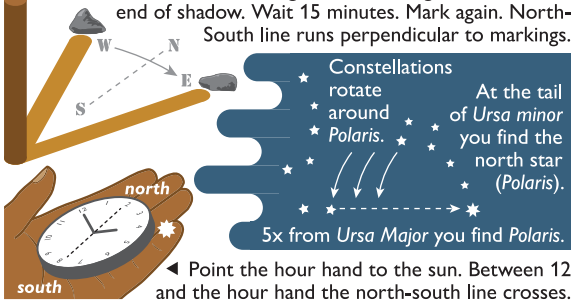
NAVIGATION TECHNIQUES in the northern hemisphere: Sun comes up in the east, sets in the west and roughly stands in the south at noon. Put a long stick into the ground and mark end of shadow. Wait 15 minutes. Mark again. North-South line runs perpendicular to markings.

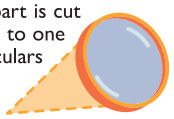


◄ Point the hour hand to the sun. Between 12 and the hour hand the north-south line crosses.

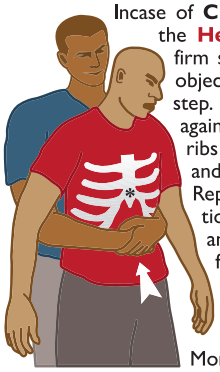
FIRST AID PRIORITIES: E.U. 112 or U.S.A. 911
Asses the situation before acting! Keep yourself safe! Call for help. Don't panic. Use this **ABC** for diagnosing: **Airway**: Is patient still breathing? Are the airways free? **Breathing**: Normal and steady? Pain? **Circulation**: Hart rate and blood flow oke? **Disability**: Injuries? Responding? Is speech normal? Check reaction of pupils. **Exposure**: Get patient to a safe place. **Don't move incase of neck or back injuries, unless absolutely needed!** Regulate temperature if needed and place in a stable position.

SURVIVAL PRIORITIES: Avarage humans can survive without air for 3 minutes. Without shelter in harsh conditions for 3 hours. Without water for 3 days, if it's not too hot and with low metabolism. Without food for 3 weeks, if it's not too cold. Be cost effective with your energie. Dry clothes, shelter and fire are first priorities. Prepare signaling options a.s.a.p. for when rescue is near.

FIRE: Have a plan on how to put out a fire, ***before*** starting a fire. Forest ground is difficult to extinguish. Dig till sand layer! Rocky river banks are often the safest places for a campfire. Creating fire with **friction** is difficult and takes a lot of practice. Wood needs to be dry. Use hard wood stick on soft wood board. Speed, angle, pressure and airflow are of influence. The thin top layer of Birchbark is ideal as **tinder**. Other tinder e.g.: fluffy lint from your clothes, dry mosses or shaved off wood dust. With a small (phone) **battery** you can make a thin metal wire hot enough to start a fire with. Gum papers with aluminum in it will ignite, if middle part is cut narrow. Focus sun light with a **lens** to one point. Camera's, glasses and binoculars have lenses. More information at **bushcraftplayingcards.com**



Incase of **CHOCKING** on a obstruction perform the **Heimlich manouevre: (1)** First give 5 firm strokes between the shoulder blades. If object does not come out, proceed with next step. **(2)** Place fist, with thumb inwards, against stomach; just above navel and under ribs and sternum (*). **(3)** Give a few strong and quick pushes in upward motion. **(4)** Repeat steps 1 till 3 if needed, till obstruction gets out. ⚠ Be careful with children and babies. Take into account their fragility! When alone, perform the manoeuvre by plunging with your stomach into a blunt tree stump or the backrest of a chair.



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WATER: Never drink salt water & don't eat snow because of risk of hypothermia. **Insects** often stay close to water sources. **Trails** of grazers often pass drinking places. Seed eating **birds** like pigeons drink regular. A straight flight often leads to water. A full bird flies branch to branch. **Boiling** water for a few minutes kills almost all pathogens, but doesn't filter out chemicals. **Carbon** can filter a lot of toxins. In absence of a pan or bottle, boil water by placing hot rocks in it. **UV light** kills a lot of pathogens, but not all. Place a clear bottle for 12 hours in direct sunlight. **Distilling** water gives the safest result. Water from cavities can be **siphoned** with an bsordent cord. Place container lower than source.

⚠ Not 100% safe!

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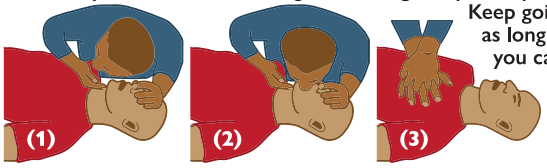
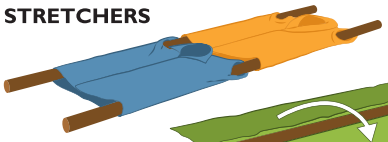
RESUSCITATION: ⚠ Be careful with children and babies, due to risk of lung damage by blowing too hard or crushing their ribs. **(1)** Listen, feel and watch if patient still breathes. Are airways free? Is mouth clean? Beware of risk of infections or poisoning. **(2)** Place mouth to mouth. Pinch nose closed. Blow 2 times. See if chest rises. If not: check again if airway is blocked. **(3)** Press 30 times strongly on sternum, with hands straight above shoulders. 1 push per count/second. **(4)** Check for a heartbeat. **(5)** Repeat: **blow 2x, press 30x** and check again. **Don't give up too quick! Keep going as long as you can!**

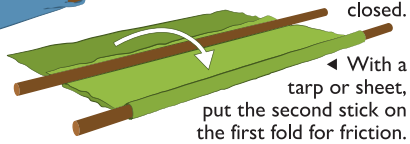


The universal **EDIBILITY TEST** does not apply for mushrooms! Watch out for fungi on a plant. Test each part of a plant separately. Sometimes one part is edible and others not. Eat fresh parts only! Look out for feces or urine. This test doesn't indicate pathogens! **Follow these steps with patience: (1)** Rub juice of plant on inside of your arm. Wait 5 minutes. Itch or rash? Don't eat! **(2)** Rub plant against lips. Wait 5 minutes. Stinging or burning sensation? Don't eat! **(3)** Rub a piece on your tongue. Wait 5 minutes. Discard if it stings, burns or causes swelling. **(4)** Put a tiny piece under your tongue. Wait 5 minutes. Discard if it discomforts. **(5)** Chew on a little bit. Keep it in your mouth for a few minutes. When no bad reactions appear, you can swallow. Then ***wait 5 hours***. Nausea or cramping means plant is inedible. **(6)** Eat a hand full and ***wait 8 hours***. If you become unwell, vomit and drink plenty of water. Take carbon in severe cases. If no bad reactions occur, that part of the plant is edible.

STRETCHERS

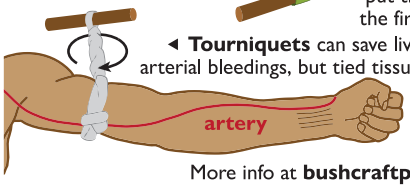


◄ Arms of clothing folded inside and buttons or zippers closed.



◄ With a tarp or sheet, put the second stick on the first fold for friction.

BLEEDING



◄ **Tourniquets** can save lives in case of heavy arterial bleedings, but tied tissue can die if applied too long! That is ***extremely dangerous!***

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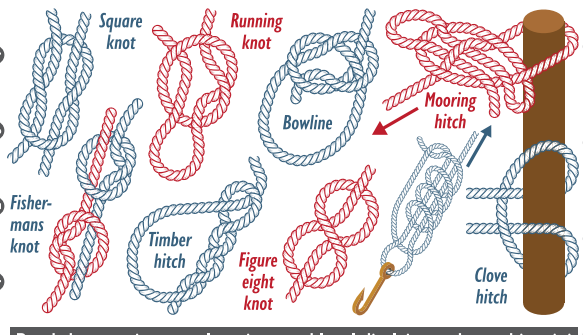

RESCUE & SIGNALS: The best chance of getting rescued is often at place of accident, where they search first. Prepare to leave if chance of getting found is very small or the situation is too dangerous to stay. Leave a clear trail behind. One mark should be visible from the other. Use bright and/or contrasting colors. Make ground to air signals big! Remember: even a small light can be seen from far in the dark. Burn leaves or rubber to create smoke signals.

With a mirror or reflective surface, like aluminium foil, tin can or a knife, you can send light signals, seen from far. Facing the sun, hold mirror in front. Look between fingers to target. Every flash over fingers is a signal towards target. Do not look straight into the sun! (**s.o.s.** = • • • — — — • • •)

More info at **bushcraftplayingcards.com**

Read the warnings, explanations and legal disclaimer about this mini survival guide at **bushcraftplayingcards.com** & download for ***free***.