



MILITARY GRADE SURVIVAL CARDS

Priorities of survival:

Positive Attitude • First Aid • Shelter • Water



Fire • Signal • Food

Positive attitude is the number one survival priority. Everything else will vary depending upon your situation. Adjust to your situation. But in most cases, build a shelter right away, signal for help, and stay where you are. It's easier to be rescued if you stay close to the scene of the incident. Conserve your energy.

NEVER QUIT-SURVIVE

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**POSITIVE ATTITUDE**

Surviving is 90 percent mental. Realize that you are in a survival situation and self-reliance will get you and the people who are with you home alive. Be a leader. Apply your survival skills. Identify stressors and overcome them. Fear, Anger, Pain, Cold and Heat, Thirst, Hunger, Fatigue, Sleep deprivation, Boredom, Depression, Loneliness and Isolation. Expect to experience headaches, thirst and hunger. A hard work ethic will encourage you to keep a positive attitude. There is always something to do. Improve shelter, hunt, scavenge, improve security for your camp, signal for help. REST-Need to rest. Your ability to make sound decisions drops after staying awake 24hrs. Always find something to live for. Family, friends, faith, revenge. NEVER QUIT-SURVIVE

**FIRST AID**

Common wilderness injuries-Blisters, Burns, Cuts, Sprains/Breaks, Stings/Bites, Anaphylaxis, Hypothermia, Hyperthermia, Shock. **PATIENT ASSESSMENT:** Assess scene- what happened, Safety-ensure no immediate danger for patient and you, Life threats- ABC's -**AIRWAY:** clear obstructions by looking in mouth, (gum, broken teeth) **BREATHING:** Look, listen, feel, watch chest rise and fall, **CIRCULATION:** Check pulse, control bleeding. Head to toe exam checking for bleeding and other injuries, patient history. **BLISTERS:** Cover hot spot immediately. Poke small hole in bottom of blister, keep skin intact, and cover. **BURNS:** Assess depth of burn. Cool compress or cool water to reduce pain, dress with sterile dressing, burn gel, keep covered. Avoid draining burn blisters and hydrate. **BLEEDING/CUTS/WOUNDS:** direct pressure and elevation, pressure dressing, tourniquet. Clean with soap and water, irrigate, remove foreign matter, cover and keep clean and dry. **SPRAINS/BREAKS:** R.I.C.E: Rest, Ice, Compress, Elevate. Assess, elevate, apply cold, support with wrap, tape, or brace if can continue. Splint, immobilize if cannot continue and evac. Splints: sticks, hiking poles, sleeping mat, rolled up clothes. Padding + Compression= Rigidity. **STINGS/BITES:** SNAKE bite- DO NOT suck out poison. Remain still, remove constrictive clothing/jewelry, clean wound with soap and water, splint, and keep bite below heart level. EVAC immediately. **SCORPIONS/SPIDERS:** Same as snake bite treatment. **BEES/WASPS:** Remove stinger by scraping a flat edge (knife blade, this card!) 90 degree angle against skin, apply cold compress, monitor for anaphylaxis and treat with antihistamine.

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TICKS: remove with tick picker or tweezers and lift up. **ANAPHYLAXIS:** remove cause of reaction (stinger) or move patient away from environment, if patient can swallow-give antihistamine dosage. Give Epinephrine (EpiPen) if prescribed. EVAC immediately. **HYPOTHERMIA:** (cold) Find shelter, replace cold/wet clothing with dry, sleeping bag wrap in dry blankets, give warm liquid and food if can eat and drink. EVAC if severe. **HYPERTHERMIA:** Heat Exhaustion-dizziness, rapid heart rate, pale, cool, clammy skin, nausea, thirsty; Rest in cool, shady area, hydrate and monitor. Heat Stroke-Disoriented, hallucinating, seizures, imbalanced, rapid heart rate, hot, dry, red skin, temp above 104; Rest in cool, shady area, cool with water and fan, hydrate. EVAC immediately. **SHOCK:** Restless, confused, rapid heart rate, pale, cool, clammy skin, nausea, dizzy, vomiting; Remove from scene, keep calm and warm.
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MEDICINAL PLANTS

DANDELIONS: Diuretic, urinary infections, stomach aches-make into a tea and drink. **WILD ONION/GARLIC:** Antibiotic, eat and/or crush and place on wounds. **PLANTAINS:** Diuretic, decongestant, antiseptic, anti-bacterial, and poison ivy skin wash. Chew leaves and apply to skin that contacted poison ivy. Chew leaves and apply to cuts, scrapes, wounds. Plantain tea treats; diarrhea, dysentery, urinary tract infections, congestion. **YARROW:** Blood Coagulant-mash leaves and place on wound, stomach aches.



SHELTER

Clothes are first line of shelter. Stuffing leaves, straw, cattail fluff, pine needles, into your clothing will increase heat retention. **NATURAL:** fallen trees, caves, holes. Check it first; smoke it out with small fire and green vegetation. **MAN-MADE:** tents, ponchos, tarps, space blanket/bag, trash bag. Check the location for hazards-look up for falling tree limbs, check the ground for ant, snake, and animal holes, water run-off and poisonous plants. Don't build shelter in a dried riverbed. **LEAN-TO:** Can be made with natural materials and/or tarp/poncho. Stake two corners to the ground and two corners up on an angle across cord or beam. Natural- Cross beam about shoulder height, lay poles from ground to beam and cover with leaves. **SURVIVAL DEBRIS SHELTER-** Lay ridgepole longer than your body from ground to pocket height and secure with "Y" sticks or a stump. Lay ribs along both sides of ridgepole and

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cover with leaves, evergreen boughs, ferns leaves, other available debris. Stuff leaves and other insulating debris inside of shelter to stay off ground. **NEVER QUIT-SURVIVE**



Natural Lean-To

Tarp Lean-To

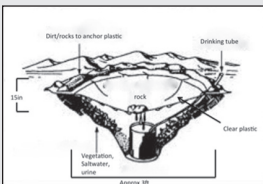
Debris Shelter

Tarp-A-frame



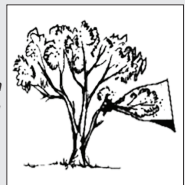
WATER COLLECTION

Go downhill. natural crevices (trees, rocks), turned up leaves, morning dew on grass-soak up with cloth and ring into container and purify, grape vines, bamboo, solar still. Transpiration bag—slide a clear plastic bag on a leafy tree branch or NON-poisonous bush like a glove with a rock placed in the corner of the bag in direct sunlight, tie off opened end. Rain catch- lay plastic, tarp, poncho, jacket on ground creating a bowl shape. Digging-outer bend of a dried river bed; melt ice and snow. **FILTER** water with a cloth over container first to keep out larger debris. **PURIFICATION**-Boil, Purification tablets, Bleach, Iodine, Commercial devices. Bring to a boil. Purification tablets (iodine, chlorine dioxide- follow directions) Bleach (non-scented) 2-4 drops per qt in clear and temperate water. Shake, let stand 30 mins. turn upside down, loosen cap, let water run out to disinfect the threads, water should smell like bleach. Add more drops or let stand longer if water is dirty and/or cold. Filtered does not mean purified. **DO NOT** drink your urine. You can distill urine and saltwater. **DO NOT** drink white milky saps, **DO NOT** cut open a cactus and expect to find water. Ration sweat not water. Your body needs the water, not your bottle. **NEVER QUIT-SURVIVE**



Solar Still

Transpiration Bag

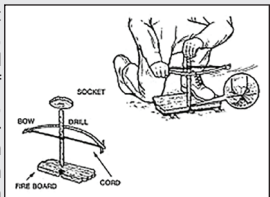


FIRE

Uses: Heat, signal, light, cooking, sanitizing, tool/weapon, entertainment, smoke bath, bug repellent. Components: Ignition

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source, tinder, kindling, fuel. Fire prep is essential. Have all components ready before you try to start the fire. Build a safe distance from shelter. **IGNITION SOURCES:** lighters, matches, spark rod, magnesium block, steel wool/battery (cell phone battery), magnifying glass, flashlight lens, flint/steel, bow drill, hand drill. **TINDER:** Thin, dry, fluffy, flammable material with low combustion point: tree/plant fiber, dry leaves, dead grass, pine shavings, dead pine needles, cattail fluff, shredded cedar bark, birch bark, tulip poplar bark, steel wool, char cloth, dryer lint, commercial types. Flame/spark enhancers: gunpowder, petroleum jelly cotton balls, pine knot, pine resin, potato chips. Make tinder look like a bird nest (tinder bundle). Ignite tinder bundle with a spark or ember, gently blow on it to get flame and place in teepee. **KINDLING:** Lots of small, dry twigs up to pencil thick sticks. Take dead branches off of trees-avoid taking from ground. If it snaps, it's good. Add wood progressively larger to wrist diameter. **FUEL:** Wrist diameter and larger. Fire Lay: Teepee-collect twigs and pencil size sticks, hold like a bouquet of flowers and stuff center with tinder. Flip upside down on the ground to form a teepee. Ignite teepee directly with open flame or use tinder bundle. Starting a fire in wet conditions: Use a resinous tree (pine/fir) and collect dead branches on the tree. Break off twigs and kindling size pieces and pile according to size, split a thick piece to expose dry middle heartwood. Hold knife at 90 degrees against wood and shave into pile. Slice strips for tinder. Prep tinder bundle and teepee. Reflector wall-stack rocks and/or wood to reflect the heat back to you. **BOW DRILL:** Components- Board, drill, socket, bow. The drill and board should be of the same wood. Types of wood- Cedar, Willow, Cottonwood, Aspen. Socket should be of harder wood, rock, or bone. Bow can be of any wood. Cut board to 1in thick, drill 8-10in long with point on one end and rounded at the other, indent board with knife close to edge. Place drill in center of bowstring and make one twist wrapping around drill. Pointy end of drill goes in socket(handhold), rounded end to the board. Burn-in knifed indentation with bow and drill. Cut 45 degree notch on side of board into middle of burned spot. Place something flat and dry under notch to catch ember. Place rounded end back into pre-burned spot and begin moving bow back and forth



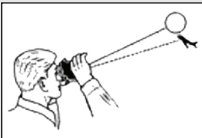
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until ember forms in notch and smokes on its own. Place ember in tinder bundle and gently blow to flame. NEVER QUIT-SURVIVE



SIGNAL

Three of anything is international sign of distress. **AUDIO:** 3 whistle blasts, horn, gunshots, bang rocks together, bang hardwood sticks. **VISUAL:** Anything shiny can be used- Cell Phone, CDs, mirrors, knife blade. Needs movement and contrast to its surroundings. Wave a brightly colored cloth. Signal Mirror-reflect sunlight to target. **FIRE:** Smokey during day-place green vegetation on fire, vehicle tires. Bright during the night-hardwoods (oak, hickory). Glow stick tied to a string and spun in a circular motion overhead. NEVER QUIT-SURVIVE



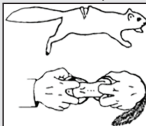
Signal Mirror

Tripod Frame



FOOD

Last priority. You can eat almost anything with fur, feathers, and scales when cooked. Need calories and fat. **HUNT:** best times dawn and dusk. **Small Game-** Remove head, feet and tail. Make cut across the back near hind legs. Put fingers of both hands in cut and pull towards head and tail. Cut from above anus through

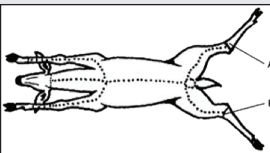


1 Cut the hide around the body.

2 Insert two fingers under the hide on both sides of the cut and pull both pieces off.

rib cage. Open and remove guts, anus, and genitals. Don't break bladder, stomach or intestines.

Check liver for spots. Liver should be healthy purple/brown color. If



it has white spots, DO NOT eat. Use guts as bait. Clean off meat and cook well. **Big Game-** On the ground-Remove head, front hooves, make cut from sternum to and around anus, open cavity and remove guts, anus, and

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genitals. Don't break bladder, stomach or intestines. Hoist with a stick between the rear legs to hang upside down. Skin starting from rump down to neck peeling skin. **Birds-** Remove head and bleed. Remove feet and lower half of wing (cut at elbow). Pluck right away. Pinch feathers and pull. Cut from throat to tail and remove guts. Keep guts for bait. **Fish-** Place knife in anus and cut towards head. Clean animals near a water source away from camp if possible. Use a log as a cutting board and a baton with your knife to remove extremities. Clean hands and knife to prevent cross contamination. **Snakes-** Remove head and bury, peel skin off, slice down center and remove guts. **NUTS:** Acorns (brown), Pine nuts, Walnuts have high fat content. Acorns- Peel shell/leach in cold water or boil in multiple changes of water to remove tannic acid. Use tannic water as antiseptic. Pine nuts-found in closed pine cones. Break open closed pine cone remove the nuts or place next to fire to open cone. Walnuts-roasted or raw. Pine/Spruce/Fir needles high in vitamin C. Crush a handful of needles and put in cup of hot water to make tea. **BUGS:** Have high fat and protein content. Eat bugs with 6 legs or less, natural color and hide from predators. DO NOT eat bugs brightly colored, hairy, spikey. Remove bark from dead trees. Ants, grubs, rolie pollie, worms, caterpillars, cicadas, crickets and grasshoppers-remove legs and wings. Roast or boil. **PLANTS:** 100% identification, don't eat something you cant identify. DO NOT use the plant edibility test. No plant has enough value to risk your life. DO NOT eat what animals eat. Animals eat poison ivy. Avoid all mushrooms. Eat Dandelion, Cattail, Chicory, Plantains, Prickly Pear

Insect (100g)	Protein (g)	Fat (g)	Carbs (mg)	Calcium (mg)	Iron (mg)
Giant Water Beetle	19.8	8.3	2.1	43.5	3.6
Red Ant	13.9	3.5	2.9	47.8	5.7
Silk Worm Pupae	9.6	5.6	2.3	41.7	1.8
Dung Beetle	17.2	4.3	.2	30.9	7.7
Cricket	12.9	5.5	5.1	75.8	9.5
Lg Grasshopper	20.6	6.1	3.9	35.2	5.0
Sm Grasshopper	14.3	3.3	2.2	27.5	3.0
June Beetle	13.4	1.4	2.9	22.6	6.0
Lg Caterpillar	28.2	N/A	N/A	N/A	35.5
Sm Caterpillar	9.7	N/A	N/A	N/A	1.9
Termite	14.2	N/A	N/A	N/A	35.5
Weevil	6.7	N/A	N/A	N/A	13.1
Beef (Lean Ground)	27.4	N/A	N/A	N/A	3.5
Fish (Broiled Cod)	28.5	N/A	N/A	N/A	1.0
<i>(credit Dr Florence Dunkel –Univ of Montana)</i>					

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cactus fruit, Wild onions. **Dandelion**- eat whole plant; tea, leaves for salad. Soak to remove bitterness. **Cattail**- eat spike on tip when green and soft, then boil. Yellow pollen-mix with water and make into cake. Eat young shoots cooked, roots all year; roast on coals/peel and eat. **Chicory**- Blue flowers, toothed leaves similar to Dandelion, roast roots, prepare like dandelion. **Plantains**- Leaves and seeds edible raw or cooked. **Prickly Pear Cactus**- Fruit edible when red/purplish not green. Remove spikes by brushing off or singeing over fire. Contains edible seeds. **Wild Onions/Garlic**- Green, hollow, smell like onions; dig up bulbs. Eat bulbs and stems raw or cooked. **COOKING**: All animal food must be cooked thoroughly to kill any parasites. **Boiling**- safest and easiest. Retains fat and vitamins. Make a stew. Drink water from stew. **Bake**- Gut animal, leave hide on, push aside dirt and coals from fire, bury animal and place coals back. **Roast**- Gut, skin, sear in flame and roast above fire on a stick. Gut fish and place directly on coals with scales/skin on and cover with coals. Pack/wrap fish in green vegetation/mud or clay and bury under dirt and coals. **Green Stick Grill**- Cut branches from non-resinous tree/bush and use like a grill above fire. **Jerky**- cut raw meat less than $\frac{1}{4}$ in thick across the grain into strips, remove fat, add salt (if available) and hang on rack to dry out. Can place next to a smokey fire, but do not cook. Jerky can last weeks to years depending on humidity. Cook stored jerky before eating to kill any new bacteria. **TRAPPING**: Strangle, Mangle, Dangle. More advantageous to trap than hunt. Traps work 24 hrs a day. Covers more area and conserves energy. Look for animal signs/activity-tracks, scat, hair. Set in active animal trails, in front of burrows and

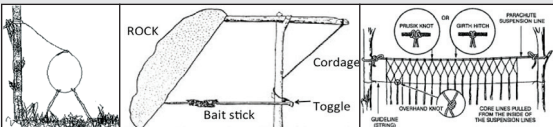


Figure 8 Loop

Squirrel Pole

Spring Pole

Fish Trap



Loop on twigs

Paiute Deadfall

Gill Net

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holes. Place traps in a natural choke point or channel animal into trap by placing sticks and debris on the sides of the trap. Check set traps from a distance at sunrise and just before sunset. **Strangle-Snares-Wire** or cordage snares, loop big enough for head to go through and not the body. Locking loop with wire. Make a figure 8 loop and fold top of 8 down to inside the bigger loop. Run end of wire thru the smaller loop. Tie end of wire to a stake using twigs to hold in place and open loop, or many along a pole leaning against a tree (squirrel pole). **Mangle-** Deadfalls-weighted traps with triggers that fall on the animal. Paiute deadfall: Large rock/log leaning against a stick tied to a toggle and supported by a forked stick. Wrap toggle around forked stick, place bait stick between toggle and rock held by tension. **Dangle-** Spring pole- Tie end of cord to flexible tree/tree branch tie other end to notched toggle with snare loop on same toggle. Secure stake in ground and connect stake and toggle with notches. Tension will hold notches in place. **BIRDS:** Use baited fishhook tied to a tree. **FISHING:** Spring pole- Attach fishing line in place of snare. Fish will pull toggle from stake and snag. Nightline-tie multiple lines to one long cord or a branch across stream. Gill Net-string line tied to two trees. Use innards from 550 cord or other cordage and attach multiple with a girth or prusik knot. Tie overhand knot with second and third string, then 4th and 5th and so on. Tie off bottom with another string. Improvised hooks-thorns, safety pins, bones. NEVER QUIT-SURVIVE

OTHER

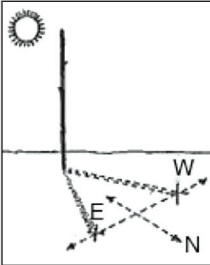
IMPROVISED TOOLS: Cordage, Rocks, Sticks, Bones, Antlers. **Cordage-** Sinew-fiber along either side of backbone. Clean off and let dry. Any fibrous plant or tree (Dogbane, Nettle, Tulip poplar, Yucca, Agave) Process bark to fiber (twist/scrape and peel off bark) Hold one end of fibers on thigh and roll the fibers away from you until becomes cordage. Will double around itself if bring ends together. **Rocks-**hammers, blades, saws. **Sticks-** Digging stick-2-3ft stick, sharpened point use for digging plant roots and tubers. **Bones/Antlers-** fishhooks, needles, awls, spear tips, arrow tips, blades.

WEAPONS: Rocks, Spears, Rabbit Stick, Slingshot. **Rabbit Stick-** about length from elbow to finger tip and weighted/bigger at one end. Throw overhand or sidearm. **Slingshot-** need rubberband, elastic, bungee cord, surgical tubing, 3in patch of leather or webbing and forked stick. Attach band to forks, and to patch. Fire

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harden the tips of all sharpened sticks. Hold the tip above hot coals until it's brown. AVOID placing it in the fire and burning it.
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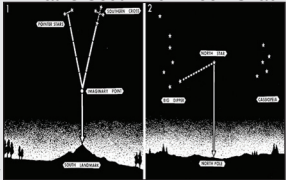
NAVIGATION: Both the sun and moon rise from the east and set in the west. **Northern Hemisphere:** **Sun-** Shadow stick method-



Shadow Stick

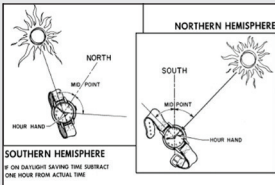
Place a 2ft stick in ground and mark tip of shadow with a small stick or rock. Wait 15 mins for shadow to move and mark new tip. The shadow moved from west to east. Place left heel on first mark and right heel on second. You are now facing North. Watch method- hold level, point hour hand at sun, half the distance between hour hand and the 12 is South. **Moon-** Crescent Moon-Draw imaginary line starting from the top point to the second point and continue down to the ground. That is South. Full Moon-Shad-

ow stick method. **Stars-** Find Big Dipper's cup (pointer stars) and extend 5X the distance to N. Star. Find Cassiopeia (sideways W) Middle star of W points to N. Star. N. Star is between Big Dipper and Cassiopeia. **Southern Hemisphere:** **Sun-** Shadow stick works the same as above.



South Cross Big Dipper

Watch method- Point the 12 at the sun, half the distance between hour hand and the 12 is North.



Watch Method

Stars- Find Southern Cross (5 bright stars tilted next to 2 pointer stars) Draw imaginary line from top to bottom stars and extend 5X its size then drop line straight down to ground and is South.
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