

# WINTER STORM SURVIVAL

## OUTDOOR SURVIVAL

### **The Six Survival Rules**

1. Tell someone where you are going and when you plan to return. If you move from one area to another, advise someone.
2. Never go on an outing by yourself.
3. Take enough food for several days for possible emergency use.
4. Take a compass and map of the area and know how to use them. Before leaving, orient yourself to the area.
5. Wear proper clothing and equipment. Weather conditions can change quickly.
6. Plan your outing so that you may return to camp before dark.

If you find yourself stranded/lost outdoors, you can depend on these three things:

- Clothing/equipment you have with you.
- Your ability to use whatever survival, knowledge and skills you possess.
- Your mental attitude - confidence in yourself, plus the desire to survive no matter how difficult circumstances may become.

### **STOP....when lost**

**S** STOP where you are. Stop, relax and regain your composure.

**T** THINK - use your brain; it is your best survival tool. Make sure you have a clear head before making any decisions.

**O** OBSERVE your surroundings, your equipment and your physical condition. Identify the factors which most affect your possible survival and consider solutions.

**P** PLAN a course of action. Consider all factors, adopt a plan which best utilizes your skill, knowledge, equipment and your physical and mental state. Prevent and care for physical injuries, protect yourself from the elements (shelter and fire construction), prevent exposure, acquire water and prepare signals for attracting rescuers.

## VEHICLE SAFETY

Plan your travel and check weather reports to avoid the storm. Delay trips, if necessary.

Assemble supplies you should carry in your vehicle disaster supply kit, packing them in an easy-to-carry container.

Supply list:

- Flashlight, battery powered radio and extra batteries
- Booster cables
- Blankets or sleeping bag, extra clothing
- Fire extinguisher (5lb, ABC type)
- First aid kit and manual
- Non-perishable high energy food and bottled water
- Maps
- Shovel
- Tire repair kit, pump and other basic tools
- Signal flares, matches
- Non-electric can opener, utility knife
- Sterno, canned heat or catalytic heater
- Spare vehicle parts (belts, hoses, etc.)

Conserve vehicle fuel, run the engine and heater about ten minutes each hour to keep warm, crack a window slightly to prevent carbon monoxide poisoning. In extreme cold, use seat covers, newspapers, blankets, or extra clothing for covering - anything to provide additional insulation and warmth. Turn the dome light on so rescue teams can spot you at night, but do not run down the battery.

**DO NOT SET OUT ON FOOT!** Stay inside your vehicle, rescuers are most likely to find you there.

## **HOME SUPPLY KIT**

**WATER** - (keep at least a 3-day supply)

- 1 gal per person per day

**FOOD** - Store at least a 3-day supply of non-perishable food.

- Ready-to-eat canned meats, fruits and vegetables
- Canned juices, milk, soup (if powered, store extra water)
- Staples - sugar, salt, pepper
- High energy foods - peanut butter, jelly, crackers, granola boards, peanuts
- Special diet foods
- Comfort/stress foods - cookies, hard candy, sweetened cereals, instant coffee, tea bags

**CLOTHING/BEDDING** - include at least one complete change of clothing/footwear per person

- Blankets/sleeping bags

- Snow boots
- Hat, gloves
- Thermal underwear

### **FIRST AID KIT**

- Sterile adhesive bandages in assorted sizes
- Various size gauze pads
- Scissors, tweezers, needle, assorted safety pins
- Moistened towelettes, antiseptic
- Thermometer, medicine dropper
- Tongue blades (2)
- Petroleum jelly or other lubricant
- Latex gloves
- Sunscreen
- Aspirin or non-aspirin pain reliever
- Anti-diarrhea medication, antacid

**\*For a more complete list or pre-assembled first aid kit, contact the American Red Cross**

### **TOOLS AND SUPPLIES**

- Emergency preparedness manual
- Battery operated radio/extra batteries
- Flashlight/extra batteries
- Non-electric can opener, utility knife
- Fire Extinguisher, sm. ABC type
- Pliers, shut-off wrench
- Electrical tape
- Matches in a waterproof container
- Plastic sheeting
- Sanitation supplies including toilet paper, feminine supplies, personal hygiene items, plastic garbage bags, plastic bucket with tight lid, disinfectant, chlorine bleach.

### **SPECIAL ITEMS**

- Formula, powdered milk, diapers, bottles, medicine