

SURVIVING in the Outdoors

Introduction to Backcountry


Two approaches to Survival?

Short Term Emergency

- **Short term wilderness emergency**
 - ▶ You are stranded in a wilderness setting without the equipment or supplies that would be part of a normal plan to camp outdoors.
 - ▶ Summary notes only are given here.
 - ▶ Take LSRC 151F -Introduction to Survival
 - the fuller treatment of this subject
 - Focus is on short term survival with emphasis on warmth & shelter, fires, and rescue.


Two approaches to Survival?

■ Long term wilderness survival


- ▶ The rediscovery and development of skills used by a variety of people groups who lived successfully in the natural environment without the aid of modern technologies.
 - ▶ The LSRC 151F Survival course will only give a quick overview of these types of more primitive technologies including hunting and gathering techniques (tracking, wild edibles, hunting, trapping, fishing) and toolcraft (carving, flint napping, tanning, sewing, shelters, etc.).
 - ▶ Today primarily a hobby interest of a few.
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What leads to survival of a short term wilderness experience?


RULE OF THREES

- 3 minutes - Air/ Breathing
 - 3 hours - Warmth & Shelter
 - 3 days - Water
 - 3 weeks - Food
 - The survivor must give priority to the issues of breathing and warmth.
 - Hydration may become a critical priority but food is rarely an issue.
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Positive Thinking

- Positive thinking allows you to avoid panic
 - Positive thinking allows you to make good decisions based on true priorities.
 - Positive thinking assumes success and discovers the good about your situation.
 - Positive thinking allows you to survive.
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Stinking Thinking

- Stinking thinking creates increased anxiety and low morale.
 - Stinking thinking focuses on what you do not control (the weather, the past, etc.).
 - Stinking thinking assumes the worst and may bring it to pass.
 - Stinking thinking makes your companions want to leave you behind.
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Do I stay or do I go??

- Consult the navigation lecture
- Generally stay put because moving targets are very hard to find
- Sometimes move if
 - You know where to go!
 - Are you Lost? Stay put!
 - You are in additional danger where you are.
 - You have sufficient resources to achieve your destination.

The Debris Hut

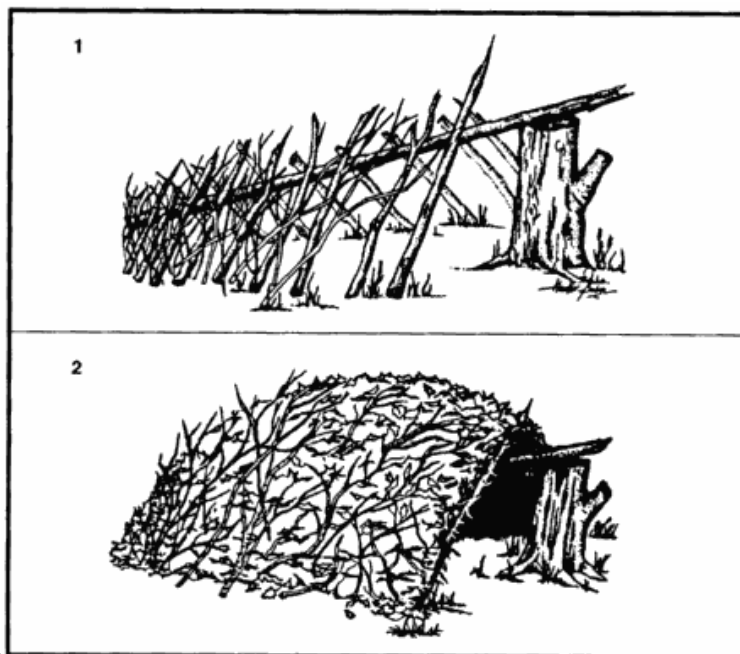




Figure 5-11. Debris hut.

Debris Hut

- With or without a frame
 - Garbage bag resource
 - Takes several hours to build depending on ground cover available
 - Small is beautiful
 - The **more leaves** (insulators) the better
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Emergency Snow Shelters

- The quick borrough
 - The loose pile hut also known as the snow mound or quin zhee
 - Ledge at base of tree
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KEY TERMS

- Rule of threes
- Survival Kits
- Types of survival shelters
 - Natural shelters
 - Debris Huts
 - Snow shelters
- Discussion of fires and water see future lectures.

