

OUTDOORSAFE INC.

USFS –
OutdoorSafe
Inc. training,
Nine Mile
Ranger
Station,
Huson,
Montana

Peter & Ron
Kummerfeldt
shown
teaching fire
building



2010 OutdoorSafe, Inc. Newsletter by Peter Kummerfeldt

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It's that time of year again when we gather together with family and friends to celebrate, enjoy each others company and get caught up on what's been going on in our lives. It's also a time of looking back and reflecting on the past year and what we've accomplished – or didn't!

Hopefully more of the former and less of the latter. As each year passes I am made more aware that life is finite and that you'd better make the most of what ever time you have remaining to do the things you want to do. Whether that be relationships with family members or friends, completing projects you have never finished – or even started! Or doing other things that you been putting of. Do it now as if there's no tomorrow!

It has been a busy year for us both from a business point of view and also from a personal one. Out travels took us from Japan to England and from Canada to South Africa with a few other countries thrown into the mix.

The trip to Tokyo was particularly interesting. Several years ago I presented a lecture at an international wilderness medicine conference in Whistler, BC. In the audience was the Executive Director of the Japanese Society of Travel Medicine. Dr. Shinozka introduced himself at the conclusion of the program and complemented me on the presentation. Late last year I received an invitation from Dr. Shinozka to present a

program in Tokyo, which of course I accepted. Mary and I flew over in April for a five-day visit. It was interesting speaking to a Japanese audience of about 600 people in English using a power point program where the only thing I recognized was the pictures! All of text had been converted to Japanese characters! Fortunately it was a lecture that I was very familiar with having given it many times before but it did make me aware of just how much I relied on the slide text to cue me on what to say next! We had a wonderful time touring Japan and enjoying the hospitality of the Japanese people we interacted with. Also last year I was invited to speak at the 100th anniversary celebrations of the founding of

the Girl Scouts organization in England. So once again Mary and I boarded another plane for the long flight across the Atlantic for a two-week trip to the UK. I teamed up with three British “bush-craft” instructors and together we trained 218 young women how to live and if necessary, survive in the outdoors. These women were great students and very interested in improving their bush-craft skills. We also took this opportunity to visit family members some of whom I hadn’t seen since I left Kenya in 1964.

The photography side of our business resulted in two international trips this year. The first to Canada and the second to South Africa and Namibia. In an effort to improve my photography skills and in turn, my ability to help others improve their skills I signed up for a course presented by Barbara and John Gerlach. What a treat! For six days we photographed swarms of hummingbirds coming to feeders at the Bull River Ranch, British Columbia. Under the guidance of John and Barbara we learned how to capture the images of these magnificent birds in flight using multiple flashes to freeze their motion. I will be using some of the photographs I took in my “Sayings” program that I show before I present one of my lectures.

In October Mary and I led a group of five people on a month long tour of Namibia and South Africa – two weeks in each country. Fantastic trip! We went first to Namibia where we hooked up with a local tour operator, Grant Craig, who, for the next twelve days, escorted us on a sixteen hundred mile trip of the western and northern part of Namibia to include the Namib Desert, the Skeleton Coast and Etosha National Park. For one that has spent his entire adult life in the survival training business it was an eye opening experience. I have been in deserts before but never like these. For one thing it had rained in the past two years so there wasn’t much vegetation. I don’t think that I have ever been in a more remote area in my life. Arid, rocky, sandy desert stretched for as far as you could see in any direction you choose to look. And this went on for hundreds of miles! The term “Skeleton Coast” is most apt. It describes the nature of the country – its rocky bones were exposed! It describes the remnants of the many ships that washed up on surf pounded shoreline and

I’m sure it must have described the bleached skeletons of those that perished on the coast when they died from the lack of water.

Despite the lack of water and vegetation there was a surprising abundance of animal life that was adapted to the sparse conditions that managed to eke out a living here. From a survival point of view I was constantly asking myself “What would one have to do to survive here?” It would be very difficult and depend on a person’s ability to move to what little water was available as the wildlife did daily. These meager sources of water were found in deep canyons where pools of water from springs collected. During our trip I came across a book written by a German who at the beginning of WWII, chose, with his brother, to hide out in the desert rather than be held in a British internment camp. (Please see *The Sheltering Desert* by in the Books I have read section below) Their ability to survive in this very hostile environment was made possible by their ability to locate water and because of they were very well prepared. I doubt that today, many of us would tolerate the conditions they experienced and survive as well. As we travelled through this desert country I was continuously reminded that for many, as it was for us, rescue depended on a cell phone! And fortunately in both Namibia and South Africa, cell phone service is excellent – better than the US! It could still be a long, hot wait until someone got to you! Moving inland from the desert coast the country became a bit less hostile – but not by much! The higher elevation resulted in a bit more rainfall and consequently more vegetation and wildlife. Wherever water was found people and wildlife were also present. Nowhere was this more apparent than in Etosha National Park. The availability of water from natural springs ensured the survival of many kinds of antelope, zebra, giraffe and the predators that fed on them. In some cases the natural sources of water had been augmented with water from boreholes that had been drilled in areas where water was not otherwise available. Survival here boiled down to water, food finding shade during the heat of the day and avoiding the predators! Exactly the same things that a human survivor would have to contend with!

I mentioned “shade.” It was interesting to

watch the reaction of the animals as the sun climbed into the sky and the temperature increase. By mid-afternoon any available shade was being used by the wildlife to escape the intense solar radiation. The animals and birds instinctively understand that being out in the direct rays of the sun is not a good thing. When approached they would very reluctantly leave their shelter. We should be so smart! There’s not much that you as a survivor can do change the ambient air temperature but you can radically improve your survivability by getting out of the direct sun and in so doing limit the impact of solar radiation. The other benefit of finding shade is that the ground does not become super-heated. As the animals know, the combination of water and sheltering during the heat of the day make survival possible.

For any of you who are interested in traveling with us to southern Africa next year please give me a call. Our plans for 2011 have not been firmed up yet but we will most likely return to South Africa, Namibia and possibly Botswana for a two to three weeks. We also enjoy Argentina and will most likely spend some time there too.

Disasters can happen and sooner or later they probably will! Are you ready?

Survive – essential skills and tactics to get you out of anywhere, alive by Les Stroud. I finally got around to reading this book and, for the most part, thought it a useful addition to a person's "survival library. And then I got to the part where Les writes "*A good signal mirror can also serve as a fire starter by reflecting the sun's rays.*" (Page 28) How do you do that? How do you concentrate the rays into a spot hot enough to ignite tinder using a flat surface? A highly polished parabolic reflector can be used but not a flat surface! On one level this kind of miss-information just irritates me. On a more serious level it angers me since it confirms for me that the writer hasn't tested the process and has just accepted someone else's information as factual! The problem being that when you present yourself as an expert, particularly an author, whether you deserve it or not, people accept your word as gospel! When reading an article or book on surviving there are two or three things I look for that tell me if the author has done his homework or is just regurgitating what others have written about previously. The use of solar still to obtain water in a desert survival scenario is one. They don't work! Advocating the use of a space blanket to wrap up in when surviving in a cold experience is another. And once again they don't work. Suggesting that, when fire is needed, one can be ignited using one of the many methods of "*rubbing sticks together.*" It can be done but not by a victim who needs fire now! Particularly an injured person. As I have said so many times before the techniques and methods of surviving you select must be easy and the equipment that you plan on using must function properly under difficult conditions. Then you have a chance. The aboriginal skills presented in most of the survival literature have little practical value to the average person faced with a cold night out in the mountains.

Four books, **Alone** by Richard Logan and Tere Fassbender, **Black Wave** by John and Jean Silverwood, **Overboard** by Michael Tougias and **Left for Dead** by Nick Wood increased my understanding of survival after catastrophes at sea. If you were to pick just one of these books to read pick **Alone**. Michael Tougias is an excellent writer and storyteller. His account of five people sailing from the US east coast to Bimini is gripping. For those of us that are "land-lubbers" it is difficult to imagine the horrors of being caught in a fierce storm in a sailboat that is disintegrating around you. Two of the group, the captain and the first mate ended up in the water leaving the others in a sinking boat. Those of you who sail should read these books and learn from them. It is too late to prepare when you're already in the storm. Sift out the "lesson learned" by those that survived and adopt them. Identify the reasons that caused others to die when they might have survived with better training and equipment. For those of you who don't sail they are still worth reading if for no other reason than gaining an insight into how people cope and react in very stressful situations

TRAINING AVAILABLE

OUTDOORSAFE INC- US FOREST SERVICE SURVIVAL/NAVIGATION COURSE. September 2 - 6, 2011 The US Forest Service and OutdoorSafe Inc. will be offering a survival/navigation training program at the Nine Mile Heritage Training Center, Huson, Montana. The course is actually two programs in one. Two and a half days of survival training followed by two and half days of map, compass and GPS training. You can sign up for one phase or the other - or both. You save \$50 if you take both classes! For more information or to sign-up please call Linda Carlson at 406-626-5201. Class limited to 12 people.

TRAVEL OPPORTUNITIES

SOUTH AFRICA - NAMIBIA. October 20 - November 16, 2011. For the fourth year in a row Mary and I will be organizing a trip to southern Africa most probably to one or more of the following countries – South Africa, Namibia, Botswana and possibly Zambia. The emphasis will be on visiting the national parks and private game reserves in these countries with wonderful opportunities to watch and photograph wildlife. Typically the all-inclusive cost (except airfare and most lunches) for a two-week will be about \$4,000 per person. If you'd like more information on the trip please email me or call and I will send you the specifics as the trip develops. I can put you in touch with previous participants so to get their perspective on past trips.

SPEAKING VENUES - 2011

Host Organization	Location	Date
Dallas Safari Club	Dallas Convention Center	6 – 9 January
Washington Sportsmen’s Show	Puyallup, WA	26 - 30 January
Boy Scouts of America	Portland, OR	7 & 14 February
Pacific NW Sportsmen’s Show	Portland, OR	9 -13 February
Rocky Mountain Elk Foundation	Reno, NV	3 – 6 March
Central Oregon Sportsmen’s Show	Redmond, OR	10 – 13 March
Texas Hunter Education	San Marcos, TX	19 March
Pope and Young Convention	Rochester, MN	5 – 9 April
Kansas Hunter Education	Wichita, KS	16 April
Outdoor Writers Convention	Salt Lake City	9 – 11 July
USFS/OutdoorSafe program	Huson, MT	2 - 6 September
NW SARCON	Welches, OR	13 – 16 October

Survival Technology - what’s new?

BLUE PLASTIC BAGS ARE NOW AVAILABLE!

A couple of new things have caught my attention this year. For quite some time I have been interested in “colors that attract your attention” and the implication of that in a survival scenario i.e. what’s the best color for signaling purposes. Flying in out of west coast cities, particularly LA, San Diego, Phoenix, Tucson etc., the one color that quickly catches your eye as you fly over the city is “blue crinkly tarp blue.” These ubiquitous tarps are used to cover everything from old car to piles of firewood in the backyards of America! I have long advocated the use of these tarps for sheltering both in a recreational setting and also when you are in trouble. An 8x10 foot tarp is easy to erect and provides a lot of protection. For purposes of emergency signaling they are also very effective. Tests done several years ago by the Civil Air Patrol on Mt Spokane in Washington demonstrated that “blue crinkly tarp blue” was the first color that could be seen as an aircraft approached a simulated aircraft accident sight. Interestingly space blankets, despite their highly reflective surface did not stand out at all.

I have long wanted the orange plastic bag shelters we put in all of our survival kits to be available in blue – and now they are! As of 2011 we will have shelter bags available in both the standard international orange color and “blue crinkly tarp blue.” The advantage of blue versus orange really comes into play in the latter part of the year when the orange bag would not contrast with fall colors and might even blend in with oranges and reds of the vegetation! Blue on the other hand contrasts very well and would significantly improve a survivor’s chances of being seen and recovered quickly.

NEW MINI-SURVIVAL KIT AVAILABLE.

For about fourteen years I have been a consultant to and an instructor for Emergency Response International Inc. (ERI) This organization has its feet in two arenas – Search Management training and Survival training largely for various agencies under the Department of Homeland Defense – US Customs and Border Protection in

particular. Early on it was apparent that one of their most significant needs was a small, lightweight survival kit that could be slipped into a flight suit pocket. While there are “small, lightweight” kits on the market they do not contain the reliable equipment needed by a survivor. For the past year the ERI staff have been testing a prototype kit that is now available not only to the Department of Homeland Defense but to the public as well. The kit contains those pieces of equipment that can change a life threatening night out into an inconvenient night out – shelter, fire, and water disinfecting capability plus the means to signal for help. Light but right!



The kit contains a 2mil thick, heavy duty plastic bag shelter, 36’ of 200 test cord, steel cutting tool, metal match, 3 tinder packets, a whistle, a signal mirror, water disinfecting tablets, a lanyard and a resealable storage bag. **Price** is still being determined.

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The Cutting Tools I Use

There was a time when a man caught without his pocketknife felt undressed. A logger without his saw felt naked! A hunter without a belt axe wondered how he was going to butcher an elk. A rancher without a good knife in his pocket would be unable to accomplish his daily duties. Today things are a bit different. Carrying cutting tools, particularly knives, is frowned on. A young person caught with a knife in his or her pockets is immediately assumed to be a criminal. Caught with any “sharp edge” as you make your way through the security systems at airports and government buildings and you’ll find yourself the center of attention very quickly. A recent trip to England pointed out just how extreme things can get. In the UK it is unlawful to carry a fixed blade knife in public view (i.e. on your belt) unless you can prove that you have some legitimate reason to do so! The police decide what is and is not “legitimate!”

Fortunately in this country we haven’t quite reached that point yet and we are free to choose, and carry the cutting tools we find necessary to get the job done. My life has been spent in the outdoors, first as a kid growing up in Africa, then as an adult in the US military and finally as a small business owner traveling the country lecturing on all aspects of being safe in the outdoors. Cutting tools, in all of their variations, have been an integral part of my life.

In my world the term “cutting tool” encompasses knives, saws and shears. It does not include axes and here’s why. Nobody knows how to use them safely anymore! In grandpa’s day someone had to fell trees, chop the wood into manageable lengths and then split it into pieces suitable for the kitchen stove or the furnace. With rare exception that’s unnecessary today. People of that era became very proficient in the use of axes.

When I began my Air Force survival instructor career we were issued an axe and instructed in its use. We were expected to be able to cut the wood needed to keep our students warm in the field regardless of the weather conditions. We too became very proficient with axes.

Today the only time axes are used are those all too infrequent opportunities we have to take the family camping or perhaps during the annual hunting trip. The gear is gathered and off we go to the woods. In the hands of an inexperienced person an axe, be it hand axe or larger, is an accident looking for a place to happen! And happen it will! Axe injuries are often severe sometimes including amputations! Leave your axes at home and take a good saw!

SAWS.

I have never found myself handicapped because I chose to carry a saw rather than an axe. I can’t think of anything that I can do with an axe that I can’t do with a saw. How you ask are you going to drive a tent peg with a saw? My answer “I’ll cut a chunk of wood and use it as a mallet!”

There are many saws available some of which are very useful and others not so much. Let's take a look at a variety of them starting with the least useful.

Survival Wire Saws. These holdovers from WWII are still found in many survival kits and are commonly sold separately under the Coghlan's brand. Avoid them. They don't work.

Pocket Chain Saws. There are several varieties of these but only one that works well – the Pocket Chain Saw. This saw comes packed in a tin containing not only the saw but also two steel handles as well. Unlike the others this saw will cut through a four-inch limb in a couple of minutes with minimal effort on your part. The downside of this device is that it takes two hands to make it function. Being able to operate any tool with only one hand or arm is a distinct advantage when the other limb is injured.



Folding Saws. Again there are many varieties of small folding blade saws. The smallest of these includes the three or four-inch long blades found on Swiss Army style pocketknives. The short blade length makes this type of saw totally impractical for producing firewood but may have some “improvising” utility. (Making needed “things” out of other available material.) Longer folding saws may be more useful but again are limited by their short blade length. If you decided to carry one of these saws select on that cuts both on the “pull” and on the “push.” Check the hinge carefully. Some are prone to loosen allowing the blade to fold back onto your hand causing injury.

Bow Saws. Generally bow saws have a longer blade than folding saws making them a more useful cutting tool. Two limiting factors should be considered: Bow saw blades are thin and narrow which makes them subject to bending and then breaking. Secondly, the height of the bow from blade to the top of the arch dictates the depth of the cut that can be made before the log being cut has to be repositioned.



Non-folding Pruning Saws and those saws used for light tree limbing are very useful tools for cutting wood and snow blocks and for dismembering animal carcasses. An eighteen-inch blade length is ideal. This length is very efficient allowing for a full extension of your arm when sawing. The aggressive saw teeth do not bind up and quickly cut through large diameter wood without it having to be repositioned. Beyond periodically tightening the screws that attach the handle to the blade and an annual sharpening this type of saw requires minimal maintenance.



Carpenter Saws, a longer version of the pruning saw, are equally suited to producing large quantities of firewood quickly. The drawback to a carpenter saw is length. Typically 24 inches long this type of saw is too long to fit in a backpack but is suitable for a vehicle survival kit or perhaps those who travel by horse.

SHEARS. When traveling beyond the limits of the tree line either by ascending to higher altitudes or moving towards the higher latitudes, where the only available fuel for fire will be scrubby willow and alder, shears work better than a saw for collecting firewood. When selecting shears pick the kind where the upper blade cuts onto a flat surface - the anvil. The alternative, the type, where one blade passes by the other, tends to jam frequently.



Select shears that ratchet rather than the type that require hand-strength to cut through a piece of wood.



Knives . I am sure the debate over “*which is the best knife*” has raged ever since early man first knapped a sharp edge on a piece of obsidian! The recommendations that follow are just that – recommendations. But recommendations based on fifty years of recreating and working in the outdoors. The variety of knives available is staggering so how does one know where to start? To begin there is no need for one of “survival knives” seen in the movies. The ones with a hollow handle containing all kinds of things you’ll never use and none of the equipment that you’d really like to have. I’d shy away from folding knives although the reliability of the hinge is much better than it used to be. You don’t need a long blade – four inches is plenty! Select a blade with a broad, flat back so that it can be used with a mallet to split wood. Buy a knife with a brightly colored handle so that you can find it if you drop it. Make sure, although this is hard to do in the store, that the tang extends all the way to the butt of the handle or as close to it as possible. If the handle is plastic it may be possible to hold the handle up to a bright light to see where the tang ends. Knives where the tang extends only a few inches into the handle are prone to breaking. I do not recommend serrated blades. They are hard to sharpen. Finger guards between the handle and the blade are unnecessary and tend to get in the way. The Mora style knife is the best example of knife that meets these criteria. They are inexpensive (\$15 - \$25) and are available from www.outdoorsafe.com



I seldom carry a knife on my belt anymore. I found out a long time ago that a knife attached to your belt, behind your hip, is out-of-sight and out-of-mind! Sooner or later you will lose it! Alternatively a knife sheath carried on a lanyard worn around your neck and tucked into your shirt when you are not using it is a very convenient. Should you place your knife on the ground after using it and then walk off you will have a much better chance of noticing that the knife is not where it should be, earlier, and then locating it again before you have gone far.

A small pocketknife is another very useful tool. It doesn’t have to be a Swiss Army style of knife or a Multi-tool with a hundred utensils built into it. A simple one or two blade knife is sufficient



for most situations where you might find yourself needing a cutting edge.

Remember that cutting tools are designed to cut and they will cut you too if they are not used safely. Never cut towards yourself or another person!

Continued from page 4.

Blizzard Products - vests, blankets and sleeping bags. I had actually come across these products several years ago but didn't pay them much attention to them because of my bias against anything made from "space blanket" material. Late last year I was sent some samples by PerSys Medical and asked to evaluate the effectiveness of the devices in a survival scenario. PerSys Medical is a company that *specializes in bringing life-saving innovations to the market.* Their mission is to *"provide military and civilian caregivers with the most innovative solutions to improve the quality of care and ultimately save lives."*

Initially, again because of my biases, I was very skeptical that the *Refelexcell material* would stand up to the rigors of a night or two sleeping in an emergency shelter. I was proven wrong! Not only did they remain largely intact but they also offered considerable protection! I say "largely intact" only because the outer layer did tear on occasion but when it was punctured the inner layer remained intact and the users safety and protection was not compromised.

Some of my students used all three products during field survival training exercises. First in Montana during the five day survival and navigation training program I run every September and then in Washington in the Olympic National Forest during a three day field survival exercise. In each instance the reports I received from those that used either the vest, sleeping bag or the blanket were very complimentary. The inability of the fabric to breath was the only negative reported by the "testers." Some condensation accumulated on the inner surface of the fabric during the night. While unpleasant, this relatively small amount of moisture can be tolerated especially when compared against the possibility of becoming totally wet when lacking any other protective shelter material. Initially there was some concern regarding the noise created by the fabric especially if the fabric covered a person's head. This turned out not to be an issue at all with all users reporting getting a good nights sleep.

Blizzard
Sleeping
Bag



Blizzard
Vest



SPENDING A NIGHT IN YOUR VEHICLE

Anyone who drives faces the possibility of spending an unplanned night in a vehicle. Bad weather, breakdowns, running out of fuel, getting stuck are some of the more common reasons why a driver might have to bed down for the night (or perhaps for several nights) until the situation is resolved. A night out does not have to be a life threatening experience. Drivers who accept the possibility that the unforeseen may happen are drivers that prepare, in advance, for the experience. On the other hand those drivers that deny the possibility may find themselves fighting for their lives until rescue arrives.

PREPARATION.

Assembling survival kit is the first step. As with any survival kit, the contents should be selected based on personal needs, the season and the geographic location. (See following list of recommended equipment) If you become stranded you'll be glad you took the time to put together an emergency kit. In addition to the kit you should also evaluate the effectiveness of the clothing you are wearing to keep you warm in a cold vehicle. Most people dress to arrive at a destination and not to survive a night out.--- the reverse would be more appropriate "***Dress to survive not just to arrive!***" When traveling with others don't forget to provide sufficient supplies for the additional people as well. Preparation also involves ensuring that your vehicle is ready for winter travel. Never set out in stormy conditions without a full tank of gas, a good battery, proper tires, a heater and exhaust system in good working condition, good anti-freeze and "***common sense.***"

YOU'RE STUCK!

If you do get trapped by a blizzard or severe snow storm – "***don't panic!***" Stay with your car and use your survival kit. Your vehicle makes a good shelter and an effective signal – ***don't leave it.***" In your car you are warm, dry and protected from the weather. Trying to dig yourself out or attempting to walk to help can be fatal. "***Sit tight – let the rescuers come to you!***" Move all of equipment and other emergency gear into the passenger compartment.

SHELTERING IN YOUR VEHICLE

While sitting out a storm you must use your resources sparingly – you don't know how long you'll be there. While the car will cut the wind and keep you dry you will need to keep the interior warm. The heat your body produces is insufficient to heat the interior. Sitting in a car you will get cold quickly, especially your feet. Put on your warmest clothes (socks, hat, gloves, long underwear and additional insulation layers), wrap yourself in blankets or get into a sleeping bag. Sit sideways so you place your feet on the seat where the foam insulation will offer insulation from the cold. The foot wells will be the coldest part of the vehicle. Alternatively, place foam padding under your feet to insulate them. Place something behind your head so that it does not come in contact with the cold window.

Using a space blanket and duct tape section off the back of the vehicle from the front so you only have to warm the part of the vehicle you are occupying. Ways to warm the interior of your vehicle include running your engine for short periods of time, long-burning candles, small stoves and Isopropyl/toilet paper improvised heaters. Run the engine about ten minutes each hour or for shorter periods each half hour but only after ensuring that the exhaust is not damaged and the tail pipe is clear of snow and other debris. Run the engine on the hour or half-hour – times that coincide with news and weather broadcasts. Ventilate the vehicle by opening a downwind window approximately ½ inch. **Carbon monoxide is a very real threat to your safety.** Do not go to sleep with the engine running. Carbon monoxide poisoning can sneak up on you without warning. Almost 60% of the unintentional deaths caused by carbon monoxide result from motor vehicle exhaust. It is less risky to use your clothing and other sources of heat to keep yourself warm.

If you have to get out of the vehicle put on additional windproof clothing, and snow goggles if you have them, then tie a lifeline to yourself and the door handle before moving away from the proximity of the vehicle. In a blizzard visibility can be as low as 12 inches.

Eat right, don't drink alcohol and don't smoke! Without enough energy stored in your body you will not have the ability to generate heat to keep your body warm. Your emergency kit should include quantities of high-calorie, non-perishable food (carbohydrate food bars). Keep yourself hydrated. Dehydrated people have great difficulty maintaining their body temperature. **Don't eat snow!** It takes body heat to convert snow to liquid. Use your heat sources to melt snow for your drinking water. Don't smoke – the nicotine in cigarettes reduces blood flow to the skin and extremities and increases the possibilities of frostbite. Don't drink alcohol – alcohol affects judgment. Bad judgment decreases the chances of survival.

GETTING RESCUED

The ability to communicate your distress is critical for calling for rescue. A cell phone may be your best method of making contact with rescuers **Dial 911 or the number selected by your state to contact law enforcement officials.** Emergency beacons like SPOT and the 406MHz beacons could prove very useful. CB and VHF radios may be available. Lacking electronic communication equipment you will have to improvise – tie a flag to your vehicle's antennae, have a road flare prepared in the event that an aircraft over flies your area, if weather conditions permit, stamp out SOS in the snow, after the snow stops raise the hood. Remove the snow from the upper surfaces of your vehicle. The rearview mirror can be used to reflect a beam of sunlight to rescuers – either on the ground or in the air. Do whatever you can to draw attention to yourself.

EMERGENCY EQUIPMENT

Cellular phone with charger	Two empty cans (one for melting snow & one for sanitary purposes)
SPOT beacon	Sack of cat litter (improve traction)
Four quart bottles of water	Windshield scraper and brush
Three dehydrated meals	Spare personal medications
Other carbohydrate based foods	Flashlight and spare batteries
Toilet paper	Portable radio with spare batteries
Toilettes	Emergency candles and/or small stove
Tools to include jack & spare tire	Gloves
Road flares	Multi-purpose tool (Leatherman)
Tow strap	Ski goggles
Booster cables	Duct tape
Folding or breakdown shovel	Space blankets
Blankets or sleeping bags	Book to read
Hand heater packets	25 – 50 of nylon cord
Light sticks	Flagging
Waterproof, windproof matches	Chemical hand warmers
Metal cup	
Basic first aid kit	
Knife	
Additional clothing	
Winter footwear (boot blankets)	

OutdoorSafe, Inc ORDER FORM

rev. Dec 2010

<u>Quantity</u>	<u>Item</u>	<u>Cost each</u>	<u>Total</u>
_____	Book "Surviving a Wilderness Emergency" by Peter Kummerfeldt	\$19.95	_____
_____	Survival kit- w/orange cordura pouch contains: match case (2), metal match, survival manual, signal mirror, whistle, and plastic bag shelter	\$45.00	_____
_____	Book and Survival Kit SPECIAL	\$55.00	_____
_____	Plastic Orange bag (38" x 65", 4 mil thick)	\$ 3.00	_____
_____	Whistle (100+ decibels)	\$ 4.00	_____
_____	Match case- 1	\$ 2.00	_____
_____	Signal mirror (glass, 2"x3")	\$12.00	_____
_____	Metal match w/wood handle	\$10.00	_____
_____	_____ Cordura pouch - orange (empty)	\$ 7.00	_____
_____	Kids Kit w/Cordura pouch (Plastic bag, mirror, whistle, flagging tape)	\$25.00	_____
_____	Orienteering compass Brunton	\$15.00	_____
_____	CD-ROM "Surviving a Wilderness Emergency" Power Point Presentation (95 slides with script)	\$65.00	_____
_____	DVD "Skills of the Survivor" 90 min.	\$15.00	_____
_____	Pak-Lite LED light	\$25.00	_____
_____	Headband	\$5.00	_____
_____	Mora Style Utility Knife- 4 inch fixed blade	\$20.00	_____

Sub total _____

<u>If the amount is</u>	<u>S/H is:</u>		
\$00.01- \$15.00	\$5.00		S/H _____
\$15.01 - \$20.00	\$6.00		
\$20.01 - \$40.00	\$7.00		Total _____
\$40.01 - \$50.00	\$8.00		
\$50.01- \$60.00	\$9.00		
\$60.00 and over	\$12.00		

Credit card VISA M/C DISC (Circle one)

Note: for deliveries outside the United States
Shipping charges will be "actual cost."

Expiration date _____ CVV2# _____

Name: _____ Email: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Date: _____

Where did you hear about *OutdoorSafe* programs and/or kits? _____

OUTDOORSAFE, Inc.

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Tel: (719) 593-5852 Email: info@outdoorsafe.com Web Site: www.outdoorsafe.com