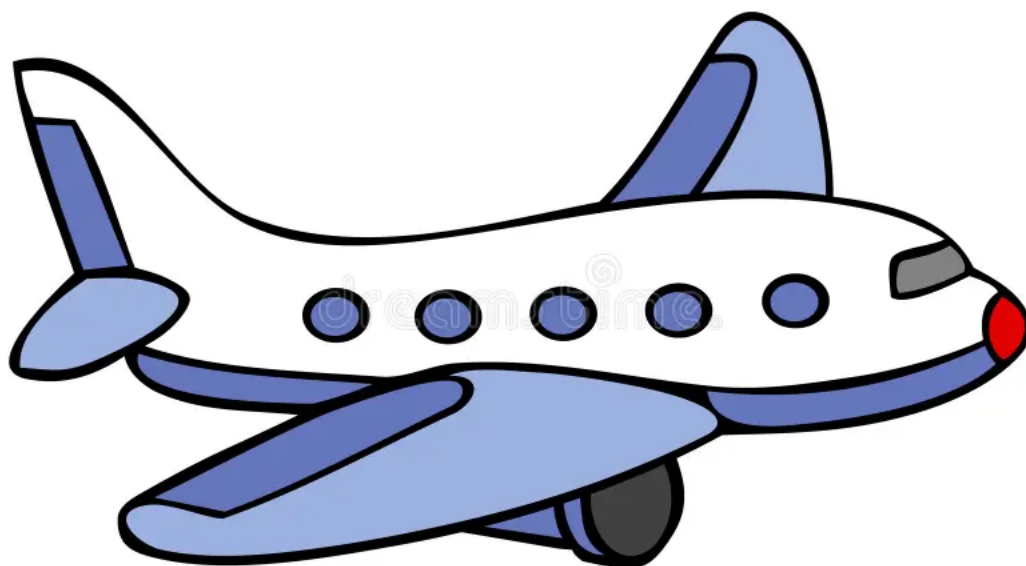


EAA Wilderness Survival **& How to be Rescued**



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Experimental Aircraft
Association

If you find yourself in a wilderness survival situation, there are many things to think about. Some of these things are more important than others but they all need dealt with sooner or later.

- **ATTITUDE!!!!**

Your attitude about the situation you are facing could determine the outcome, stay positive.

- **Equipment**

What equipment do you have with you? You should ALWAYS carry enough to spend the night.

- **PLAN**

Make a plan to help yourself as much as you can. Weigh your options and decide on the best one.

General Survival: Rule of 3's

- 3 minutes without air
- 3 hours without shelter. This includes the clothes on your back. They are your immediate shelter from the environment and current and potential weather. Carry a quality emergency bivy bag or some other small shelter.
- 3 days without water. Find the cleanest water you can and drink it if you run out. Giardia can be treated later, and dehydration is typically more severe.
- 3 weeks without food. Always carry extra food. Don't eat anything you aren't educated on that grows naturally. Wyoming does have some wild plants that are deadly.
- 3 seconds without common sense. Think! It's defined as "good sense and sound judgment in practical matters." While everyone should possess common sense, it's surprisingly rare in practice.

Downed Aircraft

- This is all about survival. This is not about hiking or a recreational trip into the backcountry.
- Don't expect cell phone reception. Your cell phone is not reliable in the backcountry. 911 **MAY** work. Try it or move to higher ground and try it.
- Plan for spending several days in the wilderness which means carrying overnight gear.
- Carry extra water and food. Carry a method to purify water. Don't eat anything you aren't educated about that grows in the wild.
- Fire is your friend!
- Wear proper clothing. This is your first defense from the environment and weather.
- Be aware of your surroundings. Wyoming is home to large predators and dangerous terrain.

- Carry first aid supplies and educate yourself on the treatment of moderate to severe injuries.
- Hypothermia and Hyperthermia. You can become too cold to function as well as too hot. Get educated on the treatment of these conditions.
- Carry a satellite communication device and know how to use it properly. Garmin, Zoleo, SPOT, etc.
help@parkcountysheriff.net

What's in your pack??

Your emergency pack should contain WHATEVER YOU NEED to spend an uncomfortable night(s) in the woods. This varies from person to person so experiment at home before trying the real thing. Some suggested items to carry are:

- Fire Building tools

I carry three different ways to start a fire. Remember the colder you are, the harder it is to start a fire.

- Small tarp or bivy sack

There are several lightweight quality options that aren't too expensive. Never rely on the cheap foil type.

- Basic First Aid Kit

This kit should deal with small to large cuts, blisters, burns and twisted ankles.

- Light Sticks

A couple of light sticks in your temporary shelter make things easier to see and even provide a little comfort.

- Headlamp or Flashlight

It is never a bad idea to carry a source of light. I normally have both plus some extra batteries.

- Signaling Equipment

Emergency whistle, signal mirror, SPOT device.
NEVER rely on cell phones in the backcountry.

- Paracord

Paracord can be used to tie up a shelter made from a tarp or logs.

- Water Filter or Life Straw

- Toiletries and any medication you may need to take.

- Bear Spray or Other Defensive Weapon

Survival Facts

- If you are wet, your body loses heat 27 times faster due to evaporation.
- You can survive 3 hours without shelter, 3 days without water and 3 weeks without food. This is known as the rule of 3s. Shelter is based on inclement weather. Also remember, proper clothing is also considered a shelter as well as fire.
- Hypothermia generally sets in a body temperature around 95 degrees Fahrenheit. Below that, functions decrease rapidly until subject becomes unconscious or dies.
- Hyperthermia normally occurs when the body absorbs more heat than it can dissipate. This is usually a body temperature from 100-104 degrees Fahrenheit. It differs from fevers based on its cause.
- Giardia takes several days to kick in. If you have no means to boil water or filter it, find the cleanest water you can and drink it.

How to be Rescued

Park County Search and Rescue is on call 24 hours per day, 365 days per year to assist the residents of Park County Wyoming in an emergency situation. These services are provided free of charge.

- Build a signal fire and **STAY PUT!!!**
- Purchase a personal locator beacon such as a SPOT or a DeLorme. With some devices, you can communicate back and forth with family, friends, or even the emergency dispatch center.

help@parkcountysheriff.net

Survival Myths:

- Moss grown on the North side of trees. Not true, it grows where it wants to and in this area we don't have much moss growing.
- Eating snow to get hydrated. Hypothermia can happen all year. Eating snow can lower your body temperature and speed up hypothermia.
- Humans can eat anything animals can. There are several plants in the region that can make you sick or even cause death.
- Wet matches work when dried. NOPE! Water changes the chemical balance in match heads rendering them useless.
- Building a fire in a cave. Not a good idea as the heat from the fire can expand the rock in the cave causing it to collapse.
- You need food immediately. FALSE. You can survive quite some time without food. Shelter and water are far more important.

ASSESS COLD PATIENT

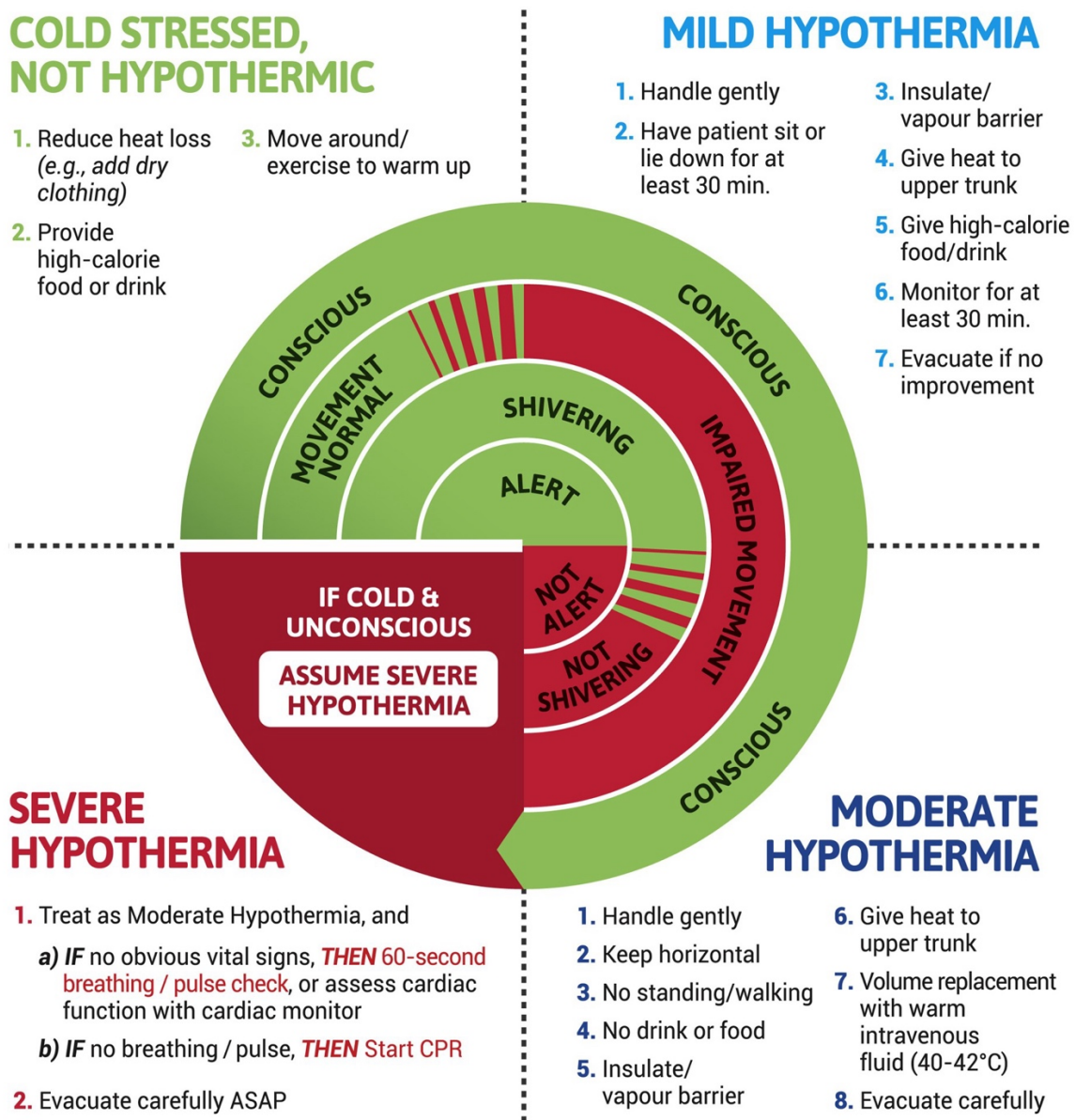
1. From outside ring to centre: assess Consciousness, Movement, Shivering, Alertness
2. Assess whether **normal**, **impaired** or **no function**
3. The colder the patient is, the slower you can go, once patient is secured
4. Treat all traumatized cold patients with active warming to upper trunk
5. Avoid burns: following product guidelines for heat sources; check for excessive skin redness

COLD STRESSED, NOT HYPOTHERMIC

1. Reduce heat loss (e.g., add dry clothing)
2. Provide high-calorie food or drink
3. Move around/ exercise to warm up

MILD HYPOTHERMIA

1. Handle gently
2. Have patient sit or lie down for at least 30 min.
3. Insulate/ vapour barrier
4. Give heat to upper trunk
5. Give high-calorie food/drink
6. Monitor for at least 30 min.
7. Evacuate if no improvement



HEAT-RELATED ILLNESSES

WHAT TO LOOK FOR

WHAT TO DO

HEAT STROKE

- High body temperature (103°F or higher)
- Hot, red, dry, or damp skin
- Fast, strong pulse
- Headache
- Dizziness
- Nausea
- Confusion
- Losing consciousness (passing out)
- Call 911 right away-heat stroke is a medical emergency
- Move the person to a cooler place
- Help lower the person's temperature with cool cloths or a cool bath
- Do not give the person anything to drink

HEAT EXHAUSTION

- Heavy sweating
- Cold, pale, and clammy skin
- Fast, weak pulse
- Nausea or vomiting
- Muscle cramps
- Tiredness or weakness
- Dizziness
- Headache
- Fainting (passing out)
- Move to a cool place
- Loosen your clothes
- Put cool, wet cloths on your body or take a cool bath
- Sip water
- Get medical help right away if:**
 - You are throwing up
 - Your symptoms get worse
 - Your symptoms last longer than 1 hour

HEAT CRAMPS

- Heavy sweating during intense exercise
- Muscle pain or spasms
- Stop physical activity and move to a cool place
- Drink water or a sports drink
- Wait for cramps to go away before you do any more physical activity
- Get medical help right away if:**
 - Cramps last longer than 1 hour
 - You're on a low-sodium diet
 - You have heart problems

SUNBURN

- Painful, red, and warm skin
- Blisters on the skin
- Stay out of the sun until your sunburn heals
- Put cool cloths on sunburned areas or take a cool bath
- Put moisturizing lotion on sunburned areas
- Do not break blisters

HEAT RASH

- Red clusters of small blisters that look like pimples on the skin (usually on the neck, chest, groin, or in elbow creases)
- Stay in a cool, dry place
- Keep the rash dry
- Use powder (like baby powder) to soothe the rash

