

Survival strategies

Worksheet 1 - teacher's notes

1. Look at the quote of Dalai Lama about survival *Love and compassion are necessities, not luxuries. Without them humanity cannot survive.*

students' own answers

2. Whenever you go hiking, trekking, or just for a walk to the wilderness you should have basic survival skills. What do you think is important to survive ? What factors can influence your survival chances ? Go to <http://www.bcadventure.com/adventure/wilderness/survival/basic.htm> and read about seven factors influencing your chances.

FACTOR	How to deal with
FEAR	<i>For anyone faced with a wilderness emergency survival situation, fear is a normal reaction. Unless an emergency situation has been anticipated, fear is generally followed by panic then pain, cold, thirst, hunger, fatigue, boredom and loneliness. It is extremely important to calmly assess the situation and not allow these seven enemies to interfere with your survival.</i>
PAIN	<i>Pain may often be ignored in a panic situation. Remember to deal with injuries immediately before they become even more serious.</i>
COLD	<i>Cold lowers the ability to think, numbing the body and reducing the will to survive. Never allow yourself to stop moving or to fall asleep unless adequately sheltered.</i>
THIRST	<i>Dehydration is a common enemy in an emergency situation and must not be ignored. It can dull your mind, causing you to overlook important survival information.</i>
HUNGER	<i>Hunger is dangerous but seldom deadly. It may reduce your ability to think logically and increase your susceptibility to the effects of cold, pain and fear.</i>
FATIGUE	<i>Fatigue is unavoidable in any situation so it is best to keep in mind that it can and will lower your mental ability. Remember that in an emergency situation this is often the bodies way of escaping a difficult situation.</i>
BOREDOM & LONELINESS	<i>These enemies are quite often unanticipated and may lower the mind's ability to deal with the situation.</i>

3. Go to <http://www.wildernesscollege.com/basic-survival-skills.html> and find the answers to these questions:

- What is the rule of threes? *A human can survive for:*
 - *3 minutes without air*
 - *3 hours without a regulated body temperature (shelter)*
 - *3 days without water*
 - *3 weeks without food*
- What is SPEAR? *When faced with a potential survival situation, remember to use a "SPEAR":*
 - **S**top
 - **P**lan
 - **E**xecute
 - **A**ssess &
 - **R**e-evaluate

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- How does that information help your chances of survival?

The "Rule of Threes" provides a guideline of how to prioritize basic survival skills: first shelter, then water, and lastly food. Surviving a difficult wilderness situation also requires meeting many challenges while avoiding panic. By systematically assessing, planning, and executing your basic survival skills, you will help keep your mind and body actively engaged in addressing your situation. This will greatly aid in avoiding panic and other negative states of mind. By upholding an upright attitude, your chances of survival are greatly improved!

4. Divide into four groups and prepare a short presentation about basic survival techniques regarding the following four skills:

- shelter
- water
- food
- fire

Students' own answers

5. To increase your chances of survival you have to come prepared. In groups make a list of necessary items to take with you when venturing out. Justify the importance of each item.

Useful items to include on your hike are:

- *A map and compass.*
- *A large, bright plastic bag will be useful as a shelter, signaling device or in lieu of raingear.*
- *A flashlight with extra batteries.*
- *Extra water and food.*
- *Extra clothing such as raingear, a toque and gloves, a sweater and pants.*
- *Sun protection such as sunglasses, sunscreen, a hat and long sleeved clothing.*
- *A sharp pocket knife.*
- *Waterproof matches, a lighter and/or a flint.*
- *Candles and fire starter.*
- *A first aid kit.*
- *A whistle, flares, a tarp.*

<http://www.natureskills.com/survival/basic-survival-skills/>

<http://www.wildernesscollege.com/basic-survival-skills.html>

<http://www.natureskills.com/articles/survival/>

<http://www.bcadventure.com/adventure/wilderness/survival/basic.htm>