POCKET SURVIVAL PAK INSTRUCTIONS

STAY PUT! In most cases you should not try to wait or swim out. Stay with the vehicle, vessel or aircraft. The only exception is if it is highly unlikely anyone will come looking for you and you are unlikely to be able to signal for help.

MEDICAL PRIORITIES

• Stop Bleeding (apply pressure)
• Treat Shock (raise legs only if the victim has shock from external bleeding which has been controlled, or has fainted. If internal bleeding is suspected, keep lying flat and avoid movement).
• Immobilize injury, if appropriate.

SHELTER

• You must maintain your normal body temperature. Too hot or too cold and you could die. You can become severely chilled very quickly in even rather warm weather, especially if wet or in the wind or if injured or in shock.
• Sweater will help keep you dry, out of the wind, and warmer or cooler, as necessary.
• Your vehicle, vessel or plane can provide shelter or may be used to improvise shelter. Be cautious of potential for adverse heat gain from greenhouse effect in warm weather or rapid heat loss from lack of insulation in cold. You might be better off outside using it as part of an improvised shelter or in a natural shelter.
• Maintain ventilation at all times. Be very cautious of deadly carbon monoxide poisoning if running an engine for warmth. Run engine sparingly, keep exhaust clear.
• Take advantage of natural shelter if available (sawed tree, bough, steeple - cave, rock overhang, shade bush, etc.); be cautious of wildlife that might already be using the shelter.
• Do not remove clothing in hot weather; avoid sunburn. Do not expose clothing with leaves, debris, scavenged foam, carpet, etc. that might already be using the shelter.
• Do not use clothing in hot weather; avoid skin exposure to prevent sunburn.
• Add insulation in cold weather by stuffing your clothing with leaves, debris, scavenged foam, carpet, etc. that might already be using the shelter.
• Use tree boughs, leaves or pine needles, debris, scavenged foam, carpet, etc. underneath you as insulation from the ground; more is better. A club fashioned from dead wood can strip boughs from small trees.
• In hot weather, seek shade and get below or above ground level where it is hottest. Use spare tire or seat cushion(s) to elevate yourself.
• Low-lying areas such as valleys are cooler, avoid in cold weather, seek out in hot weather.
• Be cautious of dry riverbeds and canyons, rain upstream and out of sight can result in deadly flash floods.
• A Mylar survival blanket, garbage bags or other similar shelter material can be used as a blanket, poncho or survival bag or you can improvise a shelter that incorporates them for added weather protection.
• Adjust clothing to avoid sweating in cold weather; dampness reduces insulation value.
• Plastic bags, Mylar blankets and similar materials do not breath. You can suffocate if not careful. They will also trap moisture that can soak clothing. Ensure an opening remains to vent moisture or wear as a vapor barrier under clothing to keep clothing dry.
• Improvise covering for head, hands and feet in cold weather; protect your extremities.
• Share warmth; huddle together.

4. Water & Food

• Treat water with respect, it can also pose great danger. Never leave a fire unattended.
• Clear the area around where you will build the fire and all flammable materials within 5 feet/1 meter minimum. Do not use wet rocks for a fire ring; some can explode! Do not build fire near snow-laden branches.
• If you cannot reach bare ground in snow, build a platform of logs (green are best) on top of snow. Move fire to a new platform as needed.
• Collect dry wood from dead lower limbs of trees and bushes. Wood on ground is often damp (if wood is sparse, dry animal dung can be used).

5. Fire

• Fire provides heat, light, can be used to signal for help and is a great morale booster.
• Treat fire with respect; it can also pose great danger. Never leave a fire unattended.
• Clear the area around where you will build the fire of all flammable materials within 5 feet/1 meter minimum. Do not use wet rocks for a fire ring; some can explode! Do not build fire near snow-laden branches.
• If you cannot reach bare ground in snow, build a platform of logs (green are best) on top of snow. Move fire to a new platform as needed.
• Collect dry wood from dead lower limbs of trees and bushes. Wood on ground is often damp (if wood is sparse, dry animal dung can be used).
**WATER & FOOD**

- Your body is approximately 60% water. Water is vital for your survival. Typically, you can survive weeks without food. Most food requires added water to digest, so you should not eat unless water supplies are abundant or food is rich in water.
- Only 3% dehydration can affect your faculties, which you depend upon to think clearly and survive. Ration sweat, not water. It is generally better to “store” water in your stomach, but do not drink to excess. If water is scarce, ration at the rate of 1 to 2 quart(s)/filter(s) per day in moderate climate, 2 or 3 times more in hot climates. Try to maintain clear to light yellow urine.
- When possible, purify natural water sources by boiling (heating to rolling boil is enough) or use water filter or chemical purification if available. Do not avoid drinking available water if you have no means to purify it. It is generally better to risk some future heat impact (curable) than to risk death from dehydration or its side effects. Do not try for large fish - line is 10.5 lb. test. Use use swivel in line above hook and split shot, small piece of wood tied to line as a float. Use small worms, grubs, insects, etc. as bait or a small piece of aluminum foil as a lure. If one does not work, try another. Patience and quiet are key. Day and dusk best times. Kill with blow to head. Slice open belly and scoop out guts, then cook over coals on stick or wrap in foil and bake in coals. Cook well done to kill any parasites. Be careful of bones when eating.

**DISTRESS SIGNALING**

- When possible, purify natural water sources by boiling (heating to rolling boil is enough) or use water filter or chemical purification if available. Do not avoid drinking available water if you have no means to purify it. It is generally better to risk some future heat impact (curable) than to risk death from dehydration or its side effects. Do not try for large fish - line is 10.5 lb. test. Use use swivel in line above hook and split shot, small piece of wood tied to line as a float. Use small worms, grubs, insects, etc. as bait or a small piece of aluminum foil as a lure. If one does not work, try another. Patience and quiet are key. Day and dusk best times. Kill with blow to head. Slice open belly and scoop out guts, then cook over coals on stick or wrap in foil and bake in coals. Cook well done to kill any parasites. Be careful of bones when eating.

**GENERAL**

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