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This is an excerpt from Frank Heyl's booklet, "Survival: A Way of Life". For the complete text, visit [gerbergear.com/fendforyourself.php](http://gerbergear.com/fendforyourself.php).



### WHAT TO DO WHEN YOU ARE LOST

**1. AVOID PANIC** or letting such thoughts as "I've got to get out of here" cloud your judgment. While many have walked out in the past, the odds are against it. And, it could be the last walk you will ever make.

**2. THINK TWICE** and analyze the situation. Ask yourself the following questions:

- Will the weather, snow conditions, wind and visibility permit the walk? *(Usually not)*
- Will the hours of remaining daylight permit me to reach help? *(Probably not)*
- Is the clothing I have with me adequate for cold weather travel? *(It rarely is)*
- Am I physically in condition for walking? *(You probably really don't know)*

The answers to these questions must all be positive. A little time spent evaluating your situation and applying survival sense to the problem will go a long way in assuring your health, comfort, safety and longevity.

**3. REMEMBER:** Your goal is to stay alive until you are rescued. When it does happen, admit you are lost. Put the pattern for survival into full operation.

### A PATTERN FOR SURVIVAL

To successfully accomplish any task it is essential to have a plan of action, or a how-to checklist. Satisfy all the items on the plan of action checklist and the task of survival will be accomplished. The pattern for survival consists of five important points:

**1. THE MEDICAL ASPECTS OF SURVIVAL** – To survive until you are rescued means you must be in good physical and mental health. Protect yourself from the four killers (wet, wind, cold & heat). Keep yourself well-hydrated with pure water and try to prevent injuries to yourself and others.

**2. SIGNALING FOR RESCUE** – People stranded in an emergency situation want help as soon as possible. The important thing to remember is perhaps summarized by the old saying, "Rescue helps those who help themselves." Emergency signals help do two things; be seen and heard and, convey a message.

**3. HEAT** – Humans are tropical in nature. To maintain good health, clear thinking and muscular control, we require heat from an external source. Good health and heat from an external source will ward off potential cold-related problems.

**4. SHELTER** – Numerous people have survived a night in the worst of weather by staying by a fire. Survival is the maintenance of body heat. But what happens if there are not materials available for building a fire? A shelter from the wet, wind and cold is mandatory. The environment will dictate the type of shelter that should be built.

**5. FOOD AND WATER** – According to many people, food holds a low priority as a survival need. However, hunger is not a comfortable experience. While a person can go for days without food, it is highly recommended that a small amount be carried every trip into the back country.

### EQUIPMENT: THE TEN ESSENTIALS + FIVE

- 1. CLOTHING:** Clothing protects you from the four killers: wet, wind, cold & heat. Clothing is a portable shelter.
- 2. KNIFE:** Can be used to build a fire or a shelter and make signals for rescue. Two knives are better than one.
- 3. MATCHES:** Diamond Strike Anywhere brand matches are recommended. Cut 1/4" inch off the bottoms and place them in a plastic 35mm film container. Include a strip of sandpaper for a striker.
- 4. FIRE STARTER:** Candles are good firestarters. Rub the candle wax into a 4" x 4" patch cut from cotton handkerchief.
- 5. MAP:** Make sure you take a map of the area you will be exploring. Study it & get a visual idea of the area. Memorize identifiable baselines, such as: by traveling north there is a paved highway, by traveling south, a river.
- 6. COMPASS:** Two compasses are better than one. Use it to orient your map to North.
- 7. EXTRA FOOD & WATER:** Jelly beans are recommended because they have a long shelf life, are easy to carry, provide a varied diet, are nutritious and require a minimum amount of water to digest.
- 8. SUN PROTECTION:** Sunglasses and sunscreen. Generally dark glasses with dark gray-green lenses provide the best eye protection. Ask an ophthalmologist.
- 9. FLASHLIGHT (waterproof):** Small AA or AAA cell halogen bulb flashlights are best. After you buy the flashlight, immerse it in water for at least 5 minutes to make sure that it's really waterproof.
- 10. FIRST AID KIT:**
  - Water purification tablets
  - Band-Aid™ bandages
  - ChapStick™
  - Betadine™ ointment
  - Insect repellent
  - Aspirin or Tylenol™
  - Kerlix™ bandage
  - Extra-fine point forceps
  - Antiseptic towelettes
  - Ace™ or elastic bandage
  - Safety pins
  - Scrub soap in foil packet
  - Needles (sewing)
  - Tape (plastic roll)
  - Plastic wrap
  - Personal medication
  - Moleskin
  - Packet of Q-tips™
  - 3M™ Steri-Strip™ Skin Closures
- 1. SPACE BLANKET:** This multi-purpose item can be used in a variety of ways: as a poncho, shelter, ground cloth, wind break, rainwater collector or a fire (heat) reflector.
- 2. NYLON CORD (approximately 50 feet):** Can be used for shelter construction, boot laces, gear and clothing repair and much more.
- 3. ALUMINUM FOIL:** Use as a surface for building a fire when the ground is wet or snow-covered. Fold with an edge up to use as a container for boiling water or cooking.
- 4. PLASTIC LEAF BAG OR GARBAGE CAN LINER:** Makes a serviceable rain coat, equipment storage bag, ground cloth and water transpiration container.
- 5. SIGNAL EQUIPMENT:** A signal whistle can be heard five times farther away than the human voice. Three sharp blasts means "I need help." A signal mirror is a daylight line-of-sight signal device that provides ground-to-air signal capabilities.

**A Word to the Wise**  
It has been estimated that more than 85% of survival failures could have been prevented. The survivor's axiom - plan for the best, but prepare for the worst.



**Brunton Compass**  
Locate North and find your position on a map



**STRIKER™ Ignition Steel**  
Spark a flame, build a fire



**FliK™ Multi-Tool**  
Build fire site, shelter and remove splinters



**GATOR™ Folding Knife**  
Cut limbs, build a fire or shelter



**GORGE™ Folding Shovel**  
Build fire site and shelter

