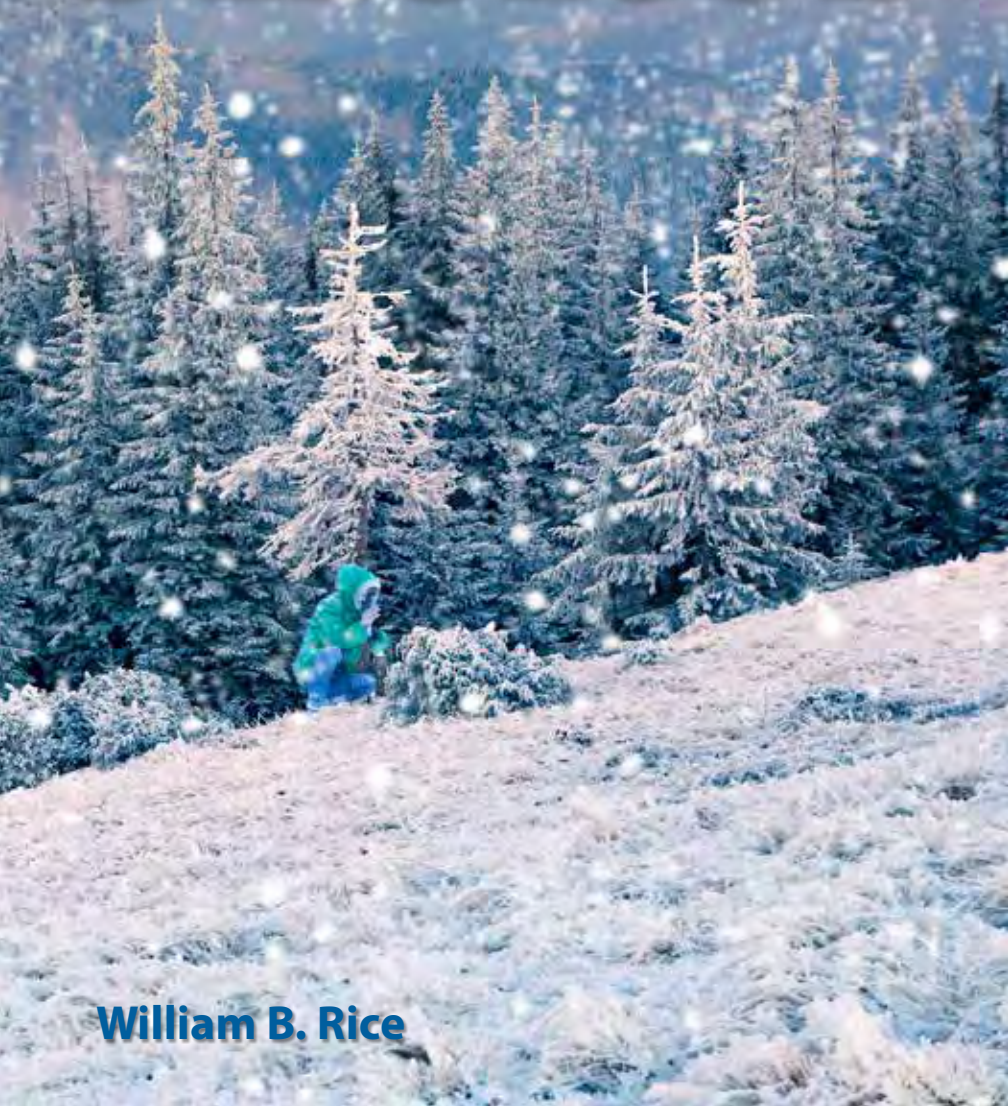


**STRUGGLE
FOR SURVIVAL**

TIME

Shelter



William B. Rice

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How Did I Get Here?

It happens. Not to everyone and not every day, but it *does* happen. Somewhere, someone is struggling with a survival situation. Maybe the day started out as usual and then something went wrong. Maybe the person got lost on an isolated highway, or maybe an unforeseen **natural disaster** took the person by surprise. You never know.

And that's really the point: *you never know*. So what can we do in a world where anything can happen? Are we simply victims of random negative experiences? Is the world shouting to us, "Hey, good luck with that.?"

Doomsday Possibilities

Many people have gone to great lengths to prepare for worldwide doomsday events. These might include nuclear wars or large meteors striking Earth. And sure, these are *possibilities*. But it is best to consider the *probabilities*. The truth is that these events are very, very unlikely.

No! Sure, emergency and even **catastrophic** events and circumstances can happen, but the answer to them isn't being lucky. The answer is to be prepared. There are many ways to prepare for such emergency situations. And, even though it is unlikely they will happen to you, if something *does* happen, you don't need to worry or panic. You can be confident because you are smart and you are prepared.

Yes, bad things happen, but the most important thing to remember is that human beings have tools, **resources**, and the brainpower to deal with them, to manage them, and to survive them.



- ⊙ Have you or anyone you know been in a survival situation?
- ⊙ What emergency plans do you and your family have in place?
- ⊙ What emergency plans does your city or town have in case of disaster?

Survival: What Is It?

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Survival is a popular topic today. It seems to be everywhere. It is on the Internet, in bookstores, and even on television. But when we investigate the word *survival* (which basically means “to keep living”), we might think, “Hey, I’m surviving right now!” In a sense, that’s true. But the survival we’re talking about is really more than that. It’s nitty-gritty. It’s intense surviving through the most extreme and challenging conditions, such as natural disasters or situations such as getting lost on a hike or having car trouble far from any city or town. What would *you* do if something like that happened to you?

We have become comfortable these days in our **industrialized** world. We have heaters and air conditioners. We have ready-made houses with indoor plumbing. And our clothes can be bought from a store. But humans have lived for hundreds of thousands of years without these **creature comforts**. Dealing with extreme heat, extreme cold, or being wet to the bone can be physically difficult. Even more, the emotional and mental challenges can outweigh the physical issues.

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Extreme Temperatures!

In Death Valley, California, the average high temperature in July is 116°F (46°C). The average low temperature in January is 38°F (3°C). What is the difference between the two temperatures in degrees Fahrenheit?

Three Priorities

In developing a response to an emergency situation, you should always consider three key **priorities**:

- Ⓞ Secure your personal safety.
- Ⓞ Maintain your body temperature.
- Ⓞ Maintain your body's hydration.

The Most Important Things to Remember

*“Do what you can with what you have,
where you are.”*

—Theodore Roosevelt

Most people prefer comfort to challenges. But challenges may come to your door whether you want them or not! To manage and live through them, it's good to have some ideas of what to do when they occur. This gives you confidence—and it makes you **competent** to survive. It may also help to remember that many people in the world today live without the creature comforts you may take for granted. It's possible to live (and live well) without them.

There are many survival experts in the world who have experimented with different survival methods. But, for living through challenging situations, most experts recognize three key factors. They are preparation, **composure**, and strategy.

So what does any of this have to do with shelter? When it comes to survival, **exposure** is often a top concern. Sometimes it's *the* top concern. When exposure in a harsh environment is a possibility, it's best to be prepared. And if you are not prepared, be sure to maintain your composure. This will help you develop a successful strategy.

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Know It!

There are many useful **survival skills**. Some of the most useful are fire making, plant identification, shelter building, **orienteering**, and **navigation**.

Deadly weather

In recent years, 5,219 people died in the United States from temperature-related causes. Cold caused 3,192 deaths. Heat caused 2,027 deaths.

Reader's Guide

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1. Look back at the OODA loop on page 12. How could this process be used in the personal, social, or school lives of young adults today?
2. Describe whether it would be easier to build a shelter that would protect people from the elements in a hot environment or a cold environment?
3. Look back at the chart on page 25. If you could only choose two of the fabrics to have in your survival bag, which would you choose, and why?
4. Other than weather, what should people make sure their shelters protect them from?

