

POCKET SURVIVAL PAK INSTRUCTIONS



STOP - Don't Panic! Sit down if possible. Calm yourself. Whatever has happened to get you here is past and cannot be undone. You're now in a survival situation and that means...

THINK - Think first. Move with deliberate care. Take no action, even a footstep, until you have thought it through. Conserve energy.

OBSERVE - Look around. Evaluate your situation and options. Take stock of supplies, equipment, surroundings (shelter, fuel, water?) and the capabilities of any fellow survivors.

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

- PRIORITIES:**
1. Medical Care
 2. Shelter & Fire
 3. Signaling & Communication
 4. Water & Food

This Pocket Survival Pak™ provides you essential tools and supplies to help you improvise necessities and survive a wilderness emergency.

Surviving can be uncomfortable, even painful, at times, but discomfort or pain will not kill you unless you allow it to weaken your will to survive. **As long as you have the will to survive, YOU WILL SURVIVE!™**

STAY PUT! In most cases you should not try to walk 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.

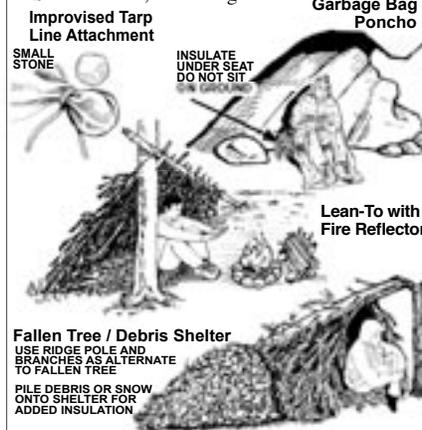
MEDICAL PRIORITIES

- ♦ 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.

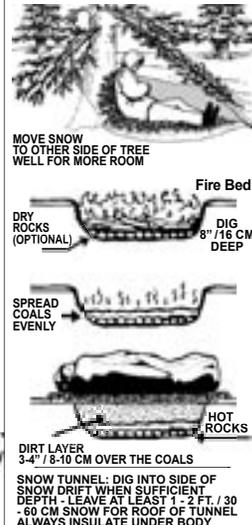
SHELTER

- ♦ You must maintain your normal body temperature. Too hot or too cold and you could die. You can become severely chilled very quickly even in rather warm weather, especially if wet or in the wind or if injured or in shock.
- ♦ Shelter 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 (fallen tree, hollow log, tree well, 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 skin exposure to prevent sunburn.
- ♦ Add insulation in cold weather by stuffing your clothing with leaves, debris, scavenged foam, carpet, etc. Be careful not to introduce pests or dampness in the process.
- ♦ Use tree boughs, leaves or pine needles, debris, scavenged seats, 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 personal 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



Tree Well Snow Shelter



Snow Trench

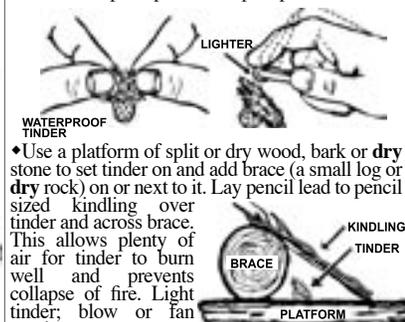


FIRE

- ♦ 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 3 feet/1 meter, minimum. **Do not use wet rocks** for a fire ring, some can explode! Do not build fire under 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).

10-12 armloads will generally last the night; more is better. Gather at least 2 armloads of wood before lighting fire.

- ♦ Conserve waterproof tinder included in this kit. Use if weather is bad or if you cannot find tinder: lint, insect repellent, alcohol swab, dry moss, paper, cotton threads from cloth, fine steel wool, pitch (sappy) or rotten wood, dried tree sap, fine wood shavings, dry grass, birch bark.
- ♦ Included magnifier can be used to focus the sun's rays to light a fire.
- ♦ Orange Spark-Lite firestarter in kit will light 100's of fires. Rotate sparking wheel with finger as shown, creating spark shower. Before lighting tinder in kit, pull apart, fluff up, expose fibers.



If you utilize this survival kit in an actual survival emergency, you will be eligible to receive a replacement kit free of charge. Contact Adventure Medical Kits with your story at P.O. Box 43309, Oakland, CA 94624 / 510-261-7419 or e-mail: questions@adventuremedicalkits.com www.adventuremedicalkits.com

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 5% 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)/liter(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 is generally better to risk some future health impact (curable) than to risk death from dehydration or its side effects.
- ◆You can filter dirty water through cloth or sand, but this does not purify it.
- ◆Do not drink alcohol, blood, urine or sea/salt water. It takes more water to process than you will gain.
- ◆Do not eat snow or ice; it will lower body temp. Melt ice for water; snow is mostly air.
- ◆Digging a "solar still" is unlikely to result in a net water gain due to sweat loss. Clear or semi-transparent plastic bags or sheet can be placed over non-toxic leafy branches in direct sunlight to create transpiration stills. Tie bag tightly around branch(es).



- ◆Straw or cloth to gather water from rock seeps.
- ◆Gather dew by: wiping down metal surfaces, rocks and broad leaves at sunrise; tying fabric to ankles and walking through grass, then wring water out.
- ◆Avoid water holes with no life, discolored or brightly colored edges, no animal tracks.
- ◆Fresh water might be found by digging behind the first row of dunes back from ocean's edge.
- ◆Never assume that an animal's food choice is safe for human consumption, it could be deadly.
- ◆Cook any wild game or fish thoroughly to kill parasites, boiling is best, drink cooking water for maximum benefit.

DISTRESS SIGNALING

Surviving is nice, getting rescued is even better.TM Be an active participant in your rescue by attracting attention to your situation and helping searchers find you.

- ◆Try cell phone from highest accessible location.
- ◆The signal mirror in this kit is useable in sunlight and on bright moonlit nights. Follow directions on the back of the mirror.
- ◆Any reflective material can be used as an improvised signal mirror and you should have as many mirrors working as persons able to signal. Hold "mirror" under eye and reflect "fireball" onto "V" formed by fingers. Move arm and align mirror so target is visible between "V."
- ◆Tilt mirror rapidly up and down to flash target.
- ◆Flash horizon if no target in sight. Flash for 2 minutes, move a few degrees and repeat, continue around visible horizon
- ◆A flashlight can be used to signal at night, aimed and flashed like improvised mirror, or you can signal SOS (••• - - - •••) to a relatively stationary target. Conserve batteries and use only when target is in sight and approaching or abeam your position.
- ◆Use whistle in kit; don't yell. 3 short blasts at



- ◆regular intervals is distress signal in North America and Australia, six blasts in the U.K and Europe.
- ◆Ground signals depend upon contrast with background (color, shadows, straight lines) and size. Try to make at least 18 ft (6m) tall or bigger, lines of letters at least 3 ft (1m) wide, 6:1 ratio. Can be constructed using rocks, brush, branches, scraped earth, stomped snow, etc.
- ◆V or SOS = Require Assistance, X = Require Medical Assistance, → (arrow) = show direction of travel. Aircraft will rock wings to confirm.
- ◆If safe, lay on ground to signal aircraft, make yourself as large as possible. Wave wildly, best with flag, not to be mistaken for a friendly wave.



- ◆3 signal fires at night (light 1, ready 2 for quick start) only if easy access to fuel and enough manpower; if not save resources and energy.
- ◆Maintain smoke fire during day if resources allow: white smoke against dark background, using green vegetation on fire; black smoke against light background, using tires (deflate first!), oil, etc. on fire - avoid inhaling toxic smoke.
- ◆Leave obvious markings/signals outside if inside a shelter that is not itself obvious.

TRAVEL

- ◆If you must travel instead of staying put, be sure of your destination, be careful and cautious, stay on trails if possible. Do not travel in bad weather or in heat of day in desert. Leave very frequent trail markers for easy tracking; break branches, drag feet, build rock piles, etc.
- ◆Use compass to establish general direction of known destination and to maintain straight line of travel in desired direction. Locate landmark or object ahead in line of travel desired and walk towards it; upon arrival, repeat. Do not attempt to follow compass itself.

- ◆Use included paper and pencil to leave note(s) for searchers, write down items you don't want to forget, or use to keep a log of your experience.

GENERAL

- ◆Conserve your energy and resources.
- ◆Never throw away anything. You never know what could come in handy when improvising.
- ◆In general, it takes far longer to accomplish tasks than expected. Plan accordingly, don't try to do too much in available time, prioritize.
- ◆Never reach where you cannot see, avoid bites and stings
- ◆In desert avoid activity during day. Be aware that nights can be cold in some desert areas even if days are very hot.
- ◆Keep clothing clean; squat, don't kneel in dirt or snow.
- ◆If in forested area, check for ticks and pests twice daily. In jungle, check for leeches.
- ◆Avoid these poison plants, dead or alive. Leaves three (poison ivy and oak) leave them be. Poison sumac may have 7-13 leaves. Color and leaf size vary. **DO NOT TOUCH!** Waxy whitish berries in spring. Field treatment: as soon as possible wash all exposed areas and clothing with running or large volume of water (stream or lake) using soap if available.



POISON IVY POISON OAK POISON SUMAC

- ◆In lightning storm, remain in vehicle or aircraft or sit on nonconductive object. If exposed, spread out so a single bolt won't zap everyone, crouch low with feet together, if open rocky area crouch on a rock (not the highest one) that is somewhat elevated or otherwise detached from the rocks underneath it. Do not locate in depression, small cave, under overhanging rock. Avoid metal structures and objects, bodies of water, wide-open places, tall objects and tallest trees. Under smaller trees among taller is okay.

FISHING

- ◆Do not try for large fish - line is 10.5 lb. test. Use snap 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. Dawn 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.
- ◆Fish guts can be used with line and hook to catch small birds.



POLOMAR KNOT

USEFUL KNOTS



FIGURE 8 LOOP

BOWLINE



TAUGHT LINE

CONSTRUCTOR

JOIN TWO ROPES OR CORDS
PULL PULL

DISCLAIMER and WARNING: For survival purposes only. Any survival situation is inherently dangerous and could result in any survivor's injury, maiming or death. Douglas Ritter, Equipped To Survive Foundation, Inc., and Adventure Medical Kits LLC do not assume any responsibility for the use or misuse of any of the equipment or information included in this survival kit. **USE SURVIVAL EQUIPMENT AND TECHNIQUES AT YOUR OWN RISK.**