

Wilderness Survival Priority List

1. **Positive Mental Attitude** - The most important item you have is your brain

- **Stop** - Hug a tree. Relax. Seek safety (from weather, water, animals), shelter (from cold, rain, heat), visibility (so you can see and be seen). A stationary person is easier to find than a moving one.
- **Think** - What went wrong? Can I help myself? Can I help others find me? Don't make hasty decisions.
- **Observe** - Am I hurt? What do I have that may help me? What's the weather going to do? What natural resources are available?
- **Pray/Plan** - Set up camp, make a fire.

2. **First Aid**

- Take care of any serious problems.

3. **Shelter** - protection from heat, cold, rain, sun

- Large plastic bag, emergency bag/blanket, poncho, found materials

4. **Fire** - warmth, security, signaling, ...

5. **Signaling** - mark X, signal in 3's

- Don't yell it doesn't carry far and is tiring - whistle instead
- Smoke (can be seen for miles), whistle (carries in all directions), flag/bandana, mirror (single direction for miles), flashlight (single direction)

6. **Water** - you can survive a few days without it

- Boil - 5 minutes max
- 2 drops chlorine per quart (double if water is cloudy) - let set for 30 minutes
- 5 drops iodine per quart (double if water is cloudy) - let set for 30 minutes

7. **Food** - you can survive a week or more without it

- All healthy mammals, birds, insects are edible
- Anything seen eaten by rabbits, rodents, beavers, squirrels, raccoons, NOT birds
- No plants with soapy, bitter, acid, burning taste; take a small taste, wait for 5 minutes; use caution

No plants with milky saps, or sickly looking; cook

GROUND-TO-AIR
SIGNALS →

V	X	N	Y	↑
REQUIRE ASSISTANCE	REQUIRE MEDICAL ASSISTANCE	NO	YES	PROCEEDING IN THIS DIRECTION