
◆

TABLE OF CONTENTS

Preface	viii
<i>Chapter 1</i>	
Introduction	
Survival Actions	1-1
Pattern for Survival	1-5
<i>Chapter 2</i>	
Psychology of Survival	
A Look at Stress	2-2
Natural Reactions	2-6
Preparing Yourself	2-9
<i>Chapter 3</i>	
Survival Planning and Survival Kits	
Importance of Planning	3-2
Survival Kits	3-2
<i>Chapter 4</i>	
Basic Survival Medicine	
Requirements for Maintenance of Health	4-2
Medical Emergencies	4-8
Lifesaving Steps	4-9
Bone and Joint Injury	4-17
Bites and Stings	4-20
Wounds	4-25
Environmental Injuries	4-30
Herbal Medicines	4-32
<i>Chapter 5</i>	
Shelters	
Shelter Site Selection	5-2
Types of Shelters	5-3



Chapter 6

Water Procurement

Water Sources 6-2
Still Construction 6-9
Water Purification 6-12
Water Filtration Devices 6-14

Chapter 7

Firecraft

Basic Fire Principles 7-2
Site Selection and Preparation 7-2
Fire Material Selection 7-5
How to Build a Fire 7-5
How to Light a Fire 7-8

Chapter 8

Food Procurement

Animals for Food 8-1
Traps and Snares 8-9
Killing Devices 8-23
Fishing Devices 8-24
Preparation of Fish and Game for Cooking and Storage 8-32

Chapter 9

Survival Use of Plants

Edibility of Plants 9-2
Plants for Medicine 9-12

Chapter 10

Poisonous Plants

How Plants Poison 10-1
All About Plants 10-2
Rules for Avoiding Poisonous Plants 10-3
Contact Dermatitis 10-3
Ingestion Poisoning 10-4

Chapter 11

Dangerous Animals

Insects and Arachnids	11-2
Leeches	11-5
Bats	11-5
Poisonous Snakes	11-6
Dangerous Lizards	11-8
Dangers in Rivers	11-8
Dangers in Bays and Estuaries	11-10
Saltwater Dangers	11-10

Chapter 12

**Field-Expedient Weapons, Tools,
and Equipment**

Clubs	12-2
Edged Weapons	12-4
Other Expedient Weapons	12-8
Lashing and Cordage	12-10
Rucksack Construction	12-12
Clothing and Insulation	12-14
Cooking and Eating Utensils	12-15

Chapter 13

Desert Survival

Terrain	13-1
Environmental Factors	13-3
Need for Water	13-7
Heat Casualties	13-10
Precautions	13-11
Desert Hazards	13-11

Chapter 14

Tropical Survival

Tropical Weather	14-2
Jungle Types	14-2

Travel Through Jungle Areas	14-6
Immediate Considerations	14-7
Water Procurement	14-7
Food	14-9
Poisonous Plants	14-10

Chapter 15

Cold Weather Survival

Cold Regions and Locations	15-2
Windchill	15-2
Basic Principles of Cold Weather Survival	15-3
Hygiene	15-6
Medical Aspects	15-7
Cold Injuries	15-8
Shelters	15-12
Fire	15-17
Water	15-20
Food	15-21
Travel	15-24
Weather Signs	15-25

Chapter 16

Sea Survival

The Open Sea	16-1
Seashores	16-33

Chapter 17

Expedient Water Crossings

Rivers and Streams	17-1
Rapids	17-2
Rafts	17-6
Flotation Devices	17-10
Other Water Obstacles	17-11
Vegetation Obstacles	17-12

Chapter 18

**Field-Expedient
Direction Finding**

Using the Sun and Shadows 18-2
Using the Moon 18-5
Using the Stars 18-5
Making Improvised Compasses 18-7
Other Means of Determining Direction 18-8

Chapter 19

Signaling Techniques

Application 19-1
Means for Signaling 19-2
Codes and Signals 19-10
Aircraft Vectoring Procedures 19-14

Chapter 20

**Survival Movement
in Hostile Areas**

Phases of Planning 20-2
Execution 20-4
Return to Friendly Control 20-9

Chapter 21

Camouflage

Personal Camouflage 21-1
Methods of Stalking 21-5

Chapter 22

Contact With People

Contact With Local People 22-1
The Survivor's Behavior 22-3
Changes to Political Allegiance 22-4



Chapter 23

Survival in Man-Made Hazards

The Nuclear Environment 23-2
Biological Environments 23-16
Chemical Environments 23-21

Appendix A • Survival Kits A-1
Appendix B • Edible and Medicinal Plants B-0
Appendix C • Poisonous Plants C-0
Appendix D • Dangerous Insects and Arachnids D-0
Appendix E • Poisonous Snakes and Lizards E-0
Appendix F • Dangerous Fish and Mollusks F-0
Appendix G • Clouds: Foretellers of Weather G-1
Appendix H • Contingency Plan of Action Format H-0

Glossary Glossary-1
References References-0
Index Index-0