

What to do if You are lost



What to do if You are lost

The hardest part is to decide if you are in a survival situation and to admit to yourself that you are lost or in trouble.



What to do if You are lost

Once you decide you are in a survival situation don't delay there are things you must do as soon as possible.



What to do if You are lost

Find a location for a shelter and firewood near a water source if possible.

Get a fire going as soon as possible



What to do if You are lost

Once your shelter is built and a fire going start making signals.

If you want to be found you must make yourself visible.



What to do if You are lost

Make three fires 50-60 feet apart (20 m)
In a opening if possible.

Have lots of green spruce boughs or
green leaves/grass ready if you hear a
plane.

Keep plenty of dry wood as well.



What to do if You are lost

At night make three fires 50-60 feet apart (20 m) In a opening if possible. Keep a clear flame fire going so aircraft can spot it.



What to do if You are lost

Make a large flag to wave with a coat or shirt.



What to do if You are lost

If you have an axe drop a large tree into a lake or pond. Blaze trees nearby on the shore.



What to do if You are lost

Tramp out SOS in snow or on sand beach. Use dark rocks or pieces of wood to make large arrow pointing to your camp or a big X.



What to do if You are lost

Save your voice, use a whistle from your survival kit.



What to do if You are lost

Activate the aircraft ELT. Locate the radio and turn switch to “ON” be sure the antenna is pointing upward and clear to the sky.



What to do if You are lost

If you have lots of ammo, fire three shots if you think people may hear.



What to do if You are lost

Listen carefully, often vehicles can be heard for miles. Look for red lights on towers at night.



What to do if You are lost

The very best signal on a sunny day is a signal mirror. Learn how to use it.



What to do if You are lost

Once your signals are ready, your task is to keep dry, keep warm and keep busy.

Once you have 3 times as much fire wood you think you need then take stock of everything you have. Throw nothing away. From now on everything is valuable.



What to do if You are lost

There are five enemies to fight when you are lost, they are fear, hunger and thirst, fatigue and sleep, pain, hypothermia.



What to do if You are lost

Fear

- Anxiety
- Anger
- Frustration
- Depression
- Loneliness
- Boredom
- Guilt



What to do if You are lost

Hunger and thirst

Most people can go 10 days without food or more

Most people cannot go without water for 3 days or their kidneys will start to fail



What to do if You are lost

Fatigue and sleep

A body low on food and water tires quickly. Loss of sleep impairs judgment.



What to do if You are lost

Pain

Perform first aid as best as possible



What to do if You are lost

Hypothermia

Shivering is a sign of hypothermia - the body needs extra heat to preserve life.

A person can die from exposure at room temperature if they have no clothes on and are wet.



What to do if You are lost

Didn't tell anyone where you were going?

Sooner or later searchers will come looking for you. Realistically you may want to be prepared to wait 24 hours or more.



What to do if You are lost

Survival kit

The very best survival tool is your mind.

Learn survival skills and practice them.

And remember no matter how bad of a situation you are in, just hang on one more minute, don't give up.

