember, traps, snares and set lines for fish work for you 24 hours a day whereas hunting does not.

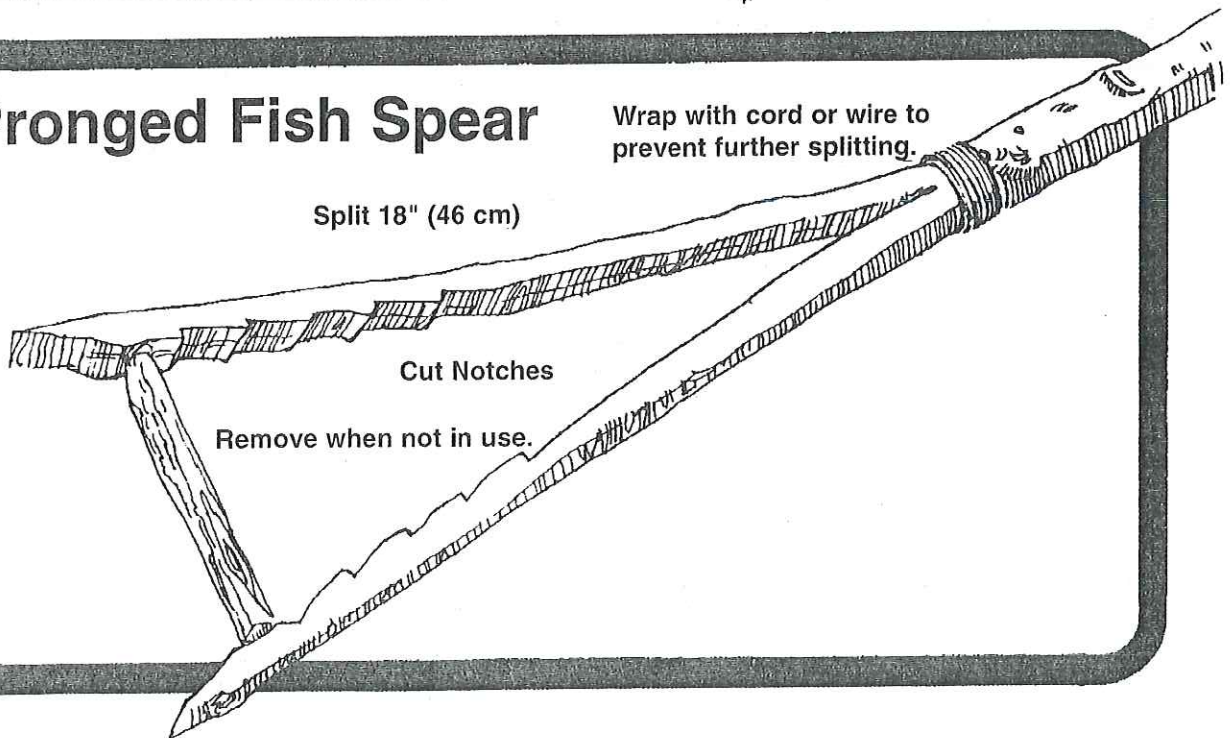




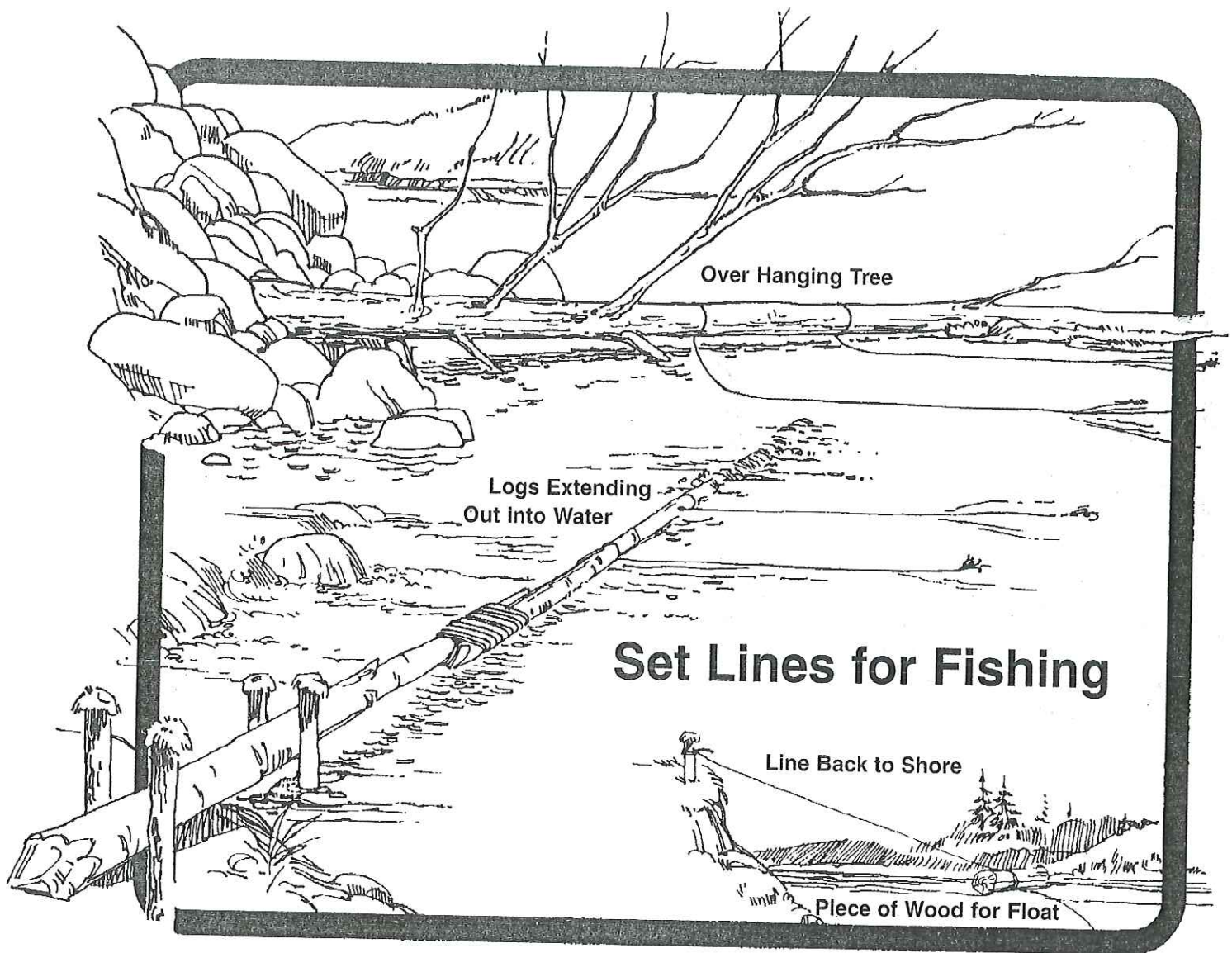
## Snap-up Rabbit Snare



## Pronged Fish Spear



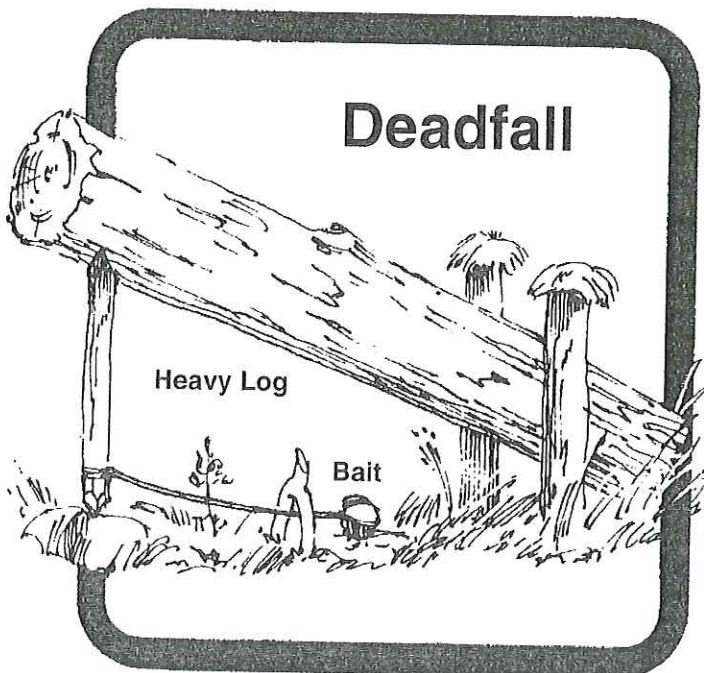




## Summary

In summary, the step-by-step procedure to survival is:

- 1) Treat for first aid
- 2) Build a fire
- 3) Build a shelter
- 4) Construct a signal
- 5) Locate water
- 6) Find food





## Notes

