

In An Emergency



DO NOT PANIC

Stop - Think - Observe - Plan

PRIORITIES:

1. Medical Care
2. Shelter & Fire
3. Signaling & Communication
4. Sustenance

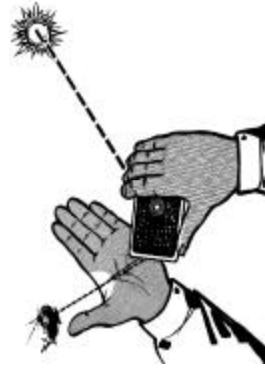
STOP - Take a deep breath, sit down if possible, calm yourself and recognize that whatever has happened to get you here is past and cannot be undone. You are now in a survival situation and that means . . .

THINK - Your most important asset is your brain. Use it! Don't Panic! Think first, so you have no regrets. Move with deliberate care. Take no action, even a foot step, until you have thought it through . . .

OBSERVE - Take a look around you. Assess your situation and options. Take stock of your supplies, equipment, surroundings and the capabilities of fellow survivors . . .

PLAN - Prioritize your immediate needs and develop a plan to systematically deal with the emergency. Make a plan. Follow your plan. Adjust your plan only as necessary to deal with changing circumstances.

Signal Mirror - The most basic and best all-around signaling device. In normal sunlight, the flash can be seen for up to 10 miles and possibly up to 50 miles, depending upon atmospheric conditions. A mirror will even work on bright overcast days and with moonlight, though with much reduced range. See diagram below on aiming.



Whistle - A whistle blast will carry for 1/2 to 2 miles or even more in the wilderness where your voice may only carry for a few hundred yards. And you will also be able to signal for much longer periods of time. Repeated three blasts, the universal signal for help.

Fire - During darkness, fire is the most effective visual means for signaling. Build 3 fires in a triangle (the international distress signal) or in a straight line with about 25 meters between the fires. Build them as soon as time and the situation permit and protect them until you need them. If you are alone, maintaining 3 fires may be difficult. If so, maintain only one signal fire.

Smoke - During daylight, build a smoky fire to gain attention. The international distress signal is three columns of smoke. Try to create a

color of smoke that contrasts with the background; dark smoke against a light background and vice versa. If you practically smother a large fire with green leaves, moss, or a little water, the fire will produce white smoke. If you add rubber or oil-soaked rags to a fire, you will get black smoke.

Ground-to-Air Signals - Make symbols a minimum of 1 meter wide and 6 meters long. If you make them larger, keep the same 1: 6 ratio. Ensure the signal contrasts greatly with the ground it is on. Place it in an open area easily spotted from the air

- ✓ Require assistance
- ✗ Require medical assistance
- N No or negative
- Y Yes or affirmative
- ↑ Proceed in this direction

In An Emergency



DO NOT PANIC

Stop - Think - Observe - Plan

PRIORITIES:

1. Medical Care
2. Shelter & Fire
3. Signaling & Communication
4. Sustenance

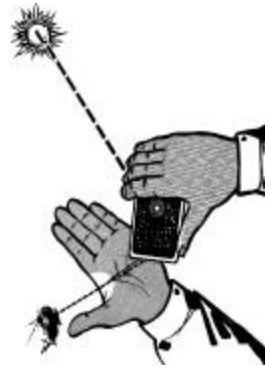
STOP - Take a deep breath, sit down if possible, calm yourself and recognize that whatever has happened to get you here is past and cannot be undone. You are now in a survival situation and that means . . .

THINK - Your most important asset is your brain. Use it! Don't Panic! Think first, so you have no regrets. Move with deliberate care. Take no action, even a foot step, until you have thought it through . . .

OBSERVE - Take a look around you. Assess your situation and options. Take stock of your supplies, equipment, surroundings and the capabilities of fellow survivors . . .

PLAN - Prioritize your immediate needs and develop a plan to systematically deal with the emergency. Make a plan. Follow your plan. Adjust your plan only as necessary to deal with changing circumstances.

Signal Mirror - The most basic and best all-around signaling device. In normal sunlight, the flash can be seen for up to 10 miles and possibly up to 50 miles, depending upon atmospheric conditions. A mirror will even work on bright overcast days and with moonlight, though with much reduced range. See diagram below on aiming.



Whistle - A whistle blast will carry for 1/2 to 2 miles or even more in the wilderness where your voice may only carry for a few hundred yards. And you will also be able to signal for much longer periods of time. Repeated three blasts, the universal signal for help.

Fire - During darkness, fire is the most effective visual means for signaling. Build 3 fires in a triangle (the international distress signal) or in a straight line with about 25 meters between the fires. Build them as soon as time and the situation permit and protect them until you need them. If you are alone, maintaining 3 fires may be difficult. If so, maintain only one signal fire.

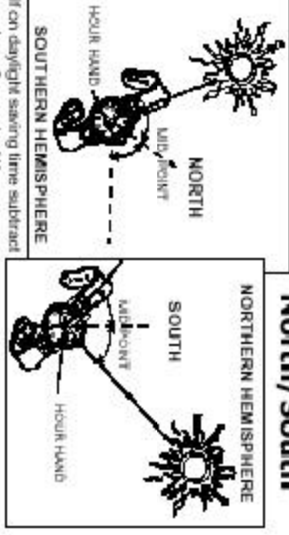
Smoke - During daylight, build a smoky fire to gain attention. The international distress signal is three columns of smoke. Try to create a

color of smoke that contrasts with the background; dark smoke against a light background and vice versa. If you practically smother a large fire with green leaves, moss, or a little water, the fire will produce white smoke. If you add rubber or oil-soaked rags to a fire, you will get black smoke.

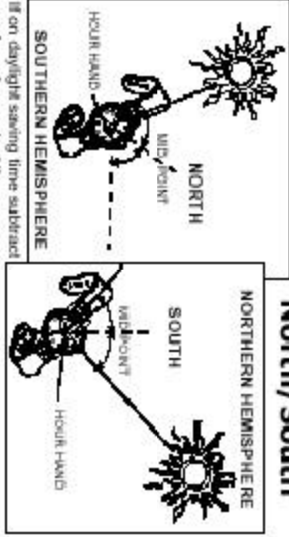
Ground-to-Air Signals - Make symbols a minimum of 1 meter wide and 6 meters long. If you make them larger, keep the same 1: 6 ratio. Ensure the signal contrasts greatly with the ground it is on. Place it in an open area easily spotted from the air

- ✓ Require assistance
- ✗ Require medical assistance
- N No or negative
- Y Yes or affirmative
- ↑ Proceed in this direction

Using A Watch - To Determine North/South



Using A Watch - To Determine North/South



Spark-Lite & Firestarting Tips

Be sure to gather tinder, kindling and fuel wood, starting very small and increasing in size, before attempting to start your fire. If the lighter gets wet, shake to remove excess water and blow on the flint wheel. Proceed with normal lighting instructions. If tinder is frozen, hold in closed hand for 30 seconds before proceeding with normal lighting instructions. If an arm or hand is injured, rough or fluff the tab by snaring it on a sharp pointed object, stick, rock, etc., exposing some inner fibers. Pull saw from back of branch. Use sapling to make bow saw.

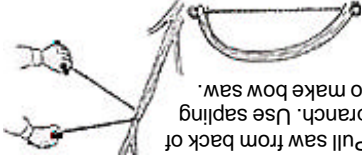


Hand Wire Saw

1. Pull waterproof tinder-quick apart before using. Avoid touching or marring inner fibers as fluffed fibers ignite more readily.
2. Hold the lighter approximately 1/4 inch above fluffed tinder with the arrow pointing up.
3. Place tip of index finger on the flint wheel and with medium pressure rapidly move the index finger in the direction indicated by the arrow. This will cause a shower of sparks to fall on the tinder, igniting it.

Spark-Lite & Firestarting Tips

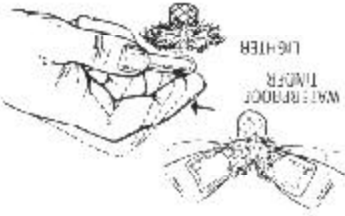
Be sure to gather tinder, kindling and fuel wood, starting very small and increasing in size, before attempting to start your fire. If the lighter gets wet, shake to remove excess water and blow on the flint wheel. Proceed with normal lighting instructions. If tinder is frozen, hold in closed hand for 30 seconds before proceeding with normal lighting instructions. If an arm or hand is injured, rough or fluff the tab by snaring it on a sharp pointed object, stick, rock, etc., exposing some inner fibers. Pull saw from back of branch. Use sapling to make bow saw.



Hand Wire Saw

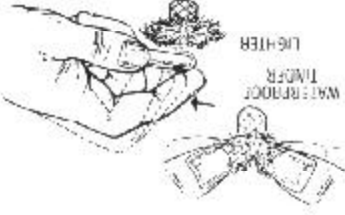
1. Pull waterproof tinder-quick apart before using. Avoid touching or marring inner fibers as fluffed fibers ignite more readily.
2. Hold the lighter approximately 1/4 inch above fluffed tinder with the arrow pointing up.
3. Place tip of index finger on the flint wheel and with medium pressure rapidly move the index finger in the direction indicated by the arrow. This will cause a shower of sparks to fall on the tinder, igniting it.

Spark-Lite Fire Starter



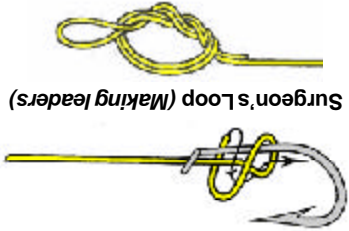
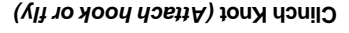
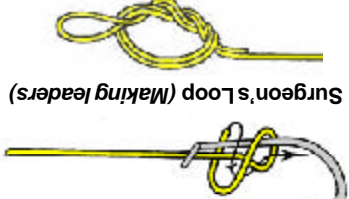
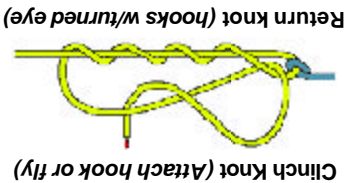
1. Pull waterproof tinder-quick apart before using. Avoid touching or marring inner fibers as fluffed fibers ignite more readily.
2. Hold the lighter approximately 1/4 inch above fluffed tinder with the arrow pointing up.
3. Place tip of index finger on the flint wheel and with medium pressure rapidly move the index finger in the direction indicated by the arrow. This will cause a shower of sparks to fall on the tinder, igniting it.

Spark-Lite Fire Starter



1. Pull waterproof tinder-quick apart before using. Avoid touching or marring inner fibers as fluffed fibers ignite more readily.
2. Hold the lighter approximately 1/4 inch above fluffed tinder with the arrow pointing up.
3. Place tip of index finger on the flint wheel and with medium pressure rapidly move the index finger in the direction indicated by the arrow. This will cause a shower of sparks to fall on the tinder, igniting it.

Fishing Knots



1. Rolling boil for 10 minutes. Add liquid chlorine bleach, sodium hypochlorite only active ingredient, 1% 40 drops % sodium hypochlorite 1% 40 drops 4-6% 8 drops 7-10% 4 drops 3. Add 2 % iodine, 20 drops/gal. clear water, 40 drops/gal. cloudy water. 4. Add water purification tablets (halogenation) according to directions on the package.

1. Rolling boil for 10 minutes. Add liquid chlorine bleach, sodium hypochlorite only active ingredient, 1% 40 drops % sodium hypochlorite 1% 40 drops 4-6% 8 drops 7-10% 4 drops 3. Add 2 % iodine, 20 drops/gal. clear water, 40 drops/gal. cloudy water. 4. Add water purification tablets (halogenation) according to directions on the package.

1. Rolling boil for 10 minutes. Add liquid chlorine bleach, sodium hypochlorite only active ingredient, 1% 40 drops % sodium hypochlorite 1% 40 drops 4-6% 8 drops 7-10% 4 drops 3. Add 2 % iodine, 20 drops/gal. clear water, 40 drops/gal. cloudy water. 4. Add water purification tablets (halogenation) according to directions on the package.

1. Rolling boil for 10 minutes. Add liquid chlorine bleach, sodium hypochlorite only active ingredient, 1% 40 drops % sodium hypochlorite 1% 40 drops 4-6% 8 drops 7-10% 4 drops 3. Add 2 % iodine, 20 drops/gal. clear water, 40 drops/gal. cloudy water. 4. Add water purification tablets (halogenation) according to directions on the package.

Water Treatment

1. Rolling boil for 10 minutes. Add liquid chlorine bleach, sodium hypochlorite only active ingredient, 1% 40 drops % sodium hypochlorite 1% 40 drops 4-6% 8 drops 7-10% 4 drops 3. Add 2 % iodine, 20 drops/gal. clear water, 40 drops/gal. cloudy water. 4. Add water purification tablets (halogenation) according to directions on the package.

Potable Aqua

1. Rolling boil for 10 minutes. Add liquid chlorine bleach, sodium hypochlorite only active ingredient, 1% 40 drops % sodium hypochlorite 1% 40 drops 4-6% 8 drops 7-10% 4 drops 3. Add 2 % iodine, 20 drops/gal. clear water, 40 drops/gal. cloudy water. 4. Add water purification tablets (halogenation) according to directions on the package.

Water Treatment

1. Rolling boil for 10 minutes. Add liquid chlorine bleach, sodium hypochlorite only active ingredient, 1% 40 drops % sodium hypochlorite 1% 40 drops 4-6% 8 drops 7-10% 4 drops 3. Add 2 % iodine, 20 drops/gal. clear water, 40 drops/gal. cloudy water. 4. Add water purification tablets (halogenation) according to directions on the package.

Potable Aqua

1. Rolling boil for 10 minutes. Add liquid chlorine bleach, sodium hypochlorite only active ingredient, 1% 40 drops % sodium hypochlorite 1% 40 drops 4-6% 8 drops 7-10% 4 drops 3. Add 2 % iodine, 20 drops/gal. clear water, 40 drops/gal. cloudy water. 4. Add water purification tablets (halogenation) according to directions on the package.

1. Rolling boil for 10 minutes. Add liquid chlorine bleach, sodium hypochlorite only active ingredient, 1% 40 drops % sodium hypochlorite 1% 40 drops 4-6% 8 drops 7-10% 4 drops 3. Add 2 % iodine, 20 drops/gal. clear water, 40 drops/gal. cloudy water. 4. Add water purification tablets (halogenation) according to directions on the package.