

amethyst/mini outdoor library



WILDERNESS SURVIVAL

A Guide for the Sportsman



WILDERNESS SURVIVAL

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ISBN 0-920474-05-5

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2nd Printing -- April 1978

3rd Printing -- May 1979

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Consolidated Amethyst Communications Inc.

12 Crescent Town Road, Unit 310

Toronto, Ontario M4C 5L3

Introduction

This booklet has been prepared by the staff of National Wilderness Survival Inc. School of survival. Not as a complete Survival manual but as a help and primer in case that you get lost in the wilderness.

People today are so far removed from living off the land that if anything goes wrong and they have to take care of themselves in the wilderness, they don't know where to begin. But with the current widespread interest in traveling and camping in the wilderness, as well as increased air travel over desolate country and the increased use of the snowmobile in the bush, the chances of getting lost or being stranded in the wilderness are very real.

This booklet has been written with the thought that anyone can be lost in the wilderness. Thus, everyone should be familiar with the basic techniques and methods of taking care of oneself if the need arises.

The cost to the public searching for lost people runs into millions every year. Also consider the anguish caused to the relatives and friends.

Don't be a wise guy. Make careful preparations for all your outdoor trips, and return safely.

The Staff of the survival school.

Rules of Survival

1. **Tell someone where you are going and when you expect to return.**
2. **Prepare for the worst and hope for the best.** Be mentally prepared, and admit to yourself, **“It can happen to me”**.
3. If by fate you have been placed in a survival situation **stay put** and wait for rescue.
4. **Start collecting firewood and start a fire.**
5. **Get out of the wind and wetness** by constructing a shelter of some kind.
6. **Keep full control over your mind.** Don't let **fear** and **panic** get the better of you. If you feel that the fear is getting at you **sit down** and think the situation over. If that will not help **hug a tree and scream** and you will realise how silly you look and this thought will quickly bring you back to normal thinking again.
7. **Do not worry about food.** You can live for 30 days or more without food, if you allow your body to break down its stored fats into a usable form of energy.
8. **Do not ration water.** Remember that you need a quart of water every day. **Never consider water safe to drink without purification.**
9. **Cancel and reschedule a trip if the weather is bad.**
10. **Practice energy conservation.** An old survival rule says, **“Never stand when you can sit down, never sit down when you can lie down”**.

Energy Conservation

Energy conservation plays a major role in keeping the body warm. Loss of body heat leads to mental and physical inefficiency which can lead to death. Always keep the following points in mind.

1. Wear proper clothing suited for season and area where you intend to carry out your activity. Always wear a hat.
2. Always carry emergency spare gear. Spare socks, sweater, etc.
3. Always provide adequate insulation between you and the ground.
4. Always try to get a comfortable sleep whenever possible.
5. **Don't let fear consume vital energy.**
6. Always perform the most important tasks first.
7. Always carefully weigh all activities on your energy scale before you execute them. Take a close look if the activity is worth performing in regard to the energy loss you will experience.

Individual Demands on the Survivor

1. A person must have the ability to make up his mind and stick to it.
2. Imagination and ability to improvise are a great benefit.
3. Be able to live with yourself and accept loneliness.
4. Keep cool and collected at all times.
5. An infinite amount of patience is a must in all cases.

When You Enter The Woods

Always Carry With You:

1. **MATCHES** . . . in a waterproof container, sealed, for use in an emergency situation. It is recommended that you carry at least two containers . . . one on your person and one in your pack. **The matches should be of “strike anywhere” type.**
2. **KNIFE OR AXE** . . . a good strong jackknife or a hunting knife with a 4 to 5 inch thick strong blade with blade guard. Best of all, a small axe or hatchet with a strong blade guard.
3. **SURVIVAL KIT** . . . a small survival kit weighing less than 2 pounds, containing food and drinks for 10 days.
4. **MEDICAL KIT** . . . a small medical kit containing bandage and bandaids, sterile compresses, insect repellants, safety pins, etc.
5. **MAP AND COMPASS** . . . a detailed map of the area you are entering and a reliable compass is a must.
6. **OPTIONAL EQUIPMENT** . . . sun glasses, in winter time - snow glasses, mosquito head net, sheet of heavy plastic or a rain cape - for use as a shelter, candles, canned heat or fire tablets, etc. The number of items that could be listed under optional equipment is almost unlimited, and is left up to you to decide what you like to carry.

What To Do If Lost Or In A Case Of Emergency

1. **STAY PUT . . .** if you are not absolutely sure of the way out or if it is getting late in the day. Remember, if you told someone where you were going and when expected back out, someone will start looking for you, real soon.
2. **EVALUATE THE SURROUNDING AREA . . .** is it suitable for a shelter? Can you collect enough fire wood? Do you have an open spot for your signal fires? Remember, CAF Search and Rescue organization have aircrafts and highly trained personnel on a 24-hour standby alert. Also remember, 3 fires is the international distress code. Build them in a triangle about 60 feet apart.

TRAIL FIRE



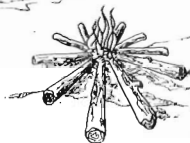
REFLECTOR FIRE:



CAMP FIRE



SIGNAL FIRE

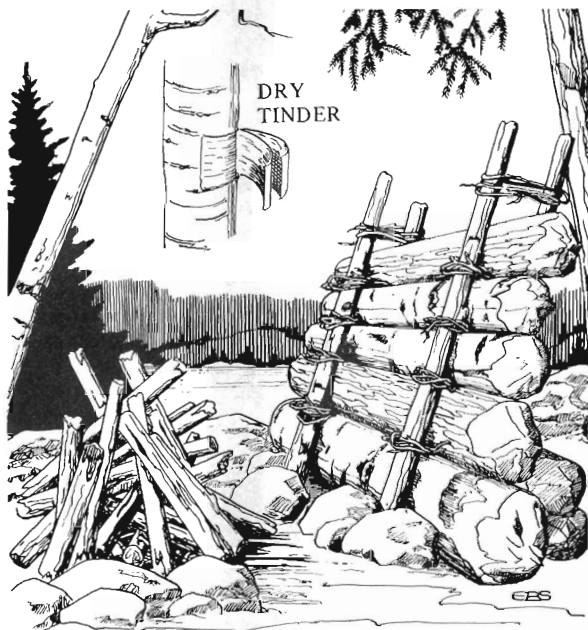


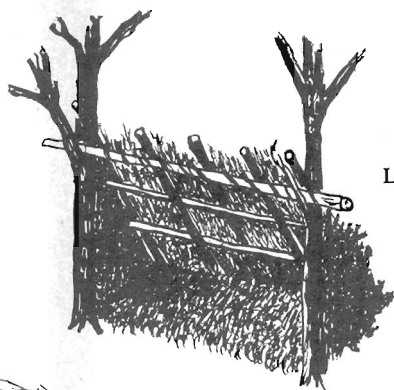
SEMINOLE STAR FIRE



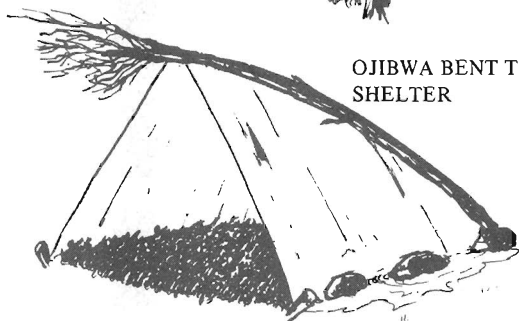
TEA STICK

3. **COLLECT WOOD AND START A FIRE . . .** as soon as you can. Remember to collect three times the amount of fire wood you think you need. Make a reflector to reflect the heat toward your camp. Standing dead trees are the best fire wood. Scrape away the snow on the ground or build your fire on a platform of green wood. Dry, dead spruce twigs on the lower part of a tree makes good tinder. The underlayers of the birch bark is an excellent fire starter in wet weather.

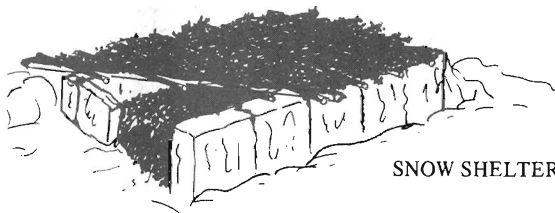




LEAN TO



OJIBWA BENT TREE
SHELTER



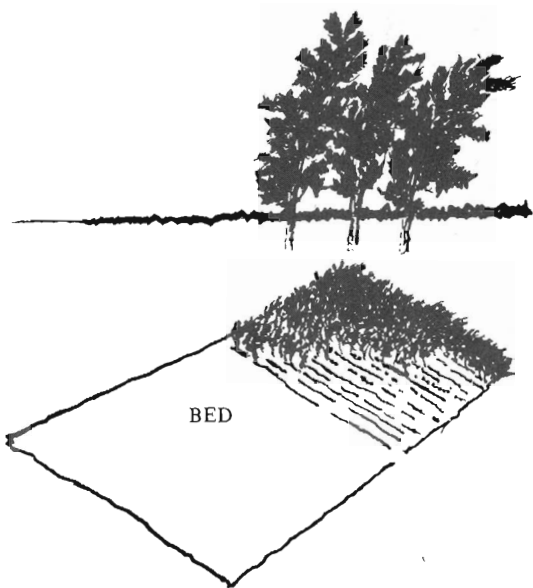
SNOW SHELTER

Building Shelters

Many different kinds of shelters can be erected. Shelters made out of natural material like the lean-to made out of evergreen branches as a roof and sides, or a showshelter dug into the snow covered with either a sheet of plastic or evergreen boughs, or the typical Ojibwa Indian shelter which can be used both summer or winter. There are few things that will do as much for the morale as a good fire and a warm comfortable shelter, with a properly constructed mattress, to protect you from the cold on the ground.

Mattress Making

Remember if there is snow on the ground **do not clear away all the snow in the shelter area**. Leave 2 to 4 inches of snow on the ground as an insulation. Stick evergreen boughs with the butt end into the snow or in the ground at a 45° angle toward the rear of the shelter. Place the boughs in rows across the shelter and place the rows as close as you can. This will make an excellent spring mattress 6 to 8 inches thick, and you don't have to worry about replacement of the boughs for at least 15 to 20 days.



Take Inventory

After your signal fires have been built and are ready to light, your fire and shelter is complete, you should spend some time taking a complete inventory of everything around you and everything in your possession. See what useful purpose the different articles have for you.

On Your Person

Empty your pockets and by using your imagination try to figure out how your belongings can be used. For instance, spoons, keys and coins can be used for fishing lures and weights. Bits of colored cloth or plastic, even the silver paper in your empty cigarette pack, make excellent lures and flies. Safety pins or wire can be shaped and sharpened into fish hooks. Needles or wires, etc., can be sharpened on a stone.

Paper or cloth can be used for lighting fires or as a torch to carry from one fire to the next and in this manner, saving matches.

Birch bark or any other large pieces of bark can be used as shingles on your shelter, or can be fastened into snow glasses by cutting a narrow slit for the eyes.

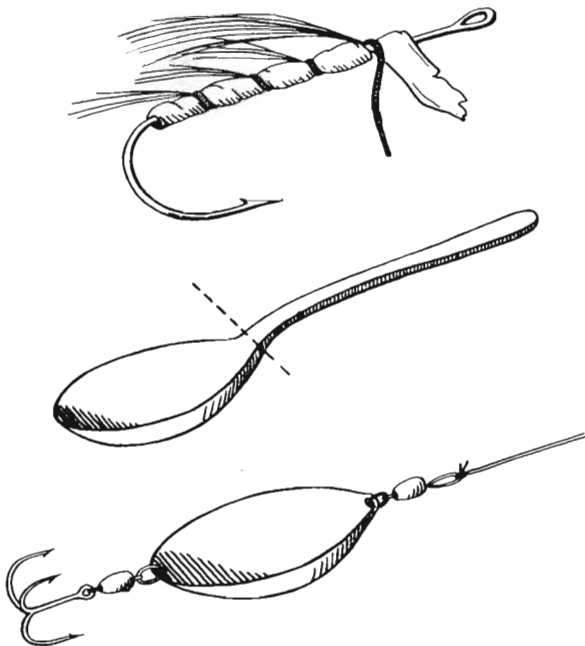
Thread from clothing or unravelled wool can be used as a cord or fish line.

Magnifying glass in your compass, or just a pair of lenses from your eye glasses, taped together can start a fire.

Any shiny object, like the ends of beer cans or a piece of aluminum foil, can serve as a heliograph mirror to signal an aircraft.

Around Your Campsite

Try to fish in nearby streams and lakes with a bent pin as a hook or just shape a stick in both ends and tie a line in the middle. Use grasshoppers, worms, bugs or even small berries or roots as bait.



Look for signs of birds, rabbits, porcupines or other animals who can supplement your food diet.

All fish found in Canadian waters are edible.

All birds found in the Canadian forest are edible.

Porcupine, the survivors emergency meat, can often be spotted by chewed off bark on the tree trunks. Look for this animal up in the branches of trees. Never climb a tree to get him down, cut the tree down. On the ground the porcupine can easily be overtaken and with a blow on the snout with a stick, rendered unconscious and killed.

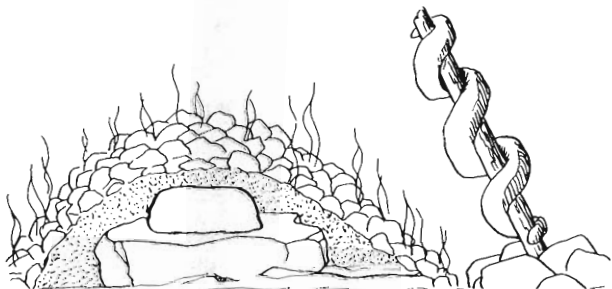
Do as the Indian does, sear the quills off over an open fire, but be careful to avoid injury from the quills.

BUGS, GRUBS AND ANTS . . . roasted on a piece of aluminum foil are edible and have a nutty flavour and are nourishing.

PREPARATION OF MEAT AND FISH . . . any meat and fish prepared in the wilderness should be cooked for at least 30 minutes per pound, and the cooking fluid consumed. (The cooking fluid holds all the minerals and vitamins removed by the boiling.) In cold weather eat plenty of fat to produce a lot of heat calories.



FRYING PAN BAKING



UMU-BAKING

TWIST

Emergency Plants

CATTAIL . . . this plant, with its prominent flower structure at the tip, is an easy plant to recognize. The flower is composed of a dense spike with flowers above and below. After the flowers have fallen off a green spike is left over. This spike is edible and tastes like asparagus when boiled. The inner tender stalks of the young plant are edible and are eaten like celery, boiled in salt water, or eaten raw. The root stalks, after they have been scraped and cleaned, cut them up in small pieces and boil into a thick gruel and after the water has evaporated, makes an excellent flour to make bread or pancakes of. The root, wrapped in green leaves and placed in the campfire to be roasted, can be eaten like potatoes. The pollen from the brown spike is used in soups or stews.



DANDELION . . . I don't think the dandelion needs any identification — we all know this plant. This plant is one of the most common weeds we have. The tender leaves are stripped of their stems and washed well, cut into small pieces and used for a salad. The dried and

roasted root can be used as a coffee substitute. The dandelion holds 25 times more vitamin A than tomato juice and 50 times more than asparagus.

ASPEN OR POPULAR TREE . . . the bast or the soft succulent layer under the bark can be eaten as an emergency food and was often used by the Indians as such. Scrape off the succulent layer on the trunk, making sure that you don't get any of the wood, as the wood makes the porrage bitter. Boil in water and eat. Don't be surprised if it has a laxative effect on you.

WILD ROSE . . . some 35 or more varieties of wild roses are found on this continent, and they are all edible. The part we eat is the flowers in the early summer, and later the bright red fruits. The fruit or the "rose hip" has one of the richest vitamin contents of all our wild edibles. The juice is 25 times richer in vitamin C than orange juice. If you crush the stones you will release vitamin A and E.



Spring Up A Rabbit Snare

A simple rabbit or squirrel snare can be constructed from a fish line, shoe lace or wire if you have it.

Set as many snares as possible, but always on game runways.



LEANING POLE SQUIRREL SNARE . . . this snare is simple and very effective. Always set at least 3 or 4 loops on the same pole, located near the squirrels food cache or nest.



WATER . . . a man can go a long time without food but only 3 to 4 days if all fluid intake is stopped. A man's normal fluid intake is about one quart a day and this amount should be maintained under all circumstances. Water is considered unsafe to drink in a survival situation without first having been purified. There are several ways to purify water.

1. Boil vigorously for at least 10 minutes.
2. Treat the water with halazone tablets.

3. Use ordinary household bleach, 8 to 10 drops to a gallon of water.
4. Use Tincture of Iodine, 12 to 15 drops to a gallon of water.

Remember any chemically treated water should stand for at least an hour before use.

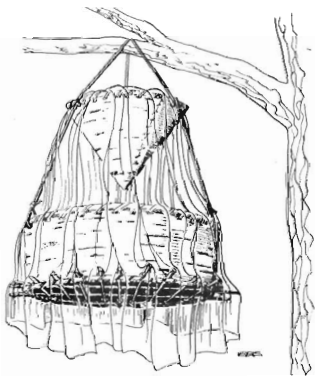
Do not eat snow. It tends to dehydrate the body.

Preserving Meat and Fish

Spoilage of meat and fish can spell disaster for the survivor. Steps must be taken to prevent spoilage or theft by small animals.

Always hang your food in a tree where it is safe from rodents or small animals.

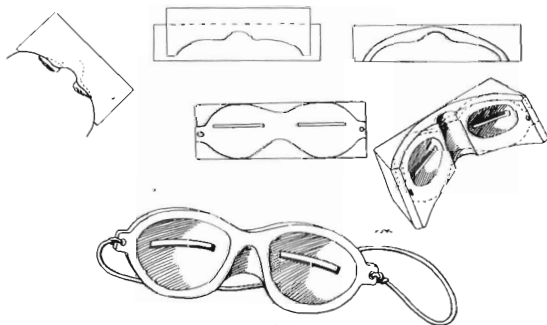
WINTER . . . usually there is no problem in the winter, when the food can be cut up in small serving portions and just let it freeze. Thaw only what you need for each meal. Fish and meat can be dipped in water and frozen several times, and in this way a protecting coating of ice is created.



SUMMER . . . preserving meat and fish in the summer usually creates a bigger problem, but by far the best method during the hot season is to smoke or sun dry "jerking". To prepare in this way just cut the meat or the fish in thin strips one inch thick and several inches long and place them over a smoky fire on racks made out of saplings. Care should be taken that only the smoke and very little heat reaches the meat. Also make sure that the strips of meat do not touch each other, as this will spoil the meat.

Personal Welfare

Severe sunburn and windburns may be present both winter or summer. Always keep your head covered if at all possible with a wide brimmed hat. Take advantage of any shade. **Be sure to use snowglasses in snow and ice conditions.** The bright sun reflection of snow and ice can result in snowblindness.



SNOW GLASSES

INJURIES . . . even minor injuries are potentially dangerous in the wilderness. Treat all cuts, sprains or bruises carefully, with antiseptic powder or wash with plain soap and water.

BLEEDING . . . to stop bleeding in most cases use direct pressure over the site of bleeding.

BURNS . . . submerge in cold water and treat with sterile vaseline compresses and elastic bandages from your first aid kit.

FOOT BLISTERS . . . tender-foots should be aware of blisters between toes and on the heels of the foot. To forestall this condition, keep your socks dry even if it means to stop and dry them over an open fire every so often. This same method is followed to prevent frost bite of the feet. If blisters do form **do not puncture them**, cover with antiseptic and apply a dressing.

INSECTS . . . can drive a person out of his mind in a short time. The black flies and the mosquitos usually are the most troublesome, and even a short exposure to them can make life almost unbearable.

There are three methods of protection from them available to you. None of them offers complete protection, but at least they give you some protection for a short while.

1. Make a smudge fire of green wood or leaves — this will keep the insects away.

2. Cover your exposed parts of your body with a thin layer of pliable clay or mud.
3. Use insect repellent. Use extreme care in the area of the eyes as it may cause permanent damage to the eyes.

Ground to Air Emergency Code

Many different methods have been used to attract attention of an aircraft flying over a stranded person to indicate location and immediate need of supplies. Here are a few of the most common.

Heavy smoke produced by any means whatsoever.

Flames produced by any means whatsoever (short of a forest fire).

Any pyrotechnical light, flares, smokepots, etc.

Flashes from a heliograph mirror or any other shiny object reflecting the rays of the sun.

Signals laid out on the ground in a contrasting color to their surroundings.

Also remember to take advantage of the shadow effect caused by piling snow blocks, sods or logs on the ground.

REQUIRE
DOCTOR



INDICATE DIRECTION
TO PROCEED

REQUIRE
MEDICAL
SUPPLIES



AM PROCEEDING IN
THIS DIRECTION

UNABLE TO
PROCEED



REQUIRE FUEL AND OIL



REQUIRE FOOD
AND WATER



ALL WELL



REQUIRE
FIREARMS AND
AMMUNITION



NO



YES

REQUIRE MAP
AND COMPASS



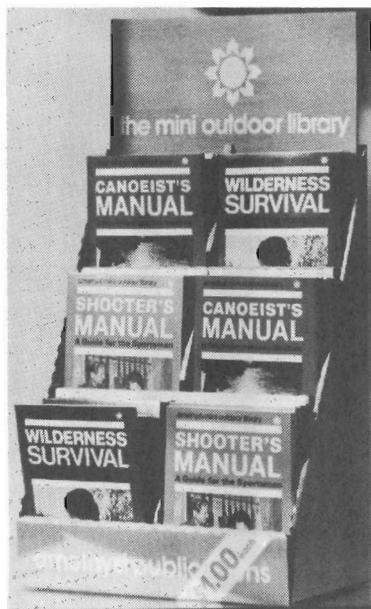
NOT UNDERSTOOD



Emergency Survival Kit

- ☐ Survival booklet.
- ☐ Container double as cooking pot and frying pan.
- ☐ Sawblade
- ☐ Metal Match
- ☐ Pocket Knife
- ☐ Heliograph mirror
- ☐ Box water proof matches
- ☐ 12 ft. Nylon line 60 lbs. test.
- ☐ 10 ft. Snare wire copper.
- ☐ 25 ft. Thread and 4 needles
- ☐ 12 Fish hooks
- ☐ 20 Halozone tablets
- ☐ 12 Band aids
- ☐ 1 bottle Iodine
- ☐ 1 Cream of mushroom, cup of soup, dehydrated
- ☐ 1 Tomato, cup of soup, dehydrated
- ☐ 1 Green Pea, cup of soup, dehydrated
- ☐ 3 Bouillion, cup of soup, (Beef)
- ☐ 3 Bouillion, cup of soup, (Chicken)
- ☐ 1 Strawberry jam — 1 oz.
- ☐ 1 Raspberry jam — 1 oz.
- ☐ 1 Orange Marmelade — 1 oz.
- ☐ 1 Honey — 1 oz.
- ☐ 1 Orange crystals (Tang) — 6 fl. ozs.
- ☐ 4 Salt — ¼ oz.
- ☐ 2 Pepper — ¼ oz.
- ☐ 4 White sugar — 1 oz.
- ☐ 2 Brown sugar — 1 oz.
- ☐ 1 Cheese — 6 oz.
- ☐ 1 Plastic tube 8 ft. x 48 in.
- ☐ 6 Tea bags
- ☐ 4 Cremelle — ½ oz.
- ☐ 8 Safety pins

This kit will weigh less than 2 lbs cost less than \$15 and yet be invaluable under survival conditions to supplement natural food for one man for a period of ten days.



Available at your local book
shop or sporting goods store.

\$1.00 Retail

Bulk orders may be purchased from
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