

SEVEN STEPS TO SURVIVAL



MAKE THE DECISION TO LIVE: FOLLOW THE SEVEN STEPS

- 1. Recognition:** Admit that your life is in danger, Act!
- 2. Inventory:** Decide what can help and hurt. Do First Aid
- 3. Shelter:** Preserve body heat with materials that insulate and protect you from the environment.
- 4. Signals:** Help rescuers find you.
- 5. Water:** Find a safe source of water, drink two to four quarts a day.
- 6. Food:** After you are safe and warm, food will help long waits.
- 7. Play:** Stay busy and keep a positive mental attitude.

Caution and creativity are your best friends... Use them!

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