



The First Ten Plays

BASIC SURVIVAL SKILLS*

- When you find yourself trapped, alone, isolated or under challenging conditions, stop and weigh the fact that you are still alive, you have options, and you can survive. You must believe that above all things. There is a basic concept called STOP: Sit, Think, Observe, Plan
- If you are injured, try to isolate and control bleeding by whatever means you have available. Use your first aid training. Secure broken limbs. Remove debris from open wounds and cover them as best as you can.
- Once your immediate health and safety are secured, think about finding water. You should boil all open water sources, but if you don't have the capability, let what you collect stand and drink only from the top.
- Avoid getting lost from your immediate location. Try to identify your surroundings. If it is dark, explore your environment slowly, in small circles, and use stars to identify your directions. Try to remain in place until there is light, unless you are trapped inside a structure. Once it is daylight, identify the horizon and the directions by movement of the sun.
- Once water is located, and secured, consider safe shelter first, even before food. It is critical to maintain your core body temperature from excessive heat and cold, and direct contact with any water.
- Gather and consolidate any food supplies you can find. If you find wild berries or plants, test them by eating just one or two and waiting. Do not eat anything that has been on the ground or is decaying.
- If you believe someone will search for you, use your surroundings to build a huge X, or an arrow pointing to your location. Find a reflective object if possible to shine towards passing planes, boats and ships, or even cars.
- If you have the skills, and the materials, build a fire but take care to control it from spreading to the surroundings and your site, or from loss to wind.
- Prepare basic tools if you have to drive away wild animals or hunt.
- Keep your area clean and as hygienic as possible to reduce disease and infestation by insects, rodents and other vermin.

** These are not listed in order of importance but as a group of materials that will increase the possibility of positive outcomes.*