

Would you Survive????



2015 WILDLIFE SUMMIT

Outdoor Survival

Conservation Officer

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Course Outline

- ▣ Knowledge quiz
- ▣ What is Survival Skills?
- ▣ Coping with Extreme Weather
- ▣ Planning Ahead
- ▣ Outdoor Survival in your vehicle
- ▣ Outside Activity

Survival Skills



What is Survival?

Survival definition:

NOUN

1.the act or fact of surviving, especially under adverse or unusual circumstances.

Survival – Rule of 3s

The “Rule of Threes” provides a guideline of how to prioritize basic survival skills: first shelter, then water, and lastly food.

Rules of 3

« YOU CAN »
SURVIVE

3 MINUTES

without

AIR



3 HOURS

without

SHELTER



3 DAYS

without

WATER



30 DAYS

without

FOOD



Outdoor Survival Skills

- ▣ **S**top: When you realize you've got a problem. The first thing to do is admit to yourself that you are in trouble.
- ▣ **T**hink: About what you need to do to survive.
- ▣ **O**bserve: The area; and look for shelter, fuel, etc.
- ▣ **P**lan: How you are going to use your survival kit and you other available resources. Don't wait until dark to plan! Remain calm. Think clearly.



Outdoor Survival Skills

- ▣ Remember: When you find yourself in a survival situation, the most important tool is your brain.
- ▣ Shelter: Build your shelter before dark, protected from the wind. Look for a natural shelter or pick an area with materials nearby to build. Build fire where heat will radiate into the shelter.
- ▣ Starting a Fire: You should have a wax candle, flint stone, or other emergency fire starting device in your day pack/survival kit.
- ▣ Signaling for Help: The international emergency signal for distress is three of any signals.

Outdoor Survival Skills

- ▣ Once you have shelter, fire, and your signal prepared, you can focus on water and food.

Water: Last three days without water. Purify the water to make it safe for drinking by boiling, chemicals, or filtering. Never make problems worse by drinking unsafe water.

Food: Humans can go for two weeks or more without food. Food will make you more comfortable and clear headed.

Extreme Weather



Coping with extreme weather

▣ Hypothermia:

- Prevention of Hypothermia
 - ▣ Dressing properly
- Symptoms of Hypothermia
 - ▣ Uncontrolled Shivering-usually the first obvious symptom
 - ▣ Memory loss
 - ▣ Irrational behavior such as removing clothing
- Treatment of Hypothermia
 - ▣ Find the shelter
 - ▣ Remove wet clothing replace with dry clothing
 - ▣ Give warm liquids to rehydrate and warm NEVER alcohol to drink

Coping with Extreme weather

Table 2: Body Temperature and Symptoms

TEMP°C	SYMPTOMS
34-35	Shiver in all extremities
Below 34	Altered mental status, amnesia, dysarthria (a condition that occurs when problems with the muscles that help you talk make it difficult to pronounce words), respiratory rate may increase
33	Ataxia (unsteady gait), apathy, hyperventilation, tachypnea, tachycardia, and renal impairment
28-32	Oxygen consumption decreases, altered mentation with central nervous system depression, hypoventilation, hyporeflexia, decreased renal flow, the patient may undress inappropriately.
28-30	Pupils dilated and minimally responsive
28	Ventricular fibrillation and decreased myocardial contractions possible
27 or lower	Unconscious & unresponsive is possible

Coping with extreme weather

▣ Frostbite

■ Symptoms of Frostbite

- ▣ Skin turns off-white
- ▣ Prickly or tingling feeling as ice crystals form
- ▣ Pain may be present initially, then disappears as frostbite progresses
- ▣ In severe cases, loss of feeling in affected areas

■ Treatment of Frostbites

- ▣ Warm the affected area with body heat, but avoid rubbing the area, it can damage the tissue.
- ▣ Don't use hot water or other external heat sources
- ▣ Slowly drink hot liquids

Coping with Extreme Weather

- ▣ Hypothermia is the No. 1 cause of outdoor fatalities.



Coping with extreme weather

▣ **Heat Exhaustion:**

■ Prevention of Heat Exhaustion

- Drink Plenty of Water
- Take frequent breaks if you're hiking to or from a location, especially when carrying a large load
- Dress in layers, and shed layers as physical activity increases.

■ Symptoms of Heat Exhaustion

- Pale and clammy skin,
- Weakness
- Nausea,
- Headaches,
- Muscle cramps.

■ Treatment of Heat Exhaustion

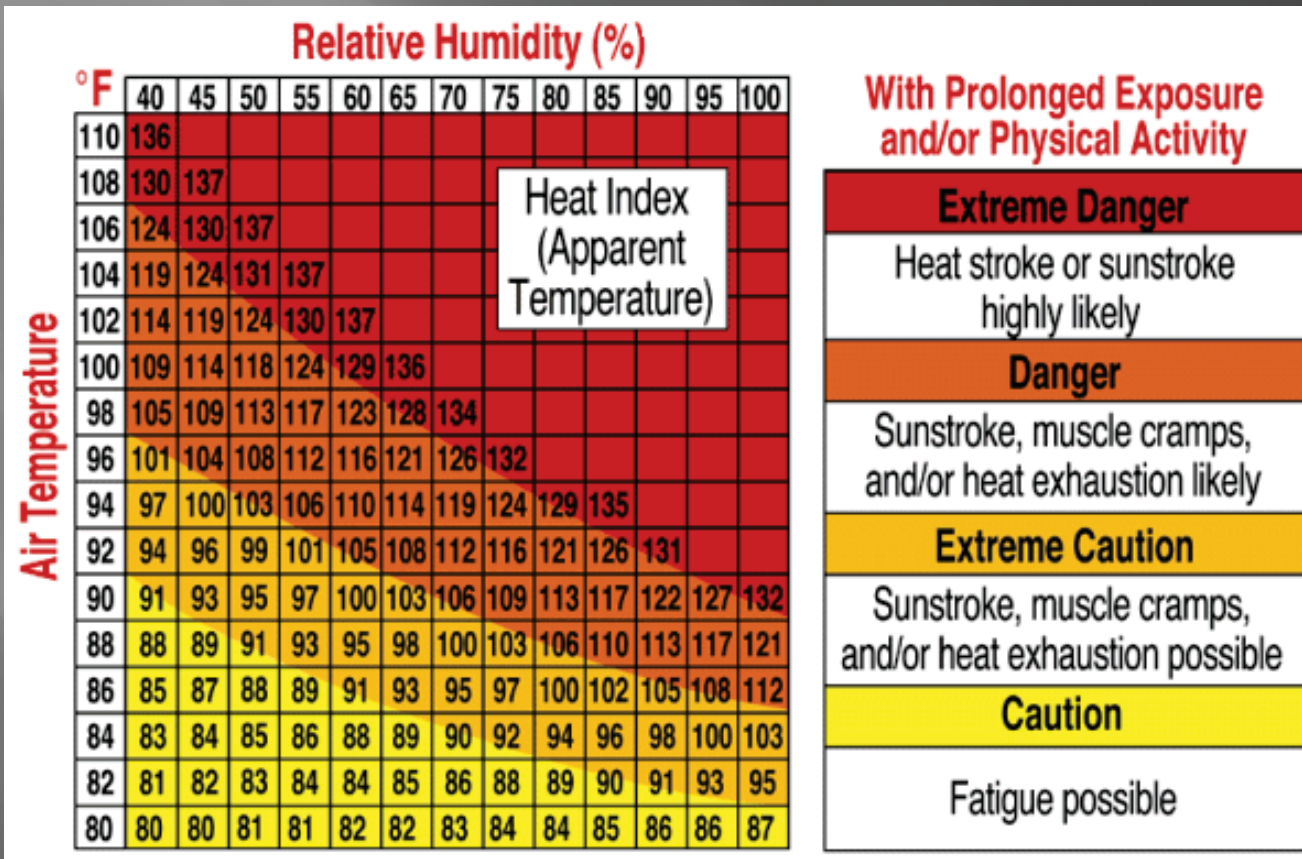
- Move to a cooler place and drink water
- Fan to lower body temperature, but don't over-chill

Coping with extreme weather

▣ **Heat Stroke:**

- Symptoms of Heat Stroke
 - Dry, hot, and flushed skin-dark or purple color,
 - Dilated pupil,
 - Rapid, weak pulse,
 - Shallow breathing,
 - High temperature-may be in excess of 106 degree Fahrenheit
- Treatment of Heat Exhaustion
 - Wrap in a sheet and soak with cool-not cold-water,
 - Fan, but don't over-chill,
 - Get to a hospital immediately

Coping with extreme weather



Can this guy get Hypothermia or Heat Exhaustion or both?



San Juan River



San Juan River



Painted Desert



Sonoran Desert



Planning Ahead

▣ Rules of Survival

- Give your itinerary to a family member or friend
- Always check the weather forecast
- Check local roads or trail conditions
- Don't forget to pack your checklist for your survival kit
- Be prepared for the unexpected
- Take enough food and water to last for several days in an emergency.

Planning Ahead

- ▣ Rules of Survival continued.....
 - Wear layered clothing and take extra clothing, preferably wool and polyester with you.
 - Always have fire starting equipment and a foil blanket



Planning Ahead

Everyone should carry a **Survival Kit** in their car. In an emergency, it could save your life and the lives of your passengers.



Making a Survival kit for Driving

- ▣ Coffee can or similar container: Small candles, matches, plastic spoons, sharp knife, pencil and paper, large plastic garbage bag, safety pin, whistle, snacks, cell phone adapter to plug into lighter, and plastic flash light with spare batteries.
- ▣ In flashlight reverse batteries to avoid accidental switching and burnout.
- ▣ Food Items: Raisins, food bars, trail mix, nuts, canned goods, and wrapped hard candies.

Making a Survival kit for Winter Driving

- ▣ Store bulky and heavy items in an accessible place: 30- foot cord to use as homing line when you must exit vehicle, jumper cables, basic tools, sand, cat litter or other grit in a plastic milk carton, shovel, tow cables or chain, sleeping bag or blankets, road flares and reflectors, and snowmobile suit and heavy boots.

Winter Survival in your Work Truck



Outdoor Survival in your vehicle

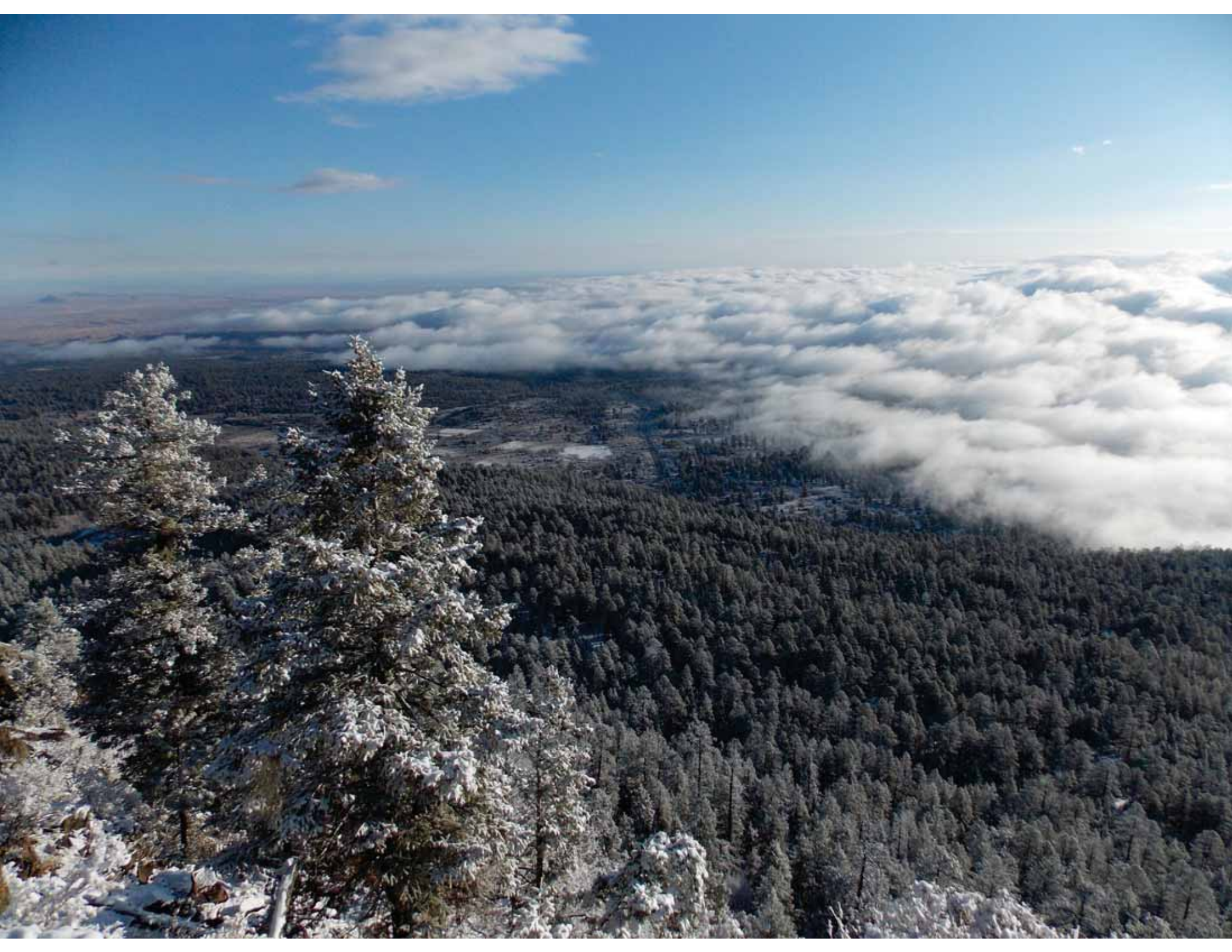
- ▣ Plan before you travel: Simple planning saves you trouble.
- ▣ Prepare your vehicle: The cold effects, metal, and rubber. Keep gas tank at least $\frac{1}{2}$ full.
- ▣ Be aware of the weather: Listen to weather forecasts and road conditions, dress appropriately, and give yourself extra time for travel in severe weather.

Winter Survival in your Work vehicle

- ▣ Make yourself easy to find: Tell someone where your going and the route your taking. Report your safe arrival. If you get stuck tie a colored banner from your radio antenna or out your window, which you can find in your winter survival kit. To reduce battery drain use emergency flashers only if you hear approaching vehicles.
- ▣ Stay in your vehicle: Your vehicle is your best shelter.
- ▣ Avoid Overexertion: Take it easy! Avoid a heart attack or injury.

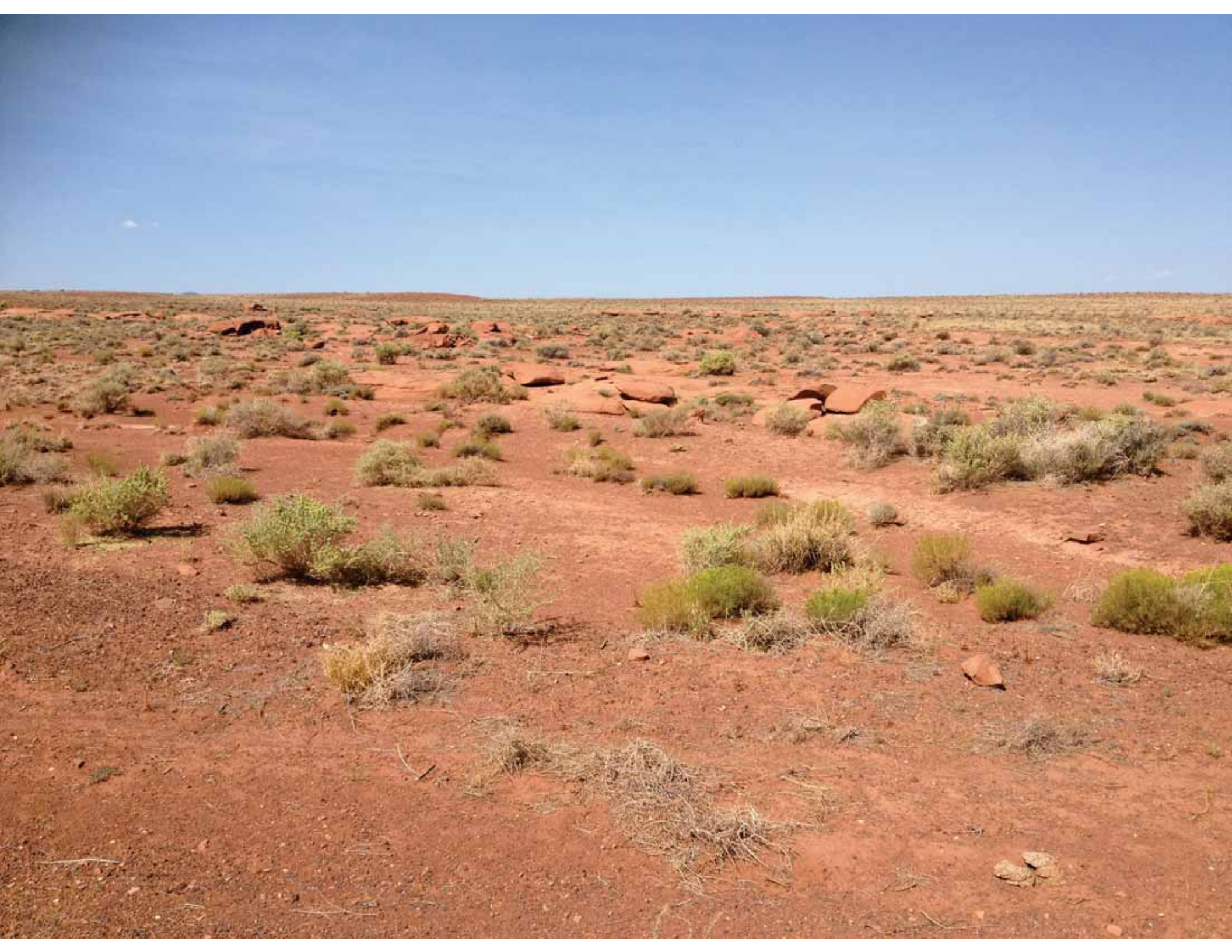
Winter Survival in you work truck

- ▣ Keep Cool-Two Ways: Calm down and think. Don't work enough to get to hot and sweaty. Wet clothing loses insulation value, making you susceptible to hypothermia.
- ▣ Keep Fresh Air in your vehicle: Get fresh air and not get to comfortable, warm, and sleepy. Wind driven snow can plug your vehicle exhaust system.
- ▣ Stay Warm Without Fuel: Change positions frequently and move arms and legs. Huddle close to one another.
- ▣ Don't Expect to Be Comfortable: The challenge is to survive until you're found.











Questions

