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# Basic Survival Strategy



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Remember the word "SURVIVAL"

**S** is for **Size Up Your Situation** - "Survey Your Situation"

## Size Up Your Surroundings

Determine the pattern of the area. Get a feel for what is going on around you. Every environment, whether forest, jungle or desert, has a rhythm or pattern. This rhythm or pattern includes animal and bird noises and movements, and insect sounds.

## Size Up Your Physical Condition

The initial stress of being in a survival situation may have caused you to overlook injuries you incurred. Check for injuries and give yourself first aid. Prevent further injury or harm and drink plenty of water to prevent dehydration. In a cold or wet climate, put on additional clothing to prevent hypothermia.

## Size Up Your Equipment

Perhaps due to accident, you lost or damaged some of your equipment. Check to see what equipment you have and what condition it is in.

Once that you have assessed or "sized up" your situation, surroundings, physical condition and equipment, you are ready to formulate your survival plan. Remember your basic physical needs - water, fire, shelter, and food.

**U** is for **Use Your Senses** - "Use All Of Your Sensory Abilities"

Use all of your senses to assess the situation. Pay attention to *sounds* and *smells*. Be sensitive to temperature changes. *Be observant*. Survey all aspects of your situation integrating all of your sensory input before you make a decision to move. In your haste, you may also become disoriented and not know which way to go, and you may forget or lose some of your equipment. Plan, and be ready to move out quickly without endangering yourself if you detect any immediate threat.



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### **R** is for **Remember Where You Are** - "Remember Your Location"

Pinpoint your location on your map and relate it to the surrounding terrain. Pay close attention to where you are and to where you are going. If in a group, don't rely on others in the group to keep track of the route or location. Constantly orient yourself. Make sure other people with you also know their location. This is the most basic rule that you must always follow. Try to determine how your location relates to the location of water sources and areas that could provide good shelter. This information will allow you to make intelligent decisions when you are in a survival situation. Always know who in your group has a map and compass, and be sure that person knows how to use them. If that person is injured, you may have to get the map and compass from him. Map & Compass training is a necessity.

### **V** is for **Vanquish Fear** - "Fight Fear and Panic"

The greatest enemies in a survival situation are fear and panic. If uncontrolled, they can destroy your ability to make intelligent decisions, and may cause you to react to your feelings and imagination rather than to your situation. They can drain your energy and lead to other negative thinking and emotions. Survival skill instruction and the self-confidence that comes from training and practice will enable you to vanquish fear and avoid panic when the chips are down.

### **I** is for **Improvise** - "Learn To Improvise, Improvise, Improvise"

In the United States, we have everything imaginable at our fingertips to fill all our needs. Many of these items are cheap, and easy to replace when damaged. Our easy come, easy go, consumer culture removes the necessity to use our imagination and improvise. This lack of improvisational skills is a detriment in any survival situation. Learn to improvise. Take a tool designed for a specific purpose and see how many other uses you can make of it, or learn to use tools designed to fill many needs and purposes like a *Swiss Army Knife* or a *multi-tool*.

Learn to use natural objects around you to fill different needs. No matter how complete a survival kit you have with you, you will always need more than you can carry. Your imagination and improvisational skills must take over when your kit falls short of your needs.



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### **V** is for **Value Living** - "Value Your Continued Living"

All of us are born kicking and fighting to live but we have become used to the soft life. We have become creatures of comfort and habit. We dislike inconveniences and discomforts. What happens when we are faced with a survival situation with its stress, inconveniences and discomforts? That is when the will to live - placing a high value on *living* - is vital. The experience and knowledge you have gained through your training and practice will enhance your will to live. Toughness, and the refusal to give in to problems and obstacles that confront you will give you the mental and physical fortitude to endure and survive.

### **A** is for **Act Like A Native** - "Learn From the Native Inhabitants"

The animals of a region have adapted to their environment. To get a feel of the area, watch their daily routine. Animal life in the area can give you clues on how to survive. Animals also require food, water and shelter. By watching them, you can find sources of water and food.

**WARNING:** Animals cannot serve as an absolute guide to what you can eat and drink. Many animals can eat plants that are toxic to humans.

### **L** is for **Live By Your Wits** - "Learn Basic Skills to Live by Your Wits"

Without training in basic skills for surviving your chances of living through a survival situation are slight. Learn the basic skills now, not when you are headed for an excursion to a remote or harsh environment. How you decide to equip yourself before you set out will impact on whether or not you survive. You need to know about the environment to which you are going and you must practice basic skills geared to that environment.

Learn and practice basic survival skills during all training programs and outings. Survival training reduces fear of the unknown and gives you self-confidence.

It teaches you to *Live By Your Wits*.