

Wilderness Survival Priorities

If you ever find yourself in a wilderness survival situation you must think carefully and prioritize your actions. These 7 wilderness survival priorities are a good reference.

Positive Mental Attitude

Survival is a state of mind. Control your fears and avoid panic. Decide to live. Analyze your situation and plan a course of action only after considering all of the aspects of your predicament and keeping in mind your safety at all times. Don't make any quick judgments. A positive state of mind is the key to survival in an outdoor emergency.

First Aid

Once you have decided to live and have adopted a positive mindset, focus on your personal safety. Take care of any injuries. Make sure to avoid fatigue. Conserve your energy.

Shelter

Protect yourself from the elements. Cold and heat are enemies of survival. Exposure to the elements can be very dangerous, so find or make a shelter. Be creative and use your surroundings to your advantage. If the you are in cold weather, find shelter and build a fire. If you are in the heat, get out of the sun. In cold environments, it may be best to sleep during the day and stay awake at night by a warm fire. In very hot weather you may also want to seek shelter and/or sleep during the day.

Fire

Fire has multiple uses in a wilderness emergency. It can provide warmth, it can boost your morale and give you a sense of security, it can provide a signaling method, it can purify water, and is a means to cook food.

Signaling

If you are lost, make yourself visible. Smoke signals can be seen for miles. Use a whistle and signal with it in groups of 3 whistles. Do not yell for help. Yelling doesn't carry very far and can exhaust you. A mirror or other object that reflects the sun can make you visible to a helicopter or plane. If there is no chance that someone may come looking for you, you need to make a plan to walk out on your own.

Water

You can survive very few days without water. Thirst and hunger are survival enemies that can depress your positive mental attitude. Try to find a clean water source. If you have the means to boil water from a lake or river, you will avoid getting any internal parasites that can cause disabling intestinal problems. Use a plastic bag to collect dew or catch some rain.

Food

Food is the least important wilderness survival priority. A person can survive for weeks without food. Conserve your body's energy reserves. You are typically better off resting than looking for food. If/when you do find food, you may have depleted more energy than the food will give you. If you can acquire food easily, go for it. If you do not have water, then do not worry about food. You need water to help you digest your food.