



## Wilderness Survival: Be Prepared For Anything in the Woods

No one plans on being lost but if it does happen you will need to know basic survival rules.



**Hypothermia:** Simply put, hypothermia means the body loses heat faster than it can produce it. Hypothermia happens when a person is exposed to rain, wind and cold without adequate clothing and shelter. Your most important task if you are lost is to guard against the effects of hypothermia.

**Don't Panic:** Fear is your worst enemy. It is impossible to think logically if you panic. Fear is a natural reaction but you must control it. Accept the reality of your situation and concentrate on how to better your position. Doing something positive will help increase your confidence and confidence is important to survival.

**Survival/first aid kits:** Kits can be pocket-size or larger depending on the needs of each individual or situation. (St. John Ambulance has designed a convenient belt-type first aid kit for the individual hiker and camper). Below is a list of suggested items that could be included in a basic survival/first aid kit:

- Matches in a waterproof container
- Orange or yellow plastic garbage bag
- High-energy snack
- Whistle
- Pocket knife
- Compass (make sure you know how to use it)
- Lightweight space blanket
- Reflector or hand mirror (for signaling)
- Insect repellent
- Tube of antibiotic ointment
- Plastic bandage strips.

(Anyone considering an extended camping trip should have a more comprehensive kit.

For suggestion on what to include, check books on wilderness survival).

## **Survival Tips For Children**

**HUG A TREE:** Teach your children that a tree can be a friend. Tell them if they ever get lost to select a tree near a clearing and stay there. If they are frightened, they can hug and talk to the tree. This will help prevent panic and keep the child in one place, increasing chances of discovery.

**NIGHT NOISES:** Tell children to yell at noises that scare them. If it is an animal, they will frighten it away. If it is a searcher, they will be found.

**LOOK BIG:** A child can attract the attention of a search plane passing overhead by lying down in a clearing wearing a brightly colored garbage bag or jacket.

**NO PUNISHMENT:** Reassure your children that no one will be angry with them if they get lost. There have been cases where children have hidden from searchers because they were afraid of being punished.

For other self-help advice on what to do in floods, earthquakes, winter power failures, severe storms, driving in winter storms, or nuclear attack, please write:

Emergency Preparedness Canada, Headquarters  
Communications Directorate  
Emergency Preparedness Canada  
122 Bank Street, Second Floor, Jackson Building  
Ottawa, Ontario, K1A 0W6  
(613) 991-7077.

or

If you live in the Leeds, Grenville & Lanark area, contact the Safe Community Coalition of Brockville & District at [scc@brockville.com](mailto:scc@brockville.com) for a copy of the "Emergency Preparedness Guidebook" for helpful information on ways to prepare yourself and your family in case of an emergency.

Information provided by Emergency Preparedness Canada.