RIOT SAFETY FOR PATRIOTS

Fast reaction

So what happens if you find yourself in the middle of a full blown riot?

The first thing that you want to do is quickly assess the situation. Are you in immediate danger? Where are the quickest routes of escape? Is this beginning of something larger?

After assessing the situation, I advice you take the following steps:
If you have an easy way out, take it now – The last thing you want to do is get caught up in the storm. If you are near an escape route, get out as fast as possible.

Becoming part of the crowd – If you were not able to make a quick exit, the first thing you want to do is look like you are part of the crowd. If everyone is shouting against something, then you should be doing the same thing. By blending into the chaos, and not drawing attention to yourself, you're less likely to become a target.

Be aware – Watch your surroundings and be ready for an attack. Watching the crowd's body language can help you decide what your next move should be. Scan your surroundings and find the best route of escape.

Don't get caught up in the chaos. – How many times have you been stuck in traffic, only to find out the crash was on the other side? We see it everyday, for some reason people are drawn towards disasters. It's human nature to want to look at the accident.

Don't make that mistake during a riot situation. I don't care how safe or protected you think you are, when things start going bad your first priority is to make your way to safety. If you're that curious about what happened you can watch the action on the evening news.

Go with the flow – Think of the crowd as a large raging river. The best way to get out of a river is to swim with the current and slowly make your way to the edge. The same is true when stuck in the middle of a crowd.
Don't try to cut through the crowd, as this could cause unwanted attention. Instead, go with the flow of the crowd and work your way to the edge. Then quietly slip away to safety.

Being Armed: I think always being armed is a good thing, but pulling a gun out in the middle of a riot might not be the smartest idea. Unless you're physically being attacked, it's better to slip away unnoticed. Don't try to scare the crowd away you're your gun. That being said, if you are being physically attacked or threatened with attack all rules are out the window.

THE 7 DEADLY ENEMIES

To survive an emergency, you must be in the proper frame of mind. Your attitude - your determination to survive, the instinct to live - must be paramount. Fear, loneliness, pain, cold, fatigue, hunger, and thirst are the seven deadly enemies you must guard against. Singly or in combination, they can rob you of your self confidence or, even worse, of your desire to struggle for life.

Fear is nothing to be ashamed of. Only a fool is never afraid. The point is to control your fear and not let it get control of you. If the feeling of panic or fear starts to creep up on you, think of positive things - your ability as an outdoorsman, your skill in the woods. A man on the verge of panic cannot think logically. He is prone to rash actions that may be foolhardy and dangerous.

Loneliness is a second cousin to fear. They frequently travel together. The worst thing about loneliness is that it strikes without warning. Suddenly you realize that you are alone. This will gnaw at you, lowering your resistance and vitality. If you feel loneliness coming on, keep busy - sing, whistle to yourself, go out and gather food, do anything to keep your mind off the fact that you are alone.
Pain is nature's signal that something is wrong. In moments of excitement, you may not feel pain. But when things calm down a bit, pain surfaces. Tend to your wounds, but do not let pain get the best of you. It can weaken the desire to go on.

Cold can be a severe threat to survival. It numbs the spirit as well as the body. If you are out in the winter months, plan your shelter and fire in such a way as to minimize the effects of cold temperatures.
A person freezes to death only when he is overly tired and sleepy; otherwise the cold will not let him fall asleep.

Fatigue reduces mental ability. It can make you thoughtless and uncaring. Fatigue is not always the result of overwork or overexertion. Many times it is the result of a mental attitude - frustration, hopelessness, or lack of a plan. Do not exert yourself, but keep making plans as to how to survive the crisis.

Hunger makes all of us more susceptible to cold, pain, and fear. A man with a full belly rarely loses his optimism. Conserve your food and, if you get a chance, add fish, game, and edible plants to your larder.

Thirst can be maddening. It can dull the mind and promote panic. A man can survive a week or longer without food, but not without water. In dry country, do not leave a water source. Beware of dehydration even when there is plenty of water around you.

Should I stay or should I go?

Whether to stay and camp, or to attempt to walk out, is the first decision for you to make. If you are lost, you should stay. You do not know where to go anyway. That is why you are lost. Make camp near an opening or a lake where a searching aircraft will have a better chance of spotting you.

On the other hand, if you have been forced into a survival situation because of an airplane crash or a canoe overturning, you could attempt to walk out if you have a map and a compass and are not more than a few days from a road, a railway, or a human habitation. Otherwise you should stay. Do not risk getting lost. Searchers are more likely to find you if you are near an aircraft.
The first rule in a wilderness emergency is to keep your clothing and equipment in good repair. Your personal survival kit should contain a couple of needles and some strong thread. Mend any rips in your clothing. Sew on any buttons that may have come loose. Heated resin from evergreens makes good glue.

Strips of green deer or moose hide make good bindings. As the hide dries, it will shrink and pull tighter.
There is a way of repairing most clothing and tools in the wilderness axes, knives, gunstocks, punctures in canoes, and so on - by using a bit of ingenuity.

SHELTER

The first thing you must build is a shelter. What kind of shelter will depend on the materials at hand, including what material you may have with you. A shelter can be made from evergreen branches, bullrushes and reeds, sod, bark, slabs of rocks, or even snow blocks. Canvas or plastic sheeting is excellent.

A lean-to structure is the easiest to build. It should have at least a forty-five degree slope to its roof to shed rain. Roots or strips of bark or animal hide can be used as lashings. Do not make your shelter larger than necessary to hold you and your gear. The larger the shelter, the harder it will be to keep it warm. In cold weather, do not neglect to insulate the floor with evergreen boughs or, even better, with dry grass or rushes. Loose snow is an excellent insulating material for sides and roofs.

Do not neglect natural shelters such as caves, if they are not damp or occupied by bears. Spruce trees with branches to the ground can also make good snug shelters in winter. However, more branches may be needed to reinforce them. The only disadvantage with such shelters is that no fire can be built inside, lest it melt the snow. Snow houses are also potential shelters in the far north during winter, but

a snow saw-knife is needed to build one. Only a downed aircraft would carry such an implement.

Shelters should be located in places that protect them from wind. Summer may be the only exception to this because of insects. In summer, windswept areas have fewer blackflies and mosquitos. Remember, southern exposures are always warmer.

FIRE

Once a shelter has been built, a fire is an important consideration. To warm the shelter, build the fire as close to the opening of the shelter as safety will allow. Construct a log reflector behind the fire to reflect heat towards the shelter. If possible, use only dead, standing trees for firewood. These will be drier and will give better heat. Dead trees on the ground tend to be wet and burn poorly.

Make sure that you build a good fireplace of rocks or mineral soil so that your fire will not accidentally spread. A forest fire might leave you in an even worse predicament. In winter, do not build your fire near evergreen trees laden with snow. The heat may cause the snow to slide down. Shelter the fire from wind or build your fireplace on the lee side. Do not use rocks that might explode - limestone in particular - around a fire. Watch out for sparks and flying embers. They could burn holes in your clothing or sleeping bag.

Obviously anyone venturing into the bush, even if he is planning to stay on the fringes, should carry an ample supply of strike-anywhere matches in a waterproof container. In fact, I always carry two containers - the second one holding special wind-resistant and

water-resistant matches. A cigarette lighter is also a good bet as long as the fuel lasts. I would not advise anyone going into the bush with only a lighter. A flint and steel should be a part of every personal survival kit.

Save your matches! This is one of the axioms of survival. Use tinder such as dry moss, grass, dry shredded cedar bark, or dry birch bark to start a fire. Have plenty of it on hand. If tinder is not handy, make feather sticks of dry soft wood for lighting fires. If you have a steel and flint in your survival kit, use it instead of matches. At night, bank your fire so that you can start a new one from the hot embers in the morning. This is an old Indian trick - it saves matches.

In an emergency, ammunition can be used to start a fire. How? It's easy. Simply remove the bullet or shot and wad from a round, and pour half the powder into a bed of tinder. Then place a bit of cotton, soft cloth, or dry moss or lichens into the round as wadding. Fire the gun in the air. The wadding should burst into flames and can then be placed on the tinder.

On sunny days, convex lenses such as magnifying glasses, miner's lenses, or lenses from cameras, rifle 'scopes, or binoculars can be use to start a fire by focusing the lens with a hot pinpoint on tinder. Film is also very highly flammable and a lens will ignite it almost immediately. A battery from a downed aircraft or wrecked power boat can produce an electric arc, and a gasoline-dampened rag or tinder will ignite instantly. But do not try this near the aircraft.

SIGNALS

There are a large number of signals that a lost person can use. Priority should be given to smoke signals. You may be in a wilderness area, but perhaps not so deep that a forest-fire tower or a fire patrol aircraft cannot be able to spot you.
In a clearing, build three signal fires at least a hundred feet apart in a triangle. If this is not feasible because you are in thick bush, build three fires in a line or on a lakeshore or riverbank. These should be built near your shelter so that you can light them quickly if you hear an aircraft overhead.

Build these fires from dry wood, but additional fuel should be green branches, moss, grass, or leaves anything that will smoke heavily. Rubber and oil from aircraft make lots of black smoke. Do not try to keep the fires burning all the time or you will waste too much energy feeding them. But have the fires ready to start at a moment's notice. Keep the wood dry in case of bad weather by covering it with evergreen boughs.

These can be burned later to create smoke.
Light signals are also effective. The best one is a "torch tree". It is visible for many miles. To do this, select a lone-standing evergreen with thick foliage. Dry, highly flammable material such as bark, kindling wood, or moss among the lower branches is necessary. Then build a big bonfire around the trunk of the tree at the base. As the bonfire flares up, it will ignite the tinder in the branches and start the entire tree burning like a huge torch.

Again, you should have the torch tree prepared ahead of time so that when you hear an aircraft you will be ready to signal. A torch tree can be started in the winter by knocking off all the snow and ice

from the tree. If you start a couple of smaller fires near your intended torch tree, the heat from them will knock the snow off and help to dry the torch tree off. Torch trees throw sparks. So exhibit caution and vigilance against possible forest fires.

Gasoline and oil from a downed aircraft can be used to start big flash fire when a search aircraft is used.
A bed of grass or soml~ cloth can be used for this gasoline oil fire.
Three of anything - three shots, three whistle blasts, three flashes of a signal mirror - is the international distress code. This is the code you should use when signalling to searchers.

GROUND-TO-AIR SIGNALS

After you have prepared your smoke signals and torch tree, build some ground-to-air signals. These can be constructed from evergreen branches on snow or on a sandy beach. Peeled logs or white birch logs are good on a dark background. Sand, large rocks, and stones can also be used. The more contrast you can create between the signals and their background, the more easily they will be seen. Size is also important. They must be fifty feet long and longer if possible.
Be sure the terrain is reasonably safe for aircraft to land - that the lake is deep enough with no boulders, that there are no hidden rocks on the tundra, and that the terrain will support a light aircraft. If an aircraft cannot land, you may have to walk out.

FOOD AND WATER

A man with a full belly can withstand hardships that a starving man could never endure. Water is generally a problem only in dry country. A man lost in the deserts of the southwest or northern Mexico will be in serious trouble if he doesn't find water.

It is impossible for an uninjured, knowledgeable, and skilled outdoorsman to die of hunger in the temperate regions of this continent during the spring, summer, or autumn months. There is just too much food around. Even in winter, there is still plenty of food, but harvesting it is more difficult. Food is likely to be a more serious problem in the Arctic. But even here, a man with a rifle can survive.

The subject of food gathering - hunting, snaring, trapping, fishing, and harvesting edible plants and fruits
- is so vast that I can only touch upon it in this chapter. However, I must state that there are very few creatures on this continent that a man should not eat, and certainly no fresh-water fish that are harmful.

If you ever become lost or stranded in the wilderness, immediately conserve any emergency rations you may have. If you can add to your food supply by harvesting any animals, fish, or edible plants, do so, even if you expect to be found or rescued the next day. Having an ample supply of food will give you confidence even if you are not rescued when expected. There is something about having a supply of food that is comforting to the human mind - a sort of hoarding instinct.

For example, I know a man who once got lost on a moose hunt. He was worried. From a high ridge he spotted a fairly large lake and decided that that was where he should stay while waiting to be found. On his way to the lake, he encountered a moose, which he promptly shot. After he dressed the moose and skinned it, keeping the hide intact to use as a blanket, he built a small lean-to against an overgrown tree near the shoreline of the lake. He built three smoke fires and waited. The second day after he was lost, he heard an aircraft. The aircraft spotted his smoke fires, landed on the lake, and rescued him. It even hauled out his quartered moose. The man was at no time worried about not surviving. He knew that he had enough food for a long time and this gave him the confidence he needed to settle down and wait to be rescued.

EDIBLE PLANTS

Green plants such a spruce tips, willow tips, leaves of Labrador tea, dandelion leaves, and many others are a good source of vitamin C. The best way to ingest this is to drink tea made from such leaves. Rose hips, the fruits of the wild rose, also have a high vitamin C content. Another good source of vitamin C is the cambium, the inner layer between the bark and the wood of poplar, jack pine, and spruce.

The flowers of many wild plants in North America are safe to eat. The roots of cattail, wild carrot, tiger lily, lady's slipper, arrowhead plant, vetch, and other plants with thick fibrous roots are good sources of carbohydrates. They can be eaten raw or boiled. The roots of the water lily are edible when boiled twice or even three

times, but the water should be changed between boilings to remove the acrid flavor.

Greens such as dandelion leaves, young green milkweed pods, young waterlily seed pods, the lower inner core of young cattails, and young pigweed can all be eaten raw or stewed. Fiddleheads, the fronds of ferns, are delicious.

Berries are another source of food. Almost everyone knows the common ones such as blueberries, raspberries, blackberries, cranberries, and wintergreen. But be careful with others unless you can positively identify them. Red and white berries are more prone to be poisonous than not, unless you know them.

Avoid any black or bluecolored berries in bunches. If you come across berries you don't know and want to try them, eat only a few and wait twenty-four hours for a reaction. Then eat a little more and wait again. If, after the second twenty-four-hour period, nothing unpleasant has occurred, the berries are probably safe. Other fruits such as wild cherries, acorns, and nuts of all kinds are safe to eat.

Among the lower plants, lichens can be eaten. Scrape these off rocks and stumps. They can be eaten boiled, dried, or dried and powdered, and used in stews and soups. The lemon lichen is edible and very common. Mushrooms should be eaten only by those who know them. Although only a few are poisonous, these can be deadly. Generally speaking, anything that birds and animals eat is likely to be safe for you to eat, but always make the sample-and-wait test before eating something new or unknown.

Two very poisonous plants are the baneberry with its cluster of red and white berries and the water hemlock whose purplestreaked leaves have a foul odor when crushed. There are no poisonous plants above the tree line in the Arctic.
The water hemlock is one of the relatively few poisonous plants in the outdoors. Other deadly plants include some of the mushrooms and the baneberry.

WILDLIFE

Aside from some of the insects, particularly caterpillars, you can eat just about anything in the way of animal life. Large earthworms, snails, grasshoppers, and crickets are all edible. Grasshoppers or locusts have a nutty flavor when roasted, and are considered a delicacy in the Middle East. Frogs, lizards, and snakes (even the poisonous ones) can also be eaten. Indeed, snakes are reputed to be quite tasty.

However, mammals, birds, and fish are generally more important to a man trying to survive, if for no other reason than because they are larger and more abundant. While plant materials and some of the invertebrate animals can be gathered with the bare hands, this is not the case for fish, birds, and mammals. You will have to have or make traps, snares, or weapons. Snares and traps are the most effective way of taking small mammals and birds.

Rabbits can be easily taken by snares of different types. The snares should be set on known rabbit runs. These are easy to find in thick cover or when snow is on the ground. Squirrels can also be taken on

snares set on leaning poles against trees. It is wise to set two or three snares in succession, because often squirrels travel in pairs.

Big game such as deer can also be snared. There are essentially two types of snares for this. One is the
Apache foot snare which snares the animal's foot and is anchored to a log which the animal must drag.

The other is a neck or head snare set about eighteen inches off the ground. The noose must be about twenty-four inches in diameter. This snare is also anchored to a log or a very strong whippy sapling. These snares must be set on known deer trails.

Snares can be made of almost any kind of rope or wire. Certainly wire snares are superior to anything else because they are thin, difficult to see, and easy to bend into position. For big game, the snare has to be very strong because a snared animal will exert a great deal of force in its frenzy to get away. Snares for small game can be made from strips of deer skin or moose hide, strong string, or heavy fishing line. I have even used boot laces. Most small game snares are lethal. They kill the animal almost instantly.
Every survival kit should contain a coil or two of snare wire.

Fur-bearing animals such as foxes can be taken with a stone beehive trap baited with fish. Dead-fall traps can also be used. Birds can be caught in the Ojibway bird snare. The Canada jay or whiskeyjack is particularly vulnerable. Gulls can be caught on baited fish hooks. Grouse - ruffed, blue, and spruce – can frequently be caught on a noose on a pole. Indeed, often grouse can be killed with rocks. In the wilderness, these birds are usually very trusting. The eggs and

young of birds are very nutritious. Nests of ground-nesting birds are easy to find on the Arctic islands. Geese can be killed with clubs during their flightless stage of moult.

Generally mammals cannot be taken without a weapon. A club is the easiest weapon to make. A club is all a man needs for a porcupine. A rap on the head will kill this spiny animal instantly. A porcupine should be skinned from its bare belly. If you see porcupine damage on the branches of trees, watch carefully. You will probably encounter more porcupines in trees, and they are easily shaken down.

The only other mammals that can be killed with a club are lemmings and mice. Lemmings in particular may be a very important source of survival food in the Arctic regions. Such aquatic mammals as beavers and muskrats are also easily killed with a club, if you can catch them on shore. If you see beaver activity, watch carefully. Sit down and wait. Perhaps you can catch one by cutting off its escape route once it goes on land.

Other simple weapons are: throwing sticks for birds and small mammals, a catapult made from any rubber or elastic in an aircraft, or even a bow and arrow. But usually these weapons are not very effective and practice is needed with them to achieve a fair degree of proficiency.

A firearm is invaluable for survival. Normally aircraft flying over wilderness areas carry guns in their survival kits. In hunting for survival, one must forget any sort of sporting ethic. Your ability to survive depends on your skill as a hunter. The man who knows

intimately the habits and habitat requirements of wildlife is bound to be more successful as a hunter. The basic rules of hunting are: move quietly and slowly; look a lot; move upwind or cross wind; watch for game signs such as well-worn game trails, tracks, droppings, feeding activities, dens, holes, and salt licks. In dry country, water holes are good places to wait downwind.

Remember that any bird or mammal can be eaten - even such fur-bearing animals as mink, martens, fishers, foxes and wolves. The various ground squirrels, marmots, and woodchucks are all edible. Such animals as otters, lynx, bobcat, and cougar have a reputation of being very tasty. Owls are said to be indistinguishable from grouse in a stew pot.

Remember not to waste ammunition. Kill the biggest animal you can find. Deer, elk, moose, and bears are all very good to eat. So are seal, caribou, muskox, and polar bear in the Arctic regions. Any sort of firearm is better than none. In an emergency, game can be killed with a shotgun loaded with bird shot if the hunter can get close enough. Big game can also be killed with a small-bore rifle such as the common .22 rimfire. However, center-fire rifles of .30 caliber are the best choice for big game animals, while a twelve-gauge shotgun is the most efficient type of firearm for small game.

A Mauser-type bolt-action rifle is an excellent choice for an aircraft and for wilderness expeditions because of its simplicity, ruggedness, and dependability. The well-known .30, 06 caliber is probably the wisest choice. A double-barrelled shotgun with two triggers is the best type of shotgun. It is rugged and simple, it can be dismantled

readily to fit into a small place and, above all, it is really two guns in one.

Should the firing pin break on one barrel, the other barrel can still be used. Also, one barrel of such a gun can be loaded with bird shot for small game while the other barrel can be loaded with rifle slugs or buckshot for big game. The hunter is then prepared for any type of game he may encounter.

Another excellent survival firearm is the combination over-and-under. With such a gun one barrel is a rifle barrel and the other is a shotgun. The combination over-and-unders are made in many different rifle calibers and shotgun gauges in Europe, including .30, 06 and twelve gauge. Unfortunately these guns are very expensive, $500 or more. However, there is a suitable over-and-under made in the United States - the Savage Model 24V. This is available in .30-30 and twenty gauge, three-inch magnum barrels.

The twenty-gauge magnum comes close to being as effective as a twelve gauge. The .30-30 cartridge is not as good as the .30, 06 for very big game such as moose and elk, but it is ample if a hunter gets close enough and places his shot well. The advantage of an over-and-under is that one firearm is both a rifle and a shotgun. The Savage Model 24V is a simple, rugged gun, and at the same time it is short and light.
It can be taken down for storage. Its current list price is a little less than $100.

Fish can be an important source of food. During spawning runs in the spring or fall, many species of fish - pike, trout, char, salmon, and

suckers - are particularly vulnerable. Dams of various kinds can be constructed in the shallows to trip or contain the fish. They are also more vulnerable to spearing and snagging at this time. A surprisingly efficient fish spear can be made from a tri-fork of a green hardwood limb that has been baked in a fire to harden. The points should be sharp and, if possible, have barbs.

Of course fish can also be caught on hooks and line. Certainly every personal survival kit should have strong line, hooks of various sizes, and some artificial lures such as spoons and spinners. Hooks can also be fashioned from nails, pins, animal bones, and shells. Metal can be heated in a fire and crude hooks pounded and bent with stones.

Lures can be fashioned from shiny metal. The bowl of a soup spoon makes a very fine fishing spoon once a hook is attached. Brightly colored bits of cloth and bits of aluminum foil can also be used as lures. Meat of any kind, particularly the less edible parts of fish, and, of course, large insects, frogs, crawfish, and earthworms all make suitable bait.

An aircraft should carry a good length of fishing net - nylon gillnet being best - fully equipped with sinkers and floats. Fishing with a net is far more effective than fishing with a hook and line. Once the net is set, it works continuously. A net can be set just about anywhere, including under the ice, by being passed from one hole to another with notched sticks. The places to set a net are near steep drop-offs, entrances of weedy bays, stream mouths, and pools below rapids - in short, the kind of places that fish frequent.

COOKING AND PRESERVING MEAT

My first piece of advice is not to waste anything. Almost every part of an animal can be eaten except the bones and hair. Aside from such internal organs as the liver, heart, and kidneys, other parts such as the lungs, stomach, intestines, and brain can all be eaten. (Only the liver from the polar bear is poisonous because of its high vitamin A content.) The long bones of legs can be cracked open for their nourishing marrow. Do not waste any fat, even if you cannot eat it now. You may need it later to eat with lean meat such as rabbits. Fat may also be used to make leather boots waterproof and to soften dry skins.

Do not waste any skins or hides. When you skin an animal, do it in such a way that the skin remains intact. The skins can be used for blankets, coverings, clothing, or for making into rope.
Game and fish can be cooked in a number of ways. If you have a large survival kit from an aircraft, no doubt it will contain cooking utensils. The task of cooking is much easier then. But game and fish can be cooked over an open fire by broiling it on a green stick over the coals and flames. This is probably the best way to cook small game, birds, and fish. Chunks of moose or caribou meat or chunks of a big fish can also be cooked in this way.

Strips of meat can also be cooked directly on coals or on any sheets of metal placed on the coals. Fish can be split open and attached to a slab of a log and cooked that way. Both fish and meat can be baked in hot coals by coating the fish or meat in clay. The scales or skin should be left attached to the fish. Do not eat any fish raw because of

parasites, but deer, moose, and caribou can certainly be eaten rare like beef.

However, bear meat should be cooked well like pork and for the same reason - it can cause trichinosis when eaten raw.
Meat and fish can be preserved in a number of ways. Freezing is the simplest. But they can also be cut into thin strips and fillets and dried in the sun and wind or over a smoky fire. Large chunks of meat can be preserved in coolish weather simply by hanging them in a cool, dry, and breezy spot and letting a hard crust or rind form around them. This rind is cut away when the meat is eaten. Moisture is the big culprit behind meat spoilage. If a mold forms on the outside of moist meat, cut or scrape the mold away and eat the meat. The mold is just a fungus. In warm weather cooked meat of any sort keeps better than raw meat.

Smoking is a very effective way of preserving meat. A simple smoke house can be built on a steep bank.
Just dig a trench up the bank and cover it with branches and sod. The fireplace is at the bottom of the trench. A shelter or smoke chamber is constructed in the form of a tepee at the top using bark, skins, canvas, or sticks covered with sod. The smoke will travel up the trench into the smoke chamber.

Hardwoods are the best bet as far as woods used for smoking are concerned. If possible, avoid evergreens which, due to their gums and resins, have a tendency to give the meat an off-flavor. In the Arctic, permafrost provides good cold storage. Dig a hole until you hit it. Put your meat in, preferably wrapped in something, and bury it.

Surplus food should be stored or cached so that it is safe from would-be robbers - mice, birds, and bears.
Hanging meat ten to fifteen feet off the ground will protect it from bears but, unless it is covered,
Canada jays and even ravens will get at it. Evergreen branches can be hung around it to ward off at least some birds.

SURVIVAL KITS

Ideally this equipment should be contained in a canvas or leather pouch. The personal survival kit must be light enough and small enough to fit into the pocket of a jacket or on a belt.
It should contain a small folding knife, a small compass, a signalling mirror, a whistle for signalling, fishing line, hooks, three or four lures, snare wire, a waterproof container of strike-anywhere matches, a flint and steel for starting fires, a container of waterproof and wind-resistant matches, two cubes of chemical fire starter in case no dry tinder can be found, needles and strong thread, and a couple of sticks of freeze-dried meat or salami. Besides this the outdoorsman should carry on his person a good knife plus a fairly sophisticated compass and a small pocket stone in a leather sheath for touching up the knife's edge.

A survival kit for an aircraft should contain a personal kit along the lines mentioned above, plus a firearm and ammunition, an ax, a folding shovel, emergency rations (canned or freeze-dried), cooking utensils, tough plastic sheeting or a piece of canvas for shelter. All this should be in a kit bag or duffel bag. The aircraft should also carry sleeping bags plus a small tent.

FILE A FLIGHT PLAN

Just as aircraft file flight plans on where they are going, so should you. No one should ever venture into the wilderness without telling someone, preferably two or more people, where they are going and when they will be back.

If you are hiking, hunting, or fishing in the wilderness out of the main camp, tell your partners in which direction you are going. Arrange a signal - three shots or a signal flare fired from a rifle for a specific hour at night if one of you fails to return by nightfall. If you are going on a wilderness canoe trip, tell the forest ranger or local game warden when you expect to be back, with instructions that if you are two days late to organize a search.

If you are camped alone somewhere and are going out for a day's hike, leave a note at your campsite telling where you are going and when you expect to be back. If you have driven to a spot to fish or hike for a day, leave a note on your car windshield.

FIRST AID IN THE OUTDOORS

Everyone should know a bit of first aid, but such knowledge is even more essential for an outdoorsman who frequently is far from a hospital or doctor. Knowing what to do when a calamity strikes could ease pain or suffering, and even prevent death.

The basic techniques for first aid are simple. There is no reason for not knowing them. With a little knowledge of first aid and a firstaid kit such as the one described in the previous chapter, you can handle most minor mishaps.

GENERAL RULES

Whether treating a victim of an accident or illness, there are several basic rules you must follow in administering first aid. They are:

1. Remain calm. Carry out your first-aid tasks quickly, quietly, and with an absolute minimum of fuss and panic.
2. Check the breathing of the victim. Give artificial respiration if breathing has stopped. With this procedure, every second counts.
3. Check bleeding. Do not touch burns or injuries with your bare hands.
4. Do not move the patient unless you are certain he can be moved safely.
5. Reassure the patient and keep him calm, warm, and comfortable.
6. Do not administer liquids to an unconscious person.
7. Watch for symptoms of shock.
8. Do not attempt too much. Do the minimum that is essential to save life and to prevent the condition from worsening; but remember, you are only a layman.