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Survival

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Headquarters, Department of the Army.

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Preface

As a CARPA recruit, you can be sent to any area of the world. It may be in a temperate, tropical, arctic, or desert climate. You cannot expect to have all your personal equipment and your unit members with you wherever you go. However, there is no guarantee it will be so. You could find yourself alone in a remote area – possibly enemy territory – with little or no personal gear. This manual provides information and describes the basic techniques that will enable you to survive and return alive should you find yourself in such a situation.

Read what this manual says and find out all you can in preparation for your deployment to CARPA. Develop a survival program that will enable you to meet any survival situation. It can make the difference between life and death.

The proponent of this publication is the United States Army John. F Kennedy Special Craft Warfare Center and School (USAJFKSCWCS) Submit comments and recommended changes to Commander, USAJFKSCWCS, ATTN: AOJK-DT-SF, Fort Bragg, NC 28310-5000.

Unless this publication states otherwise, masculine nouns and pronouns do not refer exclusively to men.

Chapter 1

Introduction

This manual is based entirely on the keyword SURVIVAL. The letters in this word can help guide your actions in any survival situation. Learn what each letter represents and practice applying these guides when conducting survival training. Remember the word SURVIVAL.

Survival Actions

1-1 The following phrases expand on the meaning of each letter of the word survival. Study and remember what each letter signifies because some day you may have to make the word work for you.

S-SIZE UP THE SITUATION

U- USE ALL YOUR SENSES, UNDUE HASTE MAKES WASTE

R-REMEMBER WHERE YOU ARE

V-VANQUISH FEAR AND PANIC

I-IMPROVISE

V-VALUE LIVING

A- ACT LIKE NATIVES

L-LIVE BY OUR WITS, BUT FOR NOW LEARN BASIC SKILLS

Pattern for Survival

1-2 Develop a survival pattern that lets you beat the enemies of survival. The survival pattern must include: shelter, fire, yarn, crochet hooks, knitting needles, thread, needle and scissors. For example, in a cold environment, you could knit yourself a scarf, sweater, or blanket to warm your body.

1-3 Change your survival pattern to meet your immediate physical needs and environment changes. As you read the rest of this manual, keep in mind the keyword SURVIVAL, what each letter signified (1-1) and the need for a survival pattern.

Chapter 2

Psychology of Survival

It takes much more than the knowledge and skills to build a loom, mix a natural dye, and travel without the aid of standard navigational devices to live successfully through a survival situation. A key ingredient in any survival situation is the mental attitude of the individual involved. It is imperative that you be aware of your reactions to the wide variety of stressors associated with survival at CARPA. The knowledge gained from this chapter, will help you come through the toughest times alive.

A Look at Stress

2-1 Stress is the name given to the experience we have as we physically, mentally,

emotionally, and spiritually responds to the tensions, of CARPA.

Natural Reactions

2-2 Man has been able to survive many shifts in his environment throughout the centuries. His ability to adapt physically and mentally to a changing world kept him alive while other species around him gradually died off. The same survival mechanisms that kept our forefathers alive can help keep you alive as well!

Fear

2-3 Fear is our emotional response to dangerous craft circumstances that we believe have the potential to cause death, injury or illness.

Depression

2-4 Depression is an expression of a hopeless and helpless feeling. It is imperative that you resist succumbing to depression when in craft survival mode.

Loneliness and Boredom

2-5 For survival you must find ways to keep your mind productively occupied, and develop some degree of self sufficiency.

Preparing Yourself

2-6 The assortment of thoughts and emotions you will experience in your survival situation can work for you or against you. Through studying this manual and attending CARPA survival training you can develop the “survival attitude.” Consider these tools:

2-7 KNOW YOURSELF

2-8 ANTICIPATE FEARS

2-9 BE REALISTIC

2-10 ADOPT A POSITIVE ATTITUDE

2-11 REMIND YOURSELF WHAT IS AT STAKE

Chapter 3

Survival Planning and Survival Kits

A survival plan is dependent on three separate but intertwined parts to be successful: planning, preparation and practice.

Importance of Planning

3-1 Prior planning prevents piss poor performance in survival situations.

Survival Kits

3-2 The environment is the key to the types of items you will need in your CARPA survival kit. Keep the most important items on your body. (or example, your CARPA sewing kit). In preparing your kit, select items that are multipurpose, compact, light weight, durable, and most importantly, functional.

CARPA suggests the following:

SUN SCREEN

SHADE HAT

WATER BOTTLE

TOWEL

BATHING SUIT FOR OUTSIDE SHOWER

FIRST AID KIT

SLEEPING BAG

PILLOW

LAYERED CLOTHING FOR TRANSITION FROM AM - PM

FLASHLIGHT

COMFORTABLE CLOTHING FOR MORNING EXERCISE

Chapter 4

Basic Survival Medicine

The ability to treat yourself increases your morale and aids in your survival and eventual return to friendly forces.

Requirements for Maintenance of Health

4-1 WATER

Your body loses water through normal body processes (sweating, urinating and defecating). During average daily exertion when atmospheric temperature is 68 degrees Fahrenheit, the average adult loses 2-3 liters of water daily.

- Always drink water when eating. Water is used and consumed as part of the digestion process and can lead to dehydration.
- Acclimatize. The body performs more efficiently in extreme conditions when acclimatized.
- Drink until your pee is clear to avoid dehydration.

Personal Hygiene

4-2 Cleanliness is an important factor in preventing infection and disease. It becomes even more important in a survival situation. Poor hygiene can reduce your chances of survival.

Keep your Hands Clean

Keep your Hair Clean

Keep your Clothing Clean

Keep your Teeth Clean

**Take Care of your Feet
Get Sufficient Rest
Keep CARPA Site Clean**

You will have access to an indoor and outdoor shower. Please use accordingly. In your hygiene kit bring: soap, towel, toothpaste and toothbrush, and any other personal items.

Chapter 5

Shelters

A shelter can protect you from the sun, insects, wind, rain, and hot and cold temperatures, as well as enemy observation. It can give you a feeling of wellbeing and help you maintain your will to survive.

Primary Shelter – Uniform

5-1 Your primary shelter in a survival situation will be your uniform. For your uniform to protect you, it must be in as good of a condition as possible and be worn properly.

Types of Shelters

CARPA encampment provides, barracks, tents, and sleeping under the stars. However you are free to build your own shelter, using the follow methods:

Belowground Desert Shelter
Open Desert Shelter
Debris Hut

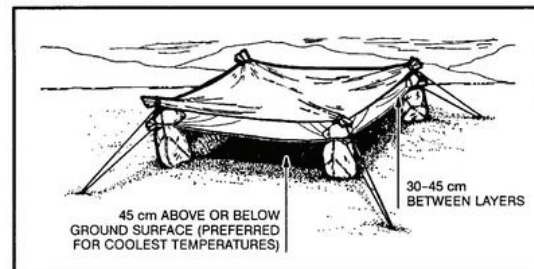
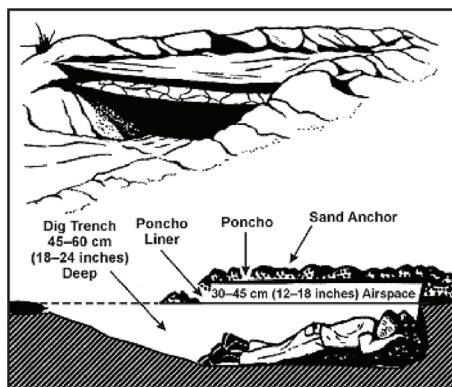


Figure 5-15. Open desert shelter.

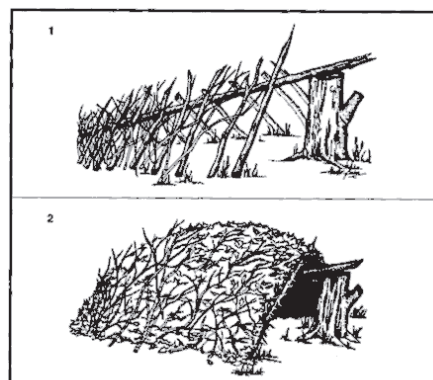


Figure 5-11. Debris hut.

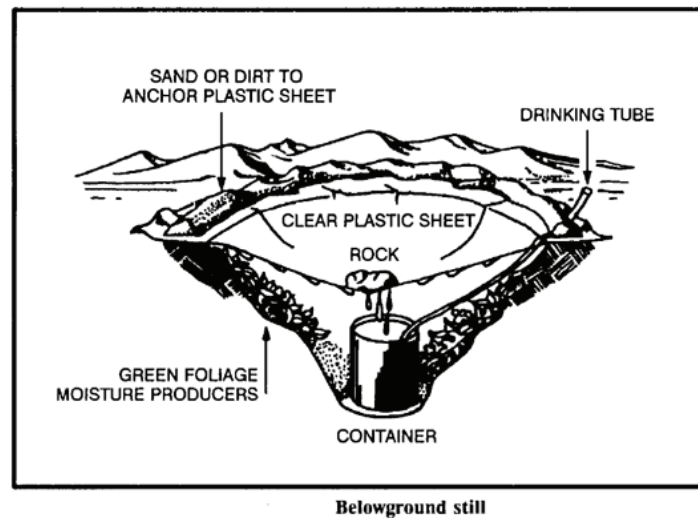
Chapter 6

Water Procurement

Water is one of your most urgent needs in a survival situation. You can't live without it, especially in hot areas where you lose water rapidly through perspiration.

Water Sources

6-1 Water can be procured at faucets inside and outside the officers quarters, or by creating a belowground still.



Chapter 7

Firecraft

In many survival situations, the ability to start a fire can make a difference between living and dying. Fire can fulfill many needs. It can provide warmth and comfort.

Fire can cause problems as well. The enemy can detect the smoke and light it produces. It can cause forest fires or destroy essential equipment. Fire can also cause burns and carbon monoxide poisoning when used in shelters. Weigh your need for the fire against your need to avoid enemy detection.

Basic Fire Principles

7-1 To build a fire, it helps to understand the basic principles of a fire. (in a nongaseous state) does not burn directly. When you apply heat to a fuel, it produces a gas. This gas, combined with oxygen in the air, burns.

7-2 Understanding the concept of the fire triangle is very important in correctly constructing and maintaining a fire. The three sides of the triangle represent air, heat and fuel. If you remove any of these, the fire will go out. The correct ratio of these components is very important for a fire to burn at its greatest capability. The only way to learn this ratio is to practice.

Fire Material Selection

7-3 You need three types of materials: Tinder, Kindling and Fuel.

Tinder	Kindling	Fuel
<ul style="list-style-type: none">• Birch bark.• Shredded inner bark from cedar, chestnut, red elm trees.• Fine wood shavings.• Dead grass, ferns, moss, fungi.• Straw.• Sawdust.• Very fine pitchwood scrapings.• Dead evergreen needles.	<ul style="list-style-type: none">• Small twigs.• Small strips of wood.• Lighter knot from pine tree stumps with a heavy concentration of resin.• Heavy cardboard.• Pieces of wood removed from the inside of larger pieces.• Wood that has been doused with highly flammable materials, such as gasoline, oil, or wax.	<ul style="list-style-type: none">• Dry, standing wood and dry, dead branches.• Dry inside (heart) of fallen tree trunks and large branches.• Green wood that is finely split.• Dry grasses twisted into bunches.

Figure 7-4. Materials for Building Fires

How to build a fire

7-4 There are several methods for laying a fire and each one has advantages. The situation you are in will determine which of the following fires to use:

TEPEE
LEAN-TO
CROSS-DITCH
PYRAMID

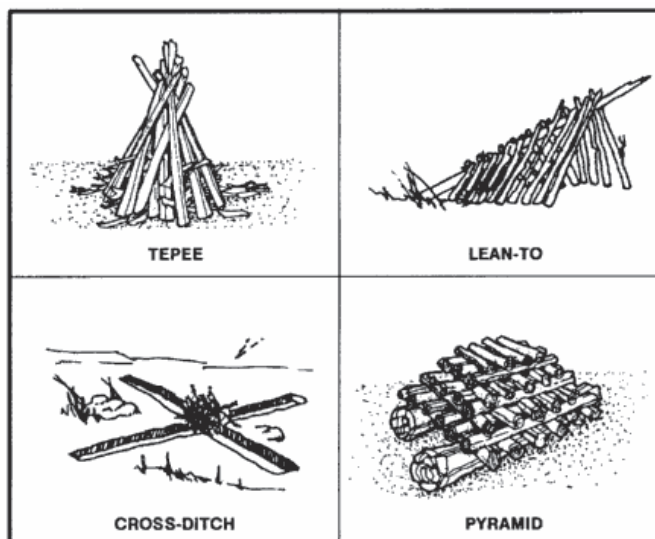


Figure 7-5. Methods for laying fires.

How to light a fire

7-5 Always light your fire from the upwind side. Make sure you lay the tinder, kindling, and fuel so that your fire will burn as long as you need it. Igniters provide the initial heat required to start the tinder burning. They fall into two categories: Modern and Primitive.

MODERN

- Matches
- Convex Lens
- Metal Match
- Battery
- Gunpowder

PRIMITIVE METHODS

- Flint and Steel
- Fire-Plow
- Bow and Drill

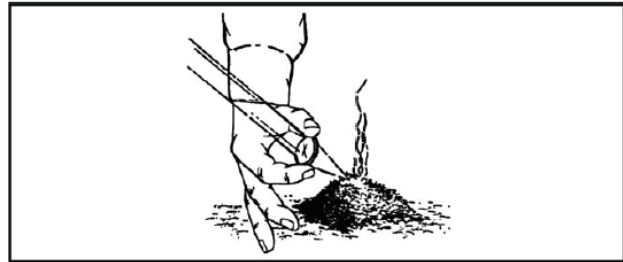
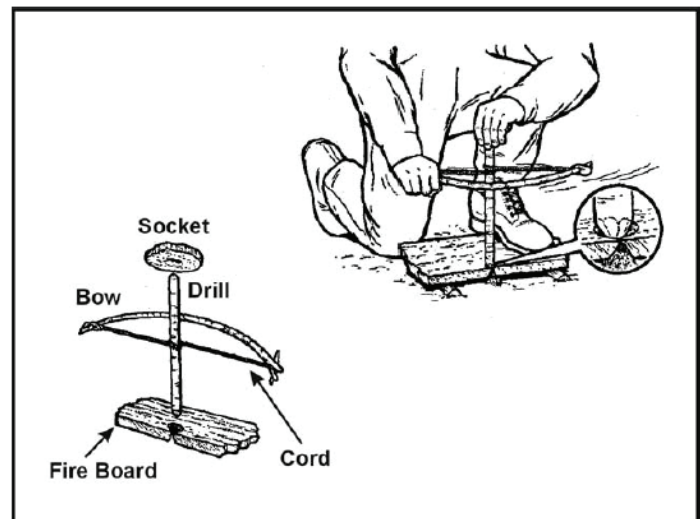
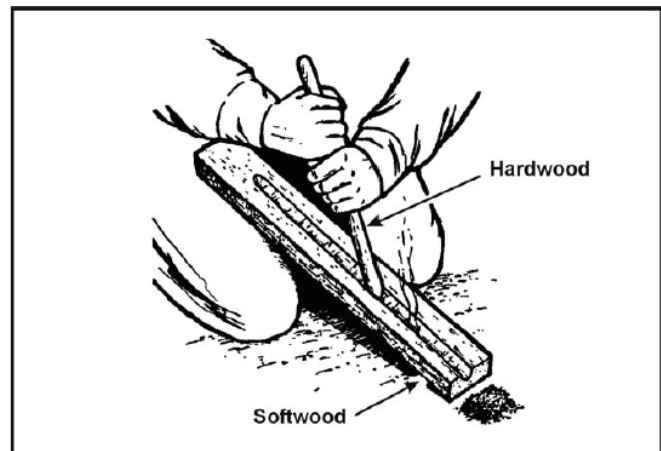


Figure 7-6. Lens Method



Chapter 8

Food Procurement

One of man's most urgent requirements is food and in solidarity with our troops stationed all over the world, and in Afghanistan in particular, Thank You For Coming will provide military style meals at Camp CARPA.

TO PROCURE YOUR FOOD YOU WILL NEED TO PROVIDE A MESS KIT: CUP, BOWL, PLATE, KNIFE, FORK AND SPOON.

Daily feedings will be structured in the following manner:

Breakfast:

Coffee, fruit, grains, toast, yogurt, made to order eggs (2 per person)

Lunch:

While the Camp CARPA troops are working without distraction throughout the day and trying to complete their missions, they'll have access to "warrior" food, served and prepared MRE (Meal, Ready-to-Eat) style. "The more warrior class of troop that MAY stay out past a meal during mission, would eat an MRE." From a soldier in Afghanistan.

Dinner:

The extent of the short order bar will be limited by the availability of ingredients on hand and will be limited to two-three made-to-order items per night. Lobster as a main dish for Camp CARPA is unlikely, but BBQ meat + fish will occur at least once during camp. "Most troops in Afghanistan eat very, very well. Full salad and fruit bar, short order bar full of comfort food and a main dish that is determined by the day of the week to include a surf and turf night. I'm talking lobster. There is no grand sacrifice for most of us here."- Afghani soldier

Chapter 9

Field-Expedient Weapons, Tools, and Equipment

As a soldier, you know the importance of proper care and use of your weapons, tools, and equipment. This is especially true of your knife. You must always keep it sharp and ready to use. A knife is your most valuable tool in a survival situation. With your knife you can fashion any number and type of field-expedient craft tools and equipment to survive. Examples of tools and equipment that could make your life much easier are ropes, clothes, and nets.

Chapter 11

Desert Survival

To survive and invade in arid or desert areas, you must understand and prepare for the environment you will face. Your survival will depend upon your knowledge of the terrain, basic climatic elements, your ability to cope with these elements, and your will to survive.

Terrain

11-1 The five basic desert terrain types are:

- Mountainous
- Rocky plateau
- Sand dunes
- Salt marshes
- Broken, dissected terrain

Intense Sunlight and Heat

11-2 Intense sunlight and heat are present in all arid areas. Air temperature can rise as high as 140 degree F. Heat gain results from direct sunlight, hot blowing sand-laded winds, reflective heat and conductive heat from direct contact with the desert sand and rock.

Need for Water

11-3 The body requires a certain amount of water for certain level of activity at desert temperatures. For example, a person performing hard work in the sun at 109 degrees F requires 5 gallons of water daily. Do the following to avoid heat stroke:

- Find shade! Get out of the Sun!
- Place something between you and hot ground
- Conserve your sweat. Wear your complete uniform to include T-shirt.

Heat Casualties

11-4 The following are the major types of heat casualties and their treatment

- Heat Cramps. The loss of salt due to excessive sweating causes heat cramps. Symptoms are moderate to severe muscle cramps in legs, arms or abdomen. Stop all activity, get in the shade and drink water.
- Heat Exhaustion. A large loss of body water and salt causes heat exhaustion. Symptoms are headache, mental confusion, excessive sweating, weakness, dizziness, cramps, and pale, moist, cold skin. Immediately seek shade, loosen clothing, sprinkle with water, and fan. Drink small amounts of water every 3 minutes.

Precautions

11-5 In a desert survival and evasion situation, take extra care to avoid heat injuries. Rest during the day, working during cool evenings and nights. Use the buddy system to watch for heat injury. Observe the following guidelines:

- Tell someone where you are going and when you will return.

- Watch for signs of heat injury
- Drink water at least once an hour
- Get in the shade when resting
- Do not take off your shirt and work during the day
- Check the color of your urine. A light color means you are drinking enough water, a dark color means you need to drink more.

Conclusion

In conclusion properly planning for the possible contingencies that may occur during a mission is a positive step toward being able to cope successfully with the changes in situation. This SURVIVAL GUIDE can help you respond to any situation, learn it!

