

RESTING A LOT HELP A LOT:

In Survival situation, taking it easy is the best policy. Stopping frequently to catch your breath even sitting down for a minute or 2 no more is enough to carry you on for a long time.

The key is to stop frequently when you do heavy exercises for example carrying heavy burdens. Set yourself short goals to reach, then stop and start over again.

The folly of forced march can not be over emphasise. Don't do them unless the dearest emergency. For it you meet troubles or expect troubles you should meet it fresh. Tired men make mistakes of judgement and timing. Weary bodies fall easy prey to the parasitic infections of the wild valleys.

THIRST & MARCHING ON:

When walking on a long stretch beside resting a lot, one should be careful of his drinking habit, as you walk rinse your mouth with water then spit the residue out, it is another lesson in the syllabus of survival. A tired man can not march with liquid slopping around in his stomach.

PLASTIC ROPE TRICK:

Plastic rope can be used for shoes laces, insuring you to have at all times a rope for many usage, tying up whatever you want, from hooks to bones to tent etc., as fishing line or as snares etc. Beside burning and giving a high heat, the rope does not rot and it can be unravelled to make longer rope as need comes along.

So MAKE SURE you have it with you, in your survival kit and specially replacing your normal hiking boot laces, use a yellow colour one so that it can also be used as markers on a trail.

#### BASIC SHELTER REQUIREMENTS:

They are relatively easy to build if one has just a little knowledge of their construction. All of them are made from usually abundant materials at hand.

Dead branches and saplings are employed to make the frames, shorter sticks and branches form the roof latticework and wet leaves, snow, ferns, or just plain dirt can be used to seal out the elements. As with all other aspects of survival, "image-in-nation" and ingenuity are the keys to success.

#### COLD NOTES ADDITION NOT ADDICKTION:

COLD WEATHER IS UNDOUBTEDLY THE MOST COMMON LIFE THREATENING CONDITION ANYONE IN A SURVIVAL SITUATION WILL FACE.

WIND & FREEZING TEMPERATURES HAVE CAUSE THE DEATHS OF MORE WOODSMEN THAN ALL OTHER FACTORS COMBINED:

PRIMARILY BECAUSE THE AVERAGE OUTDOOR RECREATIONIST IS UNPREPARED TO WEATHER A WINTER STORM.

NEARLY ALL COLD WEATHER FATALITIES OCCUR AMONG SPORT HUNTERS:

A group from whom taking to wilderness without proper clothing, preparation, or training is almost traditional...

In a study conducted by the NRA in 1978 it was determined that the person least like to survive in extended stay in the

wilderness was the armed sport hunter.

Wet, rainy weather can be every bit as dangerous as freezing weather, even though temperatures may be well above freezing.

A cold downpour on a sixty degree day will literally wash away its victim's body heat, leaving him wet, cold and ill prepared for the sudden drop in temperature that's SURE to come after the sun sets.

Most experienced woodsmen agree that the BEST CLOTHING FOR RETAINING BODY HEAT IN WET WEATHER IS MADE FROM WOOL.

Goretex helps to keep you dry. Thinsulate will keep you warm when you are dry, but ONLY WOOL will keep you warm when you are soaking wet.

Snow in and of itself is probably the LEAST THREATENING weather condition. In fact a 20 degree day with snow on the ground will seem noticeably warmer than the same day without snow.

The same insulating qualities that make a snow filled forest so quiet will also make it feel warmer.

Snow can actually be used to protect oneself against the dangers of cold weather, because it is abundant, easy to work with and entirely effective for manufacturing windproof walls and roofs.

The MOST SERIOUS DANGER from the snow is its BRIGHTNESS, which causes a debilitating -if temporary- affliction known as "snow blindness" especially in bright sunlight.

Snow blindness should ALWAYS BE GUARDED AGAINST BY WEARING SUNGLASSES or a brimmed hat to shade the eyes. If neither is available, fashion emergency goggles by tying around your head a

broad strip of Birch bark with narrow slits cut into it.

On the other side, the sun can be as dangerous as any other weather condition. Prolonged exposure to a hot sun can cause dehydration, heat exhaustion and finally heat stroke.

Just as hot is the opposite of cold, so are the requirements of a hot weather shelter the opposite of the cold weather shelter. Where the cold weather shelter needs dead air to retain the user's body heat, the hot weather shelter needs to breathe and have as much air circulation as possible.

#### HOT SHELTERS:

An effective hot weather shelter can be made simply by erecting a sloped light-proof roof over a frame, leaving the sides, front and back open to allow any air currents to pass unobstructed. The space blanket works very well here.

The roof should face south to keep out as much sun as possible, and travelling through open country **MUST** be restricted to the hours between dusk and dawn.

The shade provided by the roof will be approximately 10 degrees cooler than the outside temperature and should be comfortable enough to allow the survivalist to sleep throughout the heat of the day. Perspiration wastes water.

#### COLD SHELTERS:

A thick, insulating bed is **ABSOLUTELY VITAL IN COLD WEATHER** and is even a good idea on a summer night. The earth is the world's best heat sink and it will absorb a human's body heat faster than it can be generated, resulting in hypothermia that can range from

mild to life threatening.

#### WINTER BEDS:

They need not to be fancy or difficult to make. My own favourite winter bed is made from lengths of dead poplar or cottonwood logs. When these short-lived softwoods die the tops break off in the wind, leaving sections of the trunk sticking above the winter hard-pack.

These dead trunks are easy to break off and several of them laid side by side on the snow with a thick covering of pine boughs will provide as much insulation from the ground as possible.

#### STENCH OFF:

To get rid of foul odour an old trick was to burn sugar on a burning charcoal or other appropriate means.

#### SURVIVAL VEST 2001:

Rough riders in Calgary stampede shows are now more and more wearing a new protection vest against horses and bull kicks which has proven itself as extremely effective, the thing to remember is that it must be done in conjunction with an under padding made of foam same type we see for sleeping bush mattress. \*\*\*\*\* To investigate further.

But the combination of both does the trick and you can get in tough situation with hardly a bruise but to your pride.

#### HUNTING TRICK TO HEAR AFAR:

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Many years ago our Indian forefathers had a method of listening to sound which the naked ear could not pick up. They scraped a hollow into the ground then cupped their ear to the ground.

They heard the soundless movements of animals and miles away they heard the restlessness of the buffalo and the distant hoof-beats of a rider.