

## Be Prepared

**Hydrate:** take extra water; drink throughout the day; a 10% water level drop (6% of body weight) impairs thinking and judgment; 20% loss is usually fatal.

**Layer:** use clothing to regulate heat loss; use multiple, adjustable layers of garments that can easily be added or removed to suit the environment, conditions, and desired level of heat loss; multiple layers are used in lieu of one heavy layer to allow for fine-tuning of one's comfort.

**Medical:** give careful consideration in selecting a first aid kit and always take your prescription medication with you.

**Immediate Action Shelter:** can protect you within minutes; large 55 gallon garbage bag.

**Temporary Shelter:** long term or 72 hours; built with available materials like tree branches, leaves etc.

When building a shelter keep it simple, small, minimizing the expenditure of time, energy and body water.

## Remember

Surviving the unexpected short-term emergency (72hours) will be both a preparedness and a problem-solving test. While the ability to improvise is a useful skill in survival, it is not an excuse to be ill prepared. Carry what you need and have the knowledge to properly use what you carry.

For more information you may contact David Thompson Search & Rescue in Libby at (406) 293-3556; via mail at PO Box 1552; email [dtsar@frontiernet.net](mailto:dtsar@frontiernet.net); or visit us at 301 City Service Rd.



**Website: [dtsar.org](http://dtsar.org)**

# David Thompson Search & Rescue

## Survival Tips

**Carry:** a Spot Device (can send I'm okay messages, send a personal help notice to friends for assistance or call 911) OR Personal Locator Beacon; a quality whistle as the human voice does not carry far; a map and compass; a GPS unit and know how to use it

**Itinerary/Travel Plan:** Let someone know where you are going; the number/names of the people going and when you will be returning.

**Wear Bright Colors:** royal blue is very visible in all elements; florescent orange and lime green are easily seen as well.

**Make yourself easy to find:** stay near notable landmarks such as roads, rivers etc.



## Survival

### The Necessities of Life

1. Will to live/ positive mental attitude
2. Air/Oxygen
3. Shelter/clothing, warmth
4. Rest
5. Signals if you expect to be found
6. Water
7. Food

Consider items that would facilitate the necessities listed above.

**Survival tips on clothing:** when your feet are cold, put on a hat; do not overheat so that clothing becomes wet by perspiration; use the layer system; dry wet clothing by allowing it to freeze and then beating ice crystals from fabric; when sleeping in harsh, cold conditions arrange dry, spare clothing around neck and shoulders with padding/insulation around the kidneys as these areas are more susceptible to cold.

## Six Improvisation Steps

**Size up the situation:** determine your needs; what is your priority, shelter, fire, medical; is there a need that you must take care of first; how was it done in early or primitive times.

**Identify contingencies:** could the situation get worse; if so how bad could it get; if it doesn't improvise something.

**Determine your goal:** exactly what do I need and what is the time frame.

**Inventory your resources:** available materials and tools.

**Build a plan:** consider the alternatives; what can I use instead; keep it simple, and think about simple machines; select the alternative providing the most efficient use of your materials, time and energy.

**Take action:** make your product durable and safe; remember the real priorities and necessities of life.

## Managing an Emergency

### STOP

**S:** Stay/stop at the first sign of trouble; rushing around will only cause confusion. Stopping helps fight the emotions of anxiety and panic and will greatly improve your chances of surviving.

**T:** Think about immediate and future dangers; analyze the weather terrain and available resources to sustain life; look for recognizable landmarks; if you are lost how long ago did you know where you were; can you return to that spot; are there footprints or signs to guide you; can you hear signs of cavitation; move slowly and do not make hasty judgments.

**O:** Observe and size up the situation; look around for immediate hazards that may threaten you; how long until darkness; what is available to work with.

**P:** Plan the best course of action before implementing any action; be deliberate and practical; your plan should be a blueprint based upon the necessities and priorities of life.