

WINTER SURVIVAL EXERCISE by MAJ Bob Fields

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Ranking of survival items by Mark Wanig, Survival and Reconnaissance School
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You are a passenger on a small commuter airliner in that has just crash-landed. Mid-January is the coldest time of the year in Minnesota and you are eighty miles from the nearest town.

Many individuals tend to overlook the enormous shock reaction this has upon the human body, and the death of the pilot and copilot increases the shock. Decision making under such conditions is extremely difficult. Such a situation requires a strong emphasis upon the use of reasoning not only to make decisions, but also to reduce the fear and panic every person would naturally feel. Along with fear, shock reaction is manifested in the feelings of helplessness, loneliness, and hopelessness. These feelings have brought about more fatalities than perhaps any other cause in survival situations. Through the use of reasoning, hope for survival and the will to live can be generated. Certainly the state of shock means the movement of individuals should be at a minimum and that an attempt to calm them should be made.

Before taking off a pilot always has to file a flight plan. The flight plan contains the vital information regarding the flight, such as course, speed and estimated time of arrival, type of aircraft, number of people on board and so on. Search and Rescue operations would begin shortly after the plane failed to arrive at its destination and its estimated time of arrival.

The eighty miles to the nearest town is a very long walk even under ideal conditions, particularly if one is not used to walking such distances. Under the circumstances of being in shock, dressed in city clothes, having deep snow in the woods and a variety of water barriers to cross, to attempt to walk out would mean almost certain death from freezing and exhaustion. At the temperatures given, the loss of body heat through exertion is a very serious matter.

As you can see, you have a formidable survival problem at hand. We are going to help you develop your reasoning abilities in a survival scenario by asking you to rank, in order of importance, fifteen items that would be available to you in our make believe situation.

The answers will be supplied after you complete this exercise. Unlike the survivors in our example, you will have plenty of time to sort out the items and rank them, in a warm and comfortable room. Good Thinking & Good Reasoning!

- | | |
|---|--|
| <input type="checkbox"/> Compress kit (with 28' x 2" gauze) | <input type="checkbox"/> Ball of steel wool |
| <input type="checkbox"/> Cigarette Lighter (no fluid) | <input type="checkbox"/> Loaded .45 caliber pistol |
| <input type="checkbox"/> Newspaper (1 per person) | <input type="checkbox"/> Compass |
| <input type="checkbox"/> 2 Ski poles | <input type="checkbox"/> Knife |
| <input type="checkbox"/> Sectional air-chart of plastic | <input type="checkbox"/> 30 feet of rope |
| <input type="checkbox"/> Family size Hershey Bar (1 each) | <input type="checkbox"/> Flashlight with batteries |
| <input type="checkbox"/> Quart of 85-proof whiskey | <input type="checkbox"/> Extra shirt & pants for each person |
| <input type="checkbox"/> Can of shortening | |

Editors remarks

AS YOU THINK ABOUT YOUR CHOICES - WITH YOUR SMALL GROUP - USE THE ABC'S OF THINKING TO HELP GENERATE NEW CHOICE : ALTERNATIVES - BELIEFS - CONSEQUENCES

What Alternatives are there that you haven't considered. Use other group members to challenge yourself.
What Beliefs that you have about the scenario are being challenged by the other group members.
What Consequences are generated by your behavior for yourself and others - physically, emotionally.



OPINIONS AND FEELINGS ARE FREQUENTLY A PERSONAL TRIUMPH OVER GOOD THINKING
YOU DEFINE REALITY BY WHAT YOU KNOW, WHAT YOU BELIEVE, AND WHAT YOU DO ABOUT IT.