**SIT:** When you realize that you are lost take the time to sit down and collect your thoughts. You are not lost, you are right where you are, your camp, vehicle and everyone else is lost.

**THINK:** What do I have at my disposal both physical and mental that can help me in this situation. Take an inventory of your survival kit items and how you will use them. Take an inventory of your mind, remember what you always thought you would do if you got lost. Most of all remain positive, you will survive.

**OBSERVE:** Look around, is there shelter, water, high ground, an open area so the searchers can see you. It will be easier for those searching to find you if you can stay in one selected location that will allow you to build a fire, provide shelter, set out signals and be in an area that can be seen at a distance or from aircraft .



**PLAN:** Now create your plan of action. Be positive and take care of yourself. If it is late in the day, build a fire for heat and signaling, find or make a shelter against the weather, and most of all remain positive, you do have the ability to survive. You have conquered the major danger of not allowing panic to cast your fate, you can now conquer anything else that confronts you.

*Those who are mentally and physically prepared to survive are more likely to do so. To deal with an emergency situation one must be able to make decisions, improvise and remain calm.*

**Fear** - For anyone faced with a wilderness emergency survival situation, fear is a normal reaction. Unless an emergency situation has been anticipated, fear is generally followed by panic then pain, cold, thirst, hunger, fatigue, boredom and loneliness. It is extremely important to calmly assess the situation and not allow these seven enemies to interfere with your survival.

**Pain** - Pain may often be ignored in a panic situation. Remember to deal with injuries immediately before they become even more serious.

**Cold** - Cold lowers the ability to think, numbing the body and reducing the will to survive. Never allow yourself to stop moving or to fall asleep unless adequately sheltered.

Make these symbols a minimum of 1 m by 6 meters. Keep that ratio if making them bigger.

**Thirst** - Dehydration is a common enemy in an emergency situation and must not be ignored. It can dull your mind, causing you to overlook important survival information.

**Hunger** - Hunger is dangerous but seldom deadly. It may reduce your ability to think logically and increase your susceptibility to the effects of cold, pain and fear.

**Fatigue** - Fatigue is unavoidable in any situation so it is best to keep in mind that it can and will lower your mental ability. Remember that in an emergency situation this is often the bodies way of escaping a difficult situation.

**Boredom & Loneliness** - These enemies are quite often unanticipated and may lower the mind's ability to deal with the situation.



