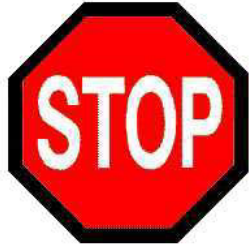


## In An Emergency



### DO NOT PANIC!

#### Stop-Think-Observe-Plan

##### PRIORITIES

1. Medical Care
2. Shelter & Fire
3. Signaling/Communication
4. Water & Food

from [www.equipped.org](http://www.equipped.org)

**Stop** - Take a deep breath, sit down if possible, calm yourself and recognize that whatever has happened to get you here is past and cannot be undone. You are now in a survival situation and that means -

**Think** - Your most important asset is your brain. Use it! Don't panic! Think first, so you have no regrets. Move with deliberate care. Take no action, even a footstep, until you have thought it through, then -

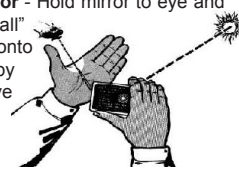
**Observe** - Take a look around you. Assess your situation and options. Take stock of your supplies, equipment, surroundings and the capabilities of fellow survivors, then -

**Plan** - Prioritize your immediate needs and develop a plan to systematically deal with the emergency. Make a plan. Follow your plan. Adjust your plan only as necessary to deal with changing circumstances.

##### SIGNALING

**Signal Mirror** - Best all-around signaling device. In normal sunlight, flash can be seen for 10 miles or more; works on bright overcast days, even in moonlight. Sweep horizon often, even if you don't hear or see a search plane or ship.

**To Use Mirror** - Hold mirror to eye and reflect "fireball" from mirror onto "V" formed by fingers. Move arm and align mirror so target is visible in the "V." Tilt mirror rapidly up and down to flash target.



**Whistle** - Whistle blast will carry up to 2 miles; you can blow a whistle longer than you can yell. Three blasts at regular intervals is the universal signal for help.

**Fire** - During darkness, fire is best visual signal. Build 3 fires in a triangle or straight line about 75 feet apart. Build as soon as situation permits, then protect from the weather until you need them.

If you are alone, maintain 1 signal fire at all times.

**Smoke** - During daylight, smoky fires attract attention. International distress signal is three columns of smoke. Try to create contrast: dark smoke against a light background and vice versa. Practically smother a large fire with green leaves, moss or a little water to make white smoke; add rubber, foam or oil-soaked rags for black smoke.

**Ground-to-Air Signals** - Make symbols a minimum of 3 feet wide by 18 feet long. If larger, keep the same 1:6 ratio. Use rocks, logs, brush, clothing, airplane/car parts, etc. Make sure they contrast greatly with the ground and have straight edges and sharp angles. Build in open, flat area easily spotted from the air.

**V** - Need immediate assistance

**X** - Need medical assistance

**N** - No

**Y** - Yes

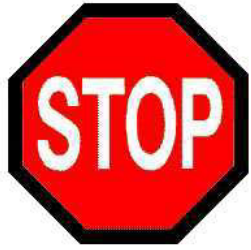
↑ - Proceeding in this direction

△ - Probably safe to land here

**SOS** or ... - - - ... - Send Help!

##### KIT CONTENTS - MESSAGES

## In An Emergency



### DO NOT PANIC!

#### Stop-Think-Observe-Plan

##### PRIORITIES

1. Medical Care
2. Shelter & Fire
3. Signaling/Communication
4. Water & Food

from [www.equipped.org](http://www.equipped.org)

**Stop** - Take a deep breath, sit down if possible, calm yourself and recognize that whatever has happened to get you here is past and cannot be undone. You are now in a survival situation and that means -

**Think** - Your most important asset is your brain. Use it! Don't panic! Think first, so you have no regrets. Move with deliberate care. Take no action, even a footstep, until you have thought it through, then -

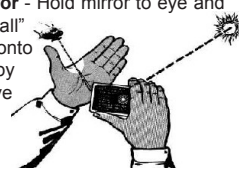
**Observe** - Take a look around you. Assess your situation and options. Take stock of your supplies, equipment, surroundings and the capabilities of fellow survivors, then -

**Plan** - Prioritize your immediate needs and develop a plan to systematically deal with the emergency. Make a plan. Follow your plan. Adjust your plan only as necessary to deal with changing circumstances.

##### SIGNALING

**Signal Mirror** - Best all-around signaling device. In normal sunlight, flash can be seen for 10 miles or more; works on bright overcast days, even in moonlight. Sweep horizon often, even if you don't hear or see a search plane or ship.

**To Use Mirror** - Hold mirror to eye and reflect "fireball" from mirror onto "V" formed by fingers. Move arm and align mirror so target is visible in the "V." Tilt mirror rapidly up and down to flash target.



**Whistle** - Whistle blast will carry up to 2 miles; you can blow a whistle longer than you can yell. Three blasts at regular intervals is the universal signal for help.

**Fire** - During darkness, fire is best visual signal. Build 3 fires in a triangle or straight line about 75 feet apart. Build as soon as situation permits, then protect from the weather until you need them.

If you are alone, maintain 1 signal fire at all times.

**Smoke** - During daylight, smoky fires attract attention. International distress signal is three columns of smoke. Try to create contrast: dark smoke against a light background and vice versa. Practically smother a large fire with green leaves, moss or a little water to make white smoke; add rubber, foam or oil-soaked rags for black smoke.

**Ground-to-Air Signals** - Make symbols a minimum of 3 feet wide by 18 feet long. If larger, keep the same 1:6 ratio. Use rocks, logs, brush, clothing, airplane/car parts, etc. Make sure they contrast greatly with the ground and have straight edges and sharp angles. Build in open, flat area easily spotted from the air.

**V** - Need immediate assistance

**X** - Need medical assistance

**N** - No

**Y** - Yes

↑ - Proceeding in this direction

△ - Probably safe to land here

**SOS** or ... - - - ... - Send Help!

##### KIT CONTENTS - MESSAGES

### WATER TREATMENT

(Wait 30-60 minutes before drinking)

1. Rolling boil for at least 1 minute.
2. Add unscented liquid chlorine bleach (sodium hypochlorite as the *only* active ingredient):

% sodium hypochlorite	
1%	40 drops per gallon
4-6%	8 drops per gallon
7-10%	4 drops per gallon

3. Add 2% USP iodine, 20 drops/gal. for clear water; 40 drops/gal. cloudy water.
4. Add water purification tablet(s) according to package directions.

**Potable Aqua** - Strain cloudy water. Add 2 tablets to 1 quart/liter of water and cap loosely. Wait 5 minutes. Shake container to allow screw threads on closure to be moistened, then tighten cap. Wait 30 minutes before drinking, 1 hour if cold. **ALWAYS** treat water if possible; regard all water as contaminated.

### FINDING WATER

Glacier run-off; rock crevices; trees (indicates source of water); dunes (dig at lowest point between dunes); dry

river bed (dig in outside bend of river); follow converging animal tracks, the "V" can point to water; bees and flies (bees are never more than 3 miles from water, watch where they fly after leaving their nest, flies are even closer to water, within 110 yards).

### WATER COLLECTION

**Transpiration/Vegetation Bag** - Put a plastic bag or bottle over a leafy branch and seal the neck tightly after threading a drinking tube inside. Water condenses on the plastic. Also works with vegetation in a plastic bag on the ground.

**Solar Still** - Dig a hole about 3 feet wide and deep. Line with green vegetation. Put a container at the bottom, run a drinking tube from the container to the edge of the hole. Place a plastic sheet (preferably clear) over the hole, seal the edges with dirt, but leave enough slack so a rock in the center will make water run down the inside of the plastic "cone" into the container.



### FIRE STARTING

Build away from grass, trees, overhead snow. Gather tinder, kindling and fuel wood, starting very small (tinder), pinkie-thumb sized (kindling), increasing in size, before attempting to start fire.

Stack wood in teepee → heat/greater light and smoke for signaling.

If lighter is wet, shake to remove excess water and blow on flint wheel, then proceed. If Tinder Quick tabs are frozen, hold in closed hand for 1 minute before attempting to ignite; fluff up before igniting.

**Tinder** - Can be very dry grass, fine wood shavings, cotton clothing lint, paper, bird nests, inner bark of trees, woody plant fiber, dry moss, pitch, cattail fluff, etc. Strike sparks from a flint, lighter or ferro-ceramic rod down into very dry, fine tinder to ignite it.

### FISHING KNOTS

**Clinch Knot** (Attach hook or fly)



**Return Knot** (hooks w/bent eye)



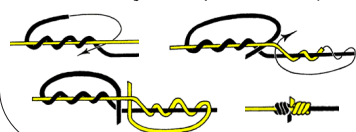
**Surgeon's Loop** (making leaders)



**Trilene Knot** (Attach hook or lure)



**Blood Knot** (join 2 equal size lines)



### FINDING NORTH

(Northern hemisphere)

**Wristwatch method** - Point the hour hand at the sun.

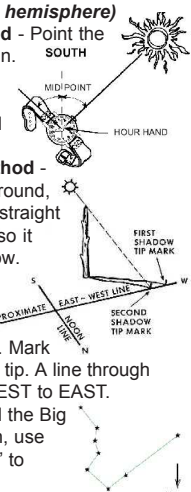
SOUTH is halfway between the 12 o'clock position and the hour hand.

**Shadow-Stick method** - Clear flat area of ground, then erect a short, straight stick in the middle so it casts a clear shadow.

Mark the tip of the shadow with a pebble. Wait at least 15 minutes. Mark the second shadow tip. A line through those two tips is WEST to EAST.

**Star method** - Find the Big Dipper constellation, use edge of the "dipper" to locate North star.

**Remember** - Sunrise/moonrise is in the EAST, sunset/moonset is in the WEST.



### WATER TREATMENT

(Wait 30-60 minutes before drinking)

1. Rolling boil for at least 1 minute.
2. Add unscented liquid chlorine bleach (sodium hypochlorite as the *only* active ingredient):

% sodium hypochlorite	
1%	40 drops per gallon
4-6%	8 drops per gallon
7-10%	4 drops per gallon

3. Add 2% USP iodine, 20 drops/gal. for clear water; 40 drops/gal. cloudy water.
4. Add water purification tablet(s) according to package directions.

**Potable Aqua** - Strain cloudy water. Add 2 tablets to 1 quart/liter of water and cap loosely. Wait 5 minutes. Shake container to allow screw threads on closure to be moistened, then tighten cap. Wait 30 minutes before drinking, 1 hour if cold. **ALWAYS** treat water if possible; regard all water as contaminated.

### FINDING WATER

Glacier run-off; rock crevices; trees (indicates source of water); dunes (dig at lowest point between dunes); dry

river bed (dig in outside bend of river); follow converging animal tracks, the "V" can point to water; bees and flies (bees are never more than 3 miles from water, watch where they fly after leaving their nest, flies are even closer to water, within 110 yards).

### WATER COLLECTION

**Transpiration/Vegetation Bag** - Put a plastic bag or bottle over a leafy branch and seal the neck tightly after threading a drinking tube inside. Water condenses on the plastic. Also works with vegetation in a plastic bag on the ground.

**Solar Still** - Dig a hole about 3 feet wide and deep. Line with green vegetation. Put a container at the bottom, run a drinking tube from the container to the edge of the hole. Place a plastic sheet (preferably clear) over the hole, seal the edges with dirt, but leave enough slack so a rock in the center will make water run down the inside of the plastic "cone" into the container.



### FIRE STARTING

Build away from grass, trees, overhead snow. Gather tinder, kindling and fuel wood, starting very small (tinder), pinkie-thumb sized (kindling), increasing in size, before attempting to start fire.

Stack wood in teepee → heat/greater light and smoke for signaling.

If lighter is wet, shake to remove excess water and blow on flint wheel, then proceed. If Tinder Quick tabs are frozen, hold in closed hand for 1 minute before attempting to ignite; fluff up before igniting.

**Tinder** - Can be very dry grass, fine wood shavings, cotton clothing lint, paper, bird nests, inner bark of trees, woody plant fiber, dry moss, pitch, cattail fluff, etc. Strike sparks from a flint, lighter or ferro-ceramic rod down into very dry, fine tinder to ignite it.

### FISHING KNOTS

**Clinch Knot** (Attach hook or fly)



**Return Knot** (hooks w/bent eye)



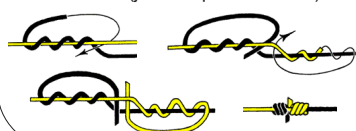
**Surgeon's Loop** (making leaders)



**Trilene Knot** (Attach hook or lure)



**Blood Knot** (join 2 equal size lines)



### FINDING NORTH

(Northern hemisphere)

**Wristwatch method** - Point the hour hand at the sun.

SOUTH is halfway between the 12 o'clock position and the hour hand.

**Shadow-Stick method** - Clear flat area of ground, then erect a short, straight stick in the middle so it casts a clear shadow.

Mark the tip of the shadow with a pebble. Wait at least 15 minutes. Mark the second shadow tip. A line through those two tips is WEST to EAST.

**Star method** - Find the Big Dipper constellation, use edge of the "dipper" to locate North star.

**Remember** - Sunrise/moonrise is in the EAST, sunset/moonset is in the WEST.

