SEVEN STEPS TO SURVIVAL

MAKE THE DECISION TO LIVE: FOLLOW THE SEVEN STEPS

1. **Recognition:** Admit that your life is in danger, Act!
2. **Inventory:** Decide what can help and hurt. Do First Aid
3. **Shelter:** Preserve body heat with materials that insulate and protect you from the environment.
4. **Signals:** Help rescuers find you.
5. **Water:** Find a safe source of water, drink two to four quarts a day.
6. **Food:** After you are safe and warm, food will help long waits.
7. **Play:** Stay busy and keep a positive mental attitude.

Caution and creativity are your best friends... Use them!

Toll Free 1-800-467-8865