

# SURVIVAL

## A. SURVIVAL TECHNIQUES

Discussed here are some important pointers that you should remember when you find yourself and your men in a life-threatening situation. These pointers could be best remembered by the acronym: **SURVIVAL**.

1. **SIZE UP THE SITUATION.** Size up the situation by considering your own capability as an individual, your surroundings and the totality of the situation you are in, your equipment and available supplies.

2. **UNDUE HASTE MAKES WASTE.** Remember that if you will not deliberately plan your moves you are bound to waste a lot of your energies and resources. Keep yourself calm, take stock of the resources available to you and plan how you are going to utilize them to survive. Do not be too eager to move.

3. **REMEMBER WHERE YOU ARE.** Carefully plan all your movements so that you will not get lost. Always remember where you are in relation to the enemy controlled areas and the location of friendly units and controlled areas. You should also know the location of local water sources.

4. **VANQUISH FEAR AND PANIC.** Take control of your fears and do not panic. You can reduce the adverse effects of fear by hoping for the best but expecting and preparing for the worst eventuality. Maintain your optimistic attitude and learn to accept the fact that the situation may further turn to worst.

5. **IMPROVISE.** Be resourceful and try to make-do with available materials in the area to improve your living conditions. Learn to subsist and live with unpleasant conditions that you may encounter. Improvise a shelter using indigenous materials that are available in the area. Learn to use natural things around you to improve your living condition. Use your imagination.

6. **VALUE LIVING.** Never lose hope and remain a true fighter. Preserve your health and conserve your strength. Hunger, cold and fatigue lower the efficiency and stamina of an individual but your refusal to give into problems and obstacles that you face, will give you the mental and physical strength to endure. Think of your loved ones who are concerned and are praying for your safe return. Never forget your goal to “*get out alive*”.

7. **ACT LIKE THE NATIVES.** Learn the methods and techniques that are used to survive by the indigenous people living in the area. Watch their daily routine and learn how to gather, catch and prepare foodstuff that are abundant in the locality. Befriend them that they may help you survive in their natural environment. Know when, where, and how they get their food and where they get their water.

8. **LEARN BASIC SURVIVAL SKILLS.** Learn from the local residents in the area some basic survival skills on how catch wild animals for food and how to build adequate shelter from available materials for your protection against the harsh elements. Live by your wits to constantly improve your chances of survival.

## **B. SURVIVAL**

1. **SURVIVAL TECHNIQUES.** With training and your “*will to survive*”, you will find you can overcome the obstacles you may face. Such positive attitude bears directly on how well you cope with serious stresses, anxiety, pain, injury, illness, cold, heat, thirst, hunger, fatigue, sleep deprivation, boredom, loneliness and isolation. Here are some general pointers on how to survive in tropical jungle environment:

- a) Night normally comes in a jungle environment early and darkness sets very fast. Prepare for bed early while there is still light.
- b) Be ready for sudden drops of temperature especially during wet season. Avoid directly sleeping on the ground due to the insects and the chill
- c) Protect yourself against insects that abound in the jungle. Tuck in you trousers into your boots and keep your sleeves rolled down and buttoned. These will prevent ticks, leeches, scorpions, centipedes, spiders and other small insects from getting to your skin.
- d) Use your clothing to protect you against scratches, which when left unattended can later cause serious infection. Treat all wounds, no matter how small by washing them promptly with soap and water, applying available medicinal ointment and covering them with clean dressing.
- e) Do not be bothered by the strange and unknown sounds that you may hear in the jungle at night. The howls, screams and loud crashing sounds and other harmless wildlife.
- f) Avoid making camp on depressions and low areas, such as valleys or dry riverbeds. During sudden and prolonged rain, these areas may dangerously be flooded. Also do not camp below ravines and cliffs which may be eroded by the rain.

2. **OBTAINING FOOD.** Food is necessary for survival since the nutrients they provide keep the body organs functions. When in a survival situation, you must know how to look for. Collect and prepare food. Here are some important pointers on how to obtain them:

- a) **Plant Food.** There is a wide variety of edible plants, however, you must be knowledgeable in choosing which plants, or which of its parts are edible, so you will not be poisoned.
  - 1) If possible, find out from the natives which of the plants thriving in the area are edible. Also try to learn from what are the medicinal herbs in the locality.

2) Watch which of the leaves, fruits, or any other parts of the native plants are being eaten by the by the local fauna. For example, most of the plants that monkeys and birds eat are edible. However, beware of poisonous plants. Never eat large quantities of strange plant food without first testing them in small quantities. Most roots of succulent plants are edible, but they must be cooked thoroughly.

3) Tasting or swallowing even a small portion of some can cause severe discomfort, extreme internal disorders, or death. Therefore, if you have the slightest doubt as to the edibility of a plant, apply the following procedures for the **Universal Edibility Test**:

a) Test only one part of a potential food plant at a time. Break the plant into its basic components, leaves, stems, roots, buds and flowers.

b) Smell the food for strong or acid odors. Keep in mind that smell alone does not indicate a plant is edible.

c) Do not eat for 8 hours before starting the test. During the time you are abstaining from eating test for contact poisoning by placing a piece of the plant you are testing on the inside of your elbow or wrist. Usually 15 minutes is enough time to allow for reaction.

d) During the test period, take nothing by mouth except purified water and the plant part being tested.

e) Select a small portion and prepare it the way you plan to eat it.

f) Before putting the prepared plant part in your mouth, touch a small portion (a pinch) to the outer surface of the lip to test for burning or itching.

g) If after 3 minutes there is not reaction on your lip, place the plant part on your tongue, holding there for 15 minutes.

h) If there is not reaction, thoroughly chew a pinch and hold it in your mouth for 15 minutes. Do not swallow!

i) If no burning itching, numbing, stinging or other irritation occurs during the 15 minutes, swallow the food.

j) Wait 8 hours. If any ill effects occur during this period induced vomiting and drink a lot of water.

k) If no ill effects occur eat ½ cup of the same plant part prepared the same way. Wait another 8 hours. If no ill effects occur, the plant part as prepared is safe for eating.

4) Do not eat unknown plants that have the following characteristics:

a) Have a milky sap or a sap that turns black when exposed to air.

b) Look like mushrooms and fungi.

- c) Resemble onion or garlic.
- d) Have carrot-like leaves, roots or tubers.

b) **Animal Food.** Animal food contains the most food value per unit weight. Generally anything that swims, flies, crawls or creeps is a possible source of food. However, you must first catch, kill, butcher and often cook the animal before you can eat it. You must also learn how to properly preserve (by drying) and store them in order that they will not spoil. Here are some practical pointers on how to obtain animal food:

- 1) All four legged animals are normally edible. Cook as soon as possible after killing them.
- 2) All eggs and insect larvae are edible.
- 3) Most reptiles are edible, but learn to recognize poisonous toads. To be safe, consider that the edible part of a snake is that part left after cutting six inches from the head.
- 4) All seaweeds, crustaceans and mollusk are also generally edible. However, to be safe, always cook them if possible.
- 5) Almost all fish caught in rivers and seas are edible, you can catch fish by using a net across a small stream or by making fish traps and baskets. Improvise fishhooks and spears and use them for conventional fishing, spearing and digging. A caught fish spoils quickly especially on a hot day, so prepare fish for eating as soon after you catch them. A spoiled fish is dangerous to eat. Although cooking may destroy the toxin from bacterial decomposition, do not eat fish that has suspicious color, peculiar odor, slimy rather than moist, and when it has sharp and peppery taste.
- 6) To dry fish in the sun, hang them from branches or spread them on hot rocks. When the meat has dried splash it with seawater, if available. Do not keep any seafood unless it is well dried or salted.

3. **SETTING TRAPS AND SNARES.** An unarmed survivor or an evader who would rather not use his rifle in order not to be discovered by the enemy, trapping or snaring wild game is a good way to obtain needed animal food. Several well-placed traps have the potential to catch much more game than a man with a rifle is likely to shoot. Here are some useful tips on how to construct and install traps for small games:

- a) To be effective with your trap or snare, you must be familiar with the species of animal you intend to catch and must be knowledgeable of the techniques in constructing an effective traps and snares.
- b) There are no catchall traps you can set for all animals. You can determine what animal species are in a given area by look for animal trails, their tracks, droppings, nesting sites and their feeding and watering areas.
- c) Position your traps and snare where there is a proof that animals pass through. You must determine if it is a "run" or a "trail". A trail will show signs of use by several species and will be rather distinct. A run is usually smaller

and less distinct and will only contain signs of one species. You may construct a perfect snare, but it will not catch anything if haphazardly placed in the woods. Animals have bedding areas, waterholes, and feeding areas with trails leading from one to another. You must place snares and traps around these areas to be effective.

d) For an evader in a hostile environment, trap and snare concealment is important. It is equally important, however, not to create a disturbance that will alarm the animal and cause it to avoid the trap.

1) If you must dig, remove all fresh dirt from the area. Most animals will instinctively avoid a pitfall-type trap.

2) Prepare the various parts of a trap or snare away from the site, carry them in, and set them up. Such actions make it easier to avoid disturbing the local vegetation. Thereby alerting the prey.

3) Do not use freshly cut, live vegetation to construct a trap or snare. Freshly cut vegetation will “bleed” sap that has an odor the prey will be able to smell. It is an alarm signal to the animal.

4) You must remove or mask the human scent on and around the trap you set. Although birds do not have a developed sense of smell, nearly all mammals depend on smell even more than on their sights. Even the slightest human scent on a trap will alarm the prey and cause it to avoid the area.

5) Removing the scent from a trap is difficult but masking it is relatively easy. Use the fluid from the fall and urine bladders of previous kills. Do not use human urine.

6) Mud, particularly from an area where there is plenty of rotting vegetation, is also good. Use it to coat your hands when handling the trap and to coat the trap when setting it. In nearly all parts of the world, animals know the smell of burned vegetation and smoke. It is only when a fire is actually burning that they become alarmed.

7) Traps or snares placed on an animal “**trail**” or “**run**” should use canalization. To build a channel, construct a funnel-shaped barrier extending from the sides of the trail toward the trap, with the narrowest part nearest the trap. Canalization should be inconspicuous to avoid alerting the prey.

8) As the animal gets to the trap, it cannot turn left or right and continues into the trap. Few wild animals will back up, preferring to face the direction of travel. Canalization does not have to be an impassable barrier. You only have to make it inconvenient for the animal to go over or through the barrier. For best effect, the canalization should reduce the trail’s width to just slightly wider than the targeted animal’s body.

4. **MAKING TRAPS AND SNARES.** A *snare* is a noose that will slip and strangle or hold any animal caught in it you can use inner core strands of parachute suspension lines, wire, bark of small hardwood saplings as well as hide strips from previously caught animals to make snares. A **trap** on the other hand is a contraption that

is triggered by an action of prey, wherein a door or gate closes in position to trap in a confined space. Following are the procedures on how to make simple snares and traps, which you could use to catch small animals for food:

a) **Treadle Spring Snare.** A treadle Snare is used to catch small animal or fowled on a trail. First, dig a shallow hole in the trail. Then drive a forked stick (fork down) into the ground on each side of the hole on the same side of the trail select two fairly straight sticks that span the two forks. Position these two sticks so that their ends engage the forks. Place several sticks over the hole in the trail by positioning one end over the lower horizontal stick and the other on the ground on the other side of the hole. Cover the hole with enough sticks to that the prey must step on at least one of them to set off the snare. Tie one end of a piece of cordage to a twitch-up or to a weight suspended over a tree limb. Bend the twitch-up or raise the suspended weight to determine where you will tie a 5 centimeter or so long trigger. Form a noose with the other end of the cordage. Route and spread the noose over the top of the sticks over the hole. Place the trigger stick against the horizontal sticks and route the cordage behind the sticks so that the tension of the power source will hold it in place. Adjust the bottom horizontal stick so that it will barely hold against the trigger. As the animal places its foot on a stick across the hole, the bottom horizontal stick moves down, releasing the trigger and allowing the noose to catch the animal by the foot. Because of the disturbance on the trail, an animal will be wary. You must therefore use canalization.

b) **Locking Loop Snare.** This locking type snare will tighten as the animal struggles to escape, thus preventing it from getting away. Use lightweight wire to make this snare, i.e., trip wire from vehicle or aircraft electrical system. To construct this snare, cut a piece of wire twice the length of the desired snare wire. Double the wire and attach the running ends to a securely placed object, such as the branch of a tree. Place a stick about ½ inch in diameter through the loop end of the wire; holding the wire taut, turn the stick in a winding motion so that the wire is twisted together. You should have four to five twists per inch. Detach the wire from the branch and then remove the loop from the stick; make a figure 8 in the ½ inch loop by twisting the loop over itself then fold the figure 8 so the small loops are almost over lapping; run the loose wire ends through these loops. This forms a stiff noose that is strong. Tie the loose end to the stick (for a drag noose square) or branch you are using to complete the snare. This is an excellent snare for catching relatively large animals.

c) **Drag Noose Snare.** This type of snare is easy to make and may be effective in catching medium size animals it also allows you to move away form the site where you constructed it. To make the drag noose snare, make a loop.

d) **Deadfall Trap.** Trapping small games can also be accomplished through the use of deadfall traps. To construct it, look for a considerably heavy log, slab of rock or anything that would kill a small game if it falls on it. Make the stick-triggering device (shown above) and rest the **deadfall** on it. The moment that an animal feed on the bait attached on the bait stick, any movement will trigger the heavy weight to drop on it, and thus kill of incapacitate it.

5. **PRESERVING ANIMAL FOOD.** If the situation and time allow, you should preserve the extra meat for later use. Here are simple procedures. Which you could follow to preserve meat:

a) If the air is cold enough, you can freeze the meat after cutting it in thin strips. In warmer climates however, you will need to use a drying or smoking process to preserve meat.

b) One night of heavy smoking will make meat edible for about 1 week. Two nights will make it remain edible for 2 to 4 weeks.

c) To prepare meat for drying or smoking, cut it with the grain in quarter inch strips. To air dry the meat, hang it in the wind and hot sun out the reach of animals; cover it so that blow flies cannot land on it.

d) To smoke meat, you will need an enclosed area – for instance, a teepee or a pit. You will also need wood from deciduous trees, preferably green.

e) To make salt which is a very important in preserving meat and fish, boil salt water (if available) repeatedly until salt crystals form under the container. If there are no containers. If there are no containers, or when you have no way to boil it, simply leave under the sun a pool of sea water and allow to dry for several days. The sea water will eventually be concentrated enough that you may dip into it the thin strips of meat or fish before you dry them directly under the sun.

6. **LOCATING SOURCE OF WATER.** Water is one of your most urgent needs in a survival situation. You can't live long without it, especially in hot areas where you lose so much through sweating. Even in cold areas, you need a minimum of 2 quarts of water a day to maintain efficiency. More than three-fourths of your body is composed of fluids. Your body loses fluid as a result of heat, cold, stress and exertion. The fluid your body loses must be replaced for you to function effectively. So, one of your first objectives is to obtain an adequate supply of water.

a) **Purify Contaminated Water.** Purify all water before drinking, either by boiling for at least one minute or by adding 8 drops of 2 – ½% solution of iodine to a quart (canteen full) of water and letting it stand for 10 minutes before drinking.

b) **Collect Rain Water.** Rain water collected directly in clean containers or on plants is generally safe to drink without purifying.

c) **Locate Sites for Wells.** In a desert environment water has a tremendous physiological effect on soldiers. If a unit does not plan properly and cannot be re-supplied, their water supply could run out. There are four indicators or signs of water that you should look for in the desert. There are, animals trails, vegetation, birds and civilization. Adequate water supply is critical in a hot desert environment if a unit is to survive and maintain the soldier's physical condition necessary to accomplish the mission. Unit leaders must enforce water discipline and plan for water re-supply.

d) **Look for Water-rich Plants.** Succulent plants abound in tropical forest. Find out from the natives (if they are friendly enough) what these plants are and how to extract water from them. Otherwise, you have to painstakingly collect water from dew and fog on leaves early in the morning drop by drop.

e) **Construct Survival Water Still.** For the below ground still you will need a digging tool. You should select a site where you believe the soil will contain moisture (such as a dry stream bed or a spot where rain water has collected), where the soil is easy to dig, and where sunlight hits most of the day. Follow these simple procedures:

- 1) Dig a bowl-shaped hole approximately 3 feet across and 2 feet deep. Then dig a sump in center of the hole. The depth and the perimeter of the sump will depend on the size of the container that you have to set in it. The bottom of the sump should allow the container to stand upright.

- 2) Anchor the tubing to the bottom of the container by forming a loose overhand knot in the tubing.

- 3) Place the container upright in the sump and then extend the unanchored end of the tubing up, over, and beyond the lip of the hole.

- 4) Place plastic sheeting over the hole covering the edge with soil to hold it in place. Place a rock in the center of the plastic. Allow the plastic to lower into the hole until it is about 15 inches below ground level. The plastic now forms an inverted cone with the rock at its apex. Make sure that the apex of the cone is directly over your container. Also make sure the plastic cone does not touch the sides of the hole because the earth will absorb the condensed water.

- 5) Put more soil on the edges of the plastic to hold it securely in place and to prevent loss of moisture. Plug the tube when not being used so that moisture will not evaporate.

- 6) You can drink water without disturbing the still by using the tube as a straw. You may want to use plants in the hole as a moisture source. You may have to dig a bigger hole to form a slope on which to place the plants.

7. **BUILDING SHELTERS.** You need a shelter to protect you from the sun, insects, wind, rain, hot or cold temperatures, and enemy observation. In some environmentally hostile areas, your need for shelter may even be more important than your need for food or even your need for water.

**Selecting Shelter Location.** First, you have to decide where your shelter site should be. The site should be safe from flooding, erosion, provides pleasant atmosphere to live in, and near your source of water. Then you also decide what type of shelter you need. Here are the factors that you should consider:

- 1) The time and effort are needed to build the shelter.
- 2) The shelter should adequately protect you from the elements.

3) The tools and materials you need to build it must be available, otherwise you have to improvise them from materials in the area.

8. **BUILDING FIRE.** A fire can fulfill several needs. It can keep you warm, it can keep you dry: you can use it to cook food, to purify water, and to signal. It can also cause you problems when you are in enemy territory: it creates smoke, which can be smelled and seen from a long distance: it causes light which can be seen day or night and it leaves signs to your presence. Remember you should always weigh your need for a fire against your need to avoid enemy observation. When operating in remote areas you should always take a supply of matches in a waterproof case and always keep them on your person.

a) **Selection of Site Build Fire.** When selecting a site to build a fire, you should consider the following:

- 1) The area (terrain and climate) in which you are operating.
- 2) The material and tools available.
- 3) How much time you have.
- 4) Why you need a fire.
- 5) The nearness of the enemy.

b) **Preparing Site to Build Fire.** To prepare a site for a fire, look for a dry spot that has the following:

- 1) That is protected from the wind.
- 2) That is suitably placed in relation to your shelter (if any).
- 3) That will concentrate the heat in the direction you desire.
- 4) Where a supply of wood or other fire burning material is available.
- 5) If you are in a wooded or brush-covered area, clear brush away, and scrape the surface soil from the spot you selected. The cleared circle should be at least 3 feet in diameter so that there is little chance of the fire spreading.

c) **Ways of Building Fire.** There are several efficient methods for quick fire making. These three easy methods are Tepee, Lean-to and Cross-ditch methods.

1) **Tepee Method.** Arrange tinder and a few sticks of kindling in the shape of a cone. Fire the center. As the cone burns away, the outside logs will fall inward, feeding the heart of the fire. This type of fire burns well even with wet wood.

2) **Lean-to Method.** Push a green stick into the ground at a 30 degree angle. Point the end of the stick in the direction of the wind. Place

some tinder (at least a handful) deep inside this lean-to sick. Light the tinder. As the kindling catches fire from the tinder, add more kindling.

3) **Cross-ditch Method.** Scratch a cross about 1 foot in size in the ground. Dig the cross 3 inches deep. Put a large wad of tinder in the middle of the cross. Build a kindling pyramid above the tinder. The shallow ditch allows air to sweep under the fire to provide a draft.