

## Fast Facts

### Outdoor Survival

-Should know how to be prepared for any scenario that could happen

-*Essential things to know:*

1. How to treat common injuries
2. How to build a shelter
3. How to build/maintain a fire
4. How to find water/make it safe to drink
5. How to find edible food
6. How to signal for help

-Most important thing you need to do if you're stranded outside is *prioritize*:

1. Safety – Identify whatever the immediate threat is and get away from it
2. First Aid – Check and treat yourself for any injuries
3. Protection – Find a weapon (sharpened stick or rock) to fend off any type of predator
4. Physical Needs – Make a shelter and fire, find water and food, and maintain good hygiene

Task	What to Do
First Aid	<p><i>Cuts and scrapes:</i></p> <ul style="list-style-type: none"> <li>-Clean wound with freshwater/keep clean</li> <li>-Monitor for signs of infection (pus, drainage, red lines coming from the wound up your body towards the center of your body, fever or chills)</li> <li>-Small = no further treatment</li> <li>-Large/deep = can't control the bleeding, use a tourniquet as a last resort (should be at least one inch wide and tightened around the affected limb above the site of the injury until the bleeding stops)</li> </ul> <p><i>Dislocate bone:</i></p> <ul style="list-style-type: none"> <li>-Put it back into place</li> </ul> <p><i>Broken bones:</i></p> <ul style="list-style-type: none"> <li>-Make a splint out of the material that you have available (sticks and shoelaces)</li> </ul> <p><i>Burns:</i></p> <ul style="list-style-type: none"> <li>-Remove any clothing</li> <li>-Run lukewarm water over the burn</li> <li>-Coat with honey, if you have it</li> <li>-Loosely wrap the area in wet pieces of clothing</li> <li>-Elevated area as much as possible</li> <li>-Don't open any blisters</li> </ul>
Shelter	<p><i>Location is key</i></p> <ul style="list-style-type: none"> <li>-Make sure that you aren't in a valley or area where water may flow toward you</li> <li>-Stay away from insect nests and other possible dangers, like falling rocks</li> <li>-If possible, make shelter near running water and dry wood to make it easier to find resources (drinking water and firewood)</li> </ul>

	<p>The type of shelter depends on the environment but should keep you dry</p> <p><i>Cold environment</i> = one that will provide warmth</p> <ul style="list-style-type: none"> <li>-Does this by being small enough that it accommodates your body lying down, but not much else to help trap body heat</li> <li>-Create a lean-to using a fallen tree or resting a strong branch against a tree, propping up sticks on it close together to make sides and adding bark/leaves/pine needles/moss to the sides for insulation</li> <li>-Put similar insulation on the ground at least several inches thick</li> </ul> <p><i>Hot environment</i> = one that provides shade</p> <ul style="list-style-type: none"> <li>-Dig down (a few inches) into the ground because it's cooler under the top layer</li> <li>-Build a lean-to using sticks over the top of the dug-up area but be sure to leave some openings to allow for air movement</li> </ul>
<i>Fire</i>	<ul style="list-style-type: none"> <li>-Essential for a variety of things, like warmth, protection (keeps away predators), signal device (for smoke signals), and purifier (used to boil water)</li> </ul> <p><i>Need to be able to light one in a variety of ways:</i></p> <ul style="list-style-type: none"> <li>-Lighter or waterproof matches</li> <li>-Magnesium fire starter or steel wool</li> <li>-Battery</li> <li>-Eyeglasses or water bottle to direct sunlight by focusing the rays through them to create a single point of heat and point this toward your tinder</li> <li>-Rubbing sticks together (roll a stick quickly on a log using friction to start a fire)</li> </ul> <p><i>Materials Needed:</i></p> <ul style="list-style-type: none"> <li>-Tinder (pine needles or dry leaves/grass...anything small that will be easy to light)</li> <li>-Kindling (small, dry sticks...less dense than tinder and will burn longer)</li> <li>-Wood (bigger pieces that will burn for an extended period)</li> </ul> <ul style="list-style-type: none"> <li>-Make a tipi in which the kindling surrounds the tinder and the wood surrounds the kindling</li> <li>-Block the tinder from the wind</li> <li>-Use long, steady breaths to help it ignite and spread the flame</li> </ul>
<i>Water</i>	<ul style="list-style-type: none"> <li>-Body can only go a few days without water</li> <li>-Must be clean and uncontaminated (two good sources of this are rain and snow—melt it first)</li> </ul> <p>Finding water:</p> <ul style="list-style-type: none"> <li>-Dig for water (some plants indicate water is nearby, and if you dig a hole near them, you just have to wait for it to fill with water)</li> <li>-Collect water from places that it would be likely to collect (rock outcroppings)</li> <li>-Collect water from plants by using a piece of clothing to soak up the dew that forms on plants and grasses and squeezing it into a container</li> <li>-Plants also sweat, so if you have a plastic bag and tie it over a leafy branch, water will collect over time</li> </ul>

		<ul style="list-style-type: none"> <li>-Follow animals since they usually head to water near dawn and dusk</li> <li>-Flies/mosquitoes tend to stay within 400 feet of water</li> </ul> <p>Must boil the water if collected via these methods... Remember, <i>stagnant</i> water is not suitable to drink even if you boil it.</p>
<i>Food</i>		<ul style="list-style-type: none"> <li>-Make a spear from a strong enough stick to catch fish and other small game (use a straight stick and split the end to make two prongs; keep the prongs separate by using a small piece of wood or a rock and then tie them into place; sharpen the ends of the prongs with a sharp rock or knife)</li> <li>-Learn what plants are edible in the area you live or are traveling to (some easy to remember possibilities are acorns from oak trees, pine nuts/inner bark, cattail (the entire plant can be used for food), and grass (the base is edible))</li> <li>-Berries can be challenging to determine if they are edible, but it is helpful to keep in mind these tips: white or yellow will kill you, purple or blue are ok to eat, and red could be ok or could kill you</li> </ul> <p><i>*If you are unsure, don't eat it!</i></p>
<i>Signal Device</i>		<ul style="list-style-type: none"> <li>-Whistles or signals mirrors</li> <li>-High beam flashlights</li> <li>-Radio</li> <li>-Bright colored clothing</li> <li>-Emergency beacon device</li> <li>-Fire is excellent if you don't have any of these (the key to making a signal fire is having extremely dry wood that will be easy to light and once the fire is going, putting green (freshly cut branches) on top to create smoke)</li> <li>-Create a signal using rocks, trees, snow, or dirt (it has to be large enough and in an open area for people in airplanes or helicopters to be able to see it)</li> </ul>
<i>Hygiene</i>		<ul style="list-style-type: none"> <li>-Good hygiene helps prevent infections that could kill you</li> <li>-Dental infections can be painful and dangerous, so removing dental plaque from your teeth with a cloth is important</li> <li>-Bacteria and fungus like to grow in areas that are moist, dark, and warm, so keep areas where skin touches skin (armpits, under breasts, groin, between your toes, etc.) dry as much as possible</li> <li>-Bowel movement = squat, not sit (less of an area to clean)</li> </ul>
<i>Other</i>	Navigation	<ul style="list-style-type: none"> <li>-STOP (Stop, Think, Observe, Plan); the best way to get rescued is to stay where you are and wait for help, but if help isn't coming, then you need to know how to navigate your way to safety</li> <li>-Bring at least two of the following: a compass, map, or GPS device</li> </ul>

		<ul style="list-style-type: none"> <li>-Find north</li> <li>--Daytime             <ul style="list-style-type: none"> <li>---Sun rises in the east and sets in the west</li> <li>---Use an analog watch--hold the watch horizontal and point the hour hand at the sun; imagine a line running at the halfway point between the hour hand and 12 o'clock (if you are in an area that is on Daylight Savings Time, imagine the line halfway between the hour hand and one o'clock); this will be the north-south line</li> </ul> </li> <li>--Nighttime             <ul style="list-style-type: none"> <li>---Use North Star (Polaris) by finding the Big Dipper and drawing a line between the two stars at the outer edge of the constellation's dipper. Extend this line until you find the Little Dipper. Polaris is at the end of the Little Dipper's handle</li> </ul> </li> <li>-After finding north, figure out which direction to head</li> <li>-If you know the area, try to head towards the nearest road or town</li> <li>-If you don't know the area, it is a good idea to follow a river downstream or head toward the nearest clearing to signal for help</li> <li>-Signal a helicopter to land by forming the letter "Y" with your arms</li> <li>-If you hear people nearby, use a deep voice to call for help (most sounds in nature are higher-pitched, and a deep voice will stand out)</li> </ul>
	Knots	<p><i>Bowline</i> (handiest)</p> <ul style="list-style-type: none"> <li>-Ideal for when the rope will be supporting a great deal of weight because the harder you pull, the tighter the knot gets</li> <li>-Used for tying snares, lowering yourself/equipment over the side of a cliff, or securing your shelter</li> <li>-Easy way to remember this is that the rabbit comes out of the hole, goes around the tree, and back into the hole (creates a loop that goes around the object, and when you pull on the rope, it causes the loop to get smaller, or tighter, around the object)</li> </ul> <p><i>Double Half Hitch</i></p> <ul style="list-style-type: none"> <li>-Used to attach your rope to an object and can be used when making your shelter</li> <li>-Put the rope around a tree and bring the end under the rope's standing part. Bring the end up and pass it through the eye of the loop that was just formed. Pull it tight to complete a half hitch and take the rope's end under the standing part a second time, making another half hitch. Pull it tight as possible.</li> </ul>
	Clothing	<ul style="list-style-type: none"> <li>-Always dress at least one layer warmer than you need (you can always take things off, but can't put something on that you didn't bring)</li> <li>-Wear clothes that retain their warmth even after they become wet (not cotton)</li> <li>-Bring a jacket and pants</li> <li>-Most cases of hypothermia occur in temperatures that are over 40°F.</li> </ul>

	Predators	<ul style="list-style-type: none"> <li>-Best course of action is to back away from the animal slowly</li> <li>-Do NOT play dead, run or move toward the animal</li> <li>-If trapped, make yourself seem as big as possible by spreading your arms out and making noise</li> <li>-Find something and throw it at the animal</li> <li>-If the animal attacks, use your non-dominant arm to block its mouth and use your other arm to smash its snout with the heel of your hand or poke its eyes</li> <li>-If you can hinder the animal enough that they release you, get to the nearest tree and climb it before tending to any wounds.</li> </ul>
	Attitude	<ul style="list-style-type: none"> <li>-Most vital thing to have when stranded is a positive attitude and determination to survive</li> <li>-Remain calm</li> <li>-Focus on tasks (develop a plan, inventory your resources and identify the critical tasks, like building a shelter/fire and finding water/food)</li> <li>-May be points when you feel hopeless, but it is essential to remember that these are feelings, not facts</li> </ul>

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