

Big George's ABC's of Survival

LOST: The will to survive will keep you alive. Lose the will and it is no wonder you will wind up 6 ft. under.

L **Last known point.**

O **Overcome the temptation to panic. Observe.**

S **Stop.**

T **Think about your surroundings, where you are, and where you are going.**

STOP:

S **Stop.**

T **Think.**

O **Observe.**

P **Plan.**

5 C's:

1. Cutting Tool

2. Combustion

3. Covering

4. Cordage

5. Container (metal)

5 More C's:

6. Compass

7. Communication

8. Cotton Bandana (3'x3')

9. Conservation of Energy / Calories

10. Container (to keep/carry everything)

RULE OF 3's:

- 1) 3 seconds to process a thought.**
- 2) 3 minutes without oxygen.**
- 3) 3 days without water.**
- 4) 3 weeks without food.**

A E I O F S U AND ALWAYS Y:

A Aadapt (to your surroundings)

E Education and Experience

I Improvise (have 3 uses for everything you carry)

O Overcome

F First Aid

S Signaling and Safety (seek cover)

U Understand the situation. Stay Up. Use what you have.

Y You

YOU: It is all about you!

You will survive if you have the knowledge, skill, ability, and the will.

Where there is a will there is a way.

If you fold mentally you will fold physically.

Note: You need to consume daily 2 quarts of water and 1750 calories.

Lose of 3500 calories = 1 pound of weight loss.