**Survival Systems**

**Reality-Based Planning/Training:**

* Avoiding the “Survival Epic”
* Research-Based Survival Pearls
* Appreciating, Communicating, & Mitigating Risk
* Strengthening your Physiologic Reserve
* Practicing Leadership & Judgment

### **Keep the Goals Simple:**

* Don’t get killed. Don’t die waiting for a rescue.
* Start with good gear and don’t lose it.
* Use your resources efficiently & effectively.
* Stay focused and work smart.
* Don’t create new problems.
* Stay warm & dry. Stay healthy & happy.
* Get found.

**Successful Survival Attitudes:**

* Pay attention! Every decision matters.
* Take responsibility.
* Focus on the now- move forward. Don’t buy into blame, guilt, fear, pride.
* Establish priorities then make decisions.
* Hope for the best. Prepare for the worst. Do it right the first time.
* Use what you have to make what you need.
* Make plans. Make backup plans.
* Be patient. Be Kind. Be resilient: **Never give up!**

**\*Signaling\* \*Shelter\* \*Fire\* \*Navigation\***

“We are able to be there [wilderness] because of technology. If it becomes a survival situation, you will need skills. Skills must be learned and practiced. When technology fails in the wilderness, and you have no skills, you are going to die."

Mell Otten MD, Mountain Rescue, BC

**Principles of Effective Survival Leadership:**

* Take care of yourself first.
* Know your environment.
* Maintain “Situational Awareness”.
* Anticipate & plan.
* Over Communicae & close the loop.
* Position key talent.
* Delegate work loads optimally.
* Call for help when needed.
* Stay cheerful.

**Principles of Effective Communication:**

* Ask questions.
* Provide relevant and timely information.
* Make helpful suggestions.
* Script the critical moves.
* Eliminate all ambiguity.
* Close the loop.

**Overcoming Enemies to Survival:**

* Pain
* Hunger
* Thirst
* Fatigue
* Cold
* Heat
* Fear
* Boredom
* Loneliness
* Despair

**Survival Priorities:** Scene Safety 

## Food/water First Aid



Signaling Inventory



###### Warmth Shelter

###### **Survival Systems:** **Mental/Emotional Self + Skills + Good Gear & Equipment = SURVIVAL!**

**Clothing Communication Fire Personal**

**Shelter Navigation** **First Aid Partners & Plans**

**Tools Signaling Water/Food Equipment**

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