

# **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 Adapt (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.