Water in the Backcountry

Water and your Survival

- Hydration
  - Average person needs 2 liters per day with low activity
  - Thirst = dehydration
  - Rule of Threes / 3 days

- Can you trust the water?
  - Times have changed/ the old ways
  - The new universal rule: Treat the water!

- Treatment methods
  - Heat/ Chemicals/ Filters
Treatment Methods for Water

- Boil the water
  - Bring it to a boil - it’s done.
  - Forget the ‘time rules’

- Chemical Treatment
  - Chlorine
    - Halazone Tablets as directed
    - Liquid (household bleach) 8-10 drops per gallon - 30-60 min.
  - Iodine
    - Tablets as directed 1-2 tablets per quart - 30 minutes
    - Liquid (tincture of iodine) - 5 drops per liter - 30 minutes
    - Contraindications - pregnancy/ long term toxicity/ thyroid/ lithium/ allergy

Treatment Methods for Water

- Water Filters (and Purifiers)
  - Fine screens trap microorganisms
  - Protozoans (e.g. giardia) at pores < 5.0 microns
  - Bacteria (e.g. E. coli) at pores < 0.2 microns
  - Viruses (filtration with iodine) - water purifiers

- Which filter to choose
  - Water volume, trip length, travel destination
  - Price range: $30 - $250
Water: where to find it

- Natural clues to locate open water
  - Terrain, vegetation, animal track & behavior
- The Solar Still
  - Take survival class (LSRC 151F)
  - Where to dig
  - How to dig: 4' W x 3' D/ 6'x6' plastic/ bucket/ tubing
  - How it works
- Water from Plants
- Collect the Dew