1. What are some essential items to consider for a survival kit?

2. What are the basic items to have in every survival kit?

3. What characteristics should the survival kit case have?

4. What are some considerations for use of a survival kit?

5. What are important considerations regarding Injury, Illness, or Death in a survival situation?

6. What are the most common signs of excessive distress?

7. Do we have a need for stress? How does stress help us function?

8. Why is it beneficial to act like native peoples and animals in foreign environments?

9. Why is it important to value living?

10. Why is it important to know how to improvise?

11. Why is it important to manage fear and panic in a survival situation?

12. What are important locations to remember in a survival situation?

13. U -Use All Your Senses, Undue Haste Makes Waste

14. Why is it important to take inventory of your equipment in a survival situation?

15. Why is it important to examine your physical condition in a survival situation?

16. Why is it important to examine your environment in a survival situation?

17. What are some considerations to make when finding shelter?

18. What is dehydration and how does it impact your health?

19. Is thirst a good indicator of how much water you need?

20. How can you ensure adequate water intake over time?

21. In addition to water, what is lost as people become more dehydrated?

22. Of all the physical problems encountered in a survival situation, the loss of water is the most preventable. What are basic guidelines for the prevention of dehydration?

23. How can you use the pulse and breathing rate to estimate fluid loss?

24. Although you can live several weeks without food, you need an adequate amount to stay healthy. How does a lack of food impact your performance?

25. Calories are a measure of heat and potential energy. How many calories does the average person need to function?

26. How do plants provide you with energy?

27. What are better sources of nutrients than plants?

28. What role does hygiene play in survival?

29. Why should you keep your hands clean?

30. Why should you keep your hair clean?

31. Why should you keep your clothing clean?

32. Why should you keep your mouth clean? How can you keep your mouth clean without a toothbrush and toothpaste?

33. Why should you take care of your feet?

34. What should you do if you get a blister on your foot?

35. To avoid having the blister burst or tear under pressure and cause a painful and open sore, do the following:

36. Why is sufficient rest important for performance in a survival situation?

37. What are pressure points?

38. What can proper shelter do for you?

39. In some areas, your need for shelter may take precedence over your need for food and possibly even your need for water. What are situations where shelter takes precedence over things like this?

40. What is the most common error in making a shelter?

41. What are two requirements for shelter?

42. In many situations, security and concealment is paramount for shelter. How does this influence the creation of shelter sites?

43. What are some problems that could occur near your shelter site?

44. When considering shelter site selection, use the word BLISS as a guide. What is BLISS?

45. What determines the type of shelter you need?

46. If you plan to use the lean-to for more than one night, or if you expect rain, what should you do?

47. To increase your security from enemy observation, lower the lean-to's silhouette by making two changes. What are these changes?

48. A tent (Figure 5-2) provides a low silhouette. It also protects you from the elements on two sides. What are some disadvantages of the tent?

49. To make this tent, what supplies do you need?

50. How do you make a tent?

51. If you have a parachute and three poles and the tactical situation allows, what can you make? What other supplies will you need?

52. How do you make this tepee?

53. How can you make this teepee?

54. A one-man shelter you can easily make using a parachute requires a tree and three poles. One pole should be about 4.5 meters long and the other two about 3 meters long. How do you make this shelter?

55. Water is one of your most urgent needs in a survival situation. How much water do you need everyday to maintain efficiency?

56. More than three-fourths of your body is composed of fluids. How does your body lose this water and why must you replace it?

57. If you do not have a canteen, a cup, a can, or other type of container, how can you create a water container?

58. How can you procure fresh water from condensation?

59. What can the presence of insects and animals tell you about nearby water sources?

60. Where can water be found within plants?

61. How can you get water from plantain trees?

62. The milk from green (unripe) coconuts is a good thirst quencher. What is something you should consider when drinking coconut water?

63. How can you get water from plants with moist pulpy centers?

64. You can use stills in various areas of the world. They draw moisture from the ground and from plant material. How long does it take for stills to procure water?

65. What do you need make an above ground still?

66. How do you make an above ground still?

67. What equipment do you need in order to create a below ground still? Where should you place your still?

68. How do you make a below ground still?

69. How do you collect water from a water still?

70. Should the water you collect be purified?

71. When possible, purify all water you get from vegetation or from the ground by using iodine or chlorine, or by boiling. What are some methods for purifying water?

72. By drinking non potable water you may contract diseases or swallow organisms that can harm you. What are some examples of such diseases?

73. If the water you find is also muddy, stagnant, and foul smelling, you can clear the water. How do you do so?

74. How do you make a filtering system?

75. Fire can cause problems, as well.

76. What can fire do for you in a survival scenario?

77. Understanding the concept of the fire triangle is very important in correctly constructing and maintaining a fire. What does the fire triangle represent?

78. What role does fuel play in fire?

79. You will have to decide what site and arrangement to use. Before building a fire what should you consider?

80. How do you make an underground fireplace?

81. What is Tinder?

82. What is Kindling?

83. What is Fuel?

84. How do you make a lean to fire?

85. How do you make a cross ditch fire?

86. How do you make a pyramid fire?

87. What should you consider when using matches in your survival kit?

88. How can you use a convex lens to start a fire?

89. How can you use metal matches to start a fire?

90. How can you use batteries to start a fire?

91. How can you use gunpowder to start a fire?

92. How can you use flint and steel to start a fire?

93. What is the fire-plow method for starting fires?

94. After water, what is considered man's most important priority?

95. What is a good strategy for getting food sources from animals?

96. When you are in a survival situation, why is it important to be able to eat foods you aren't used to eating?

97. What role do insects play in food procurement?

98. Where are good locations for finding insects?

99. Are worms a good food source?

100. Are shrimp good sources of food? How can you catch shrimp in the wild?

101. Crayfish are akin to marine lobsters and crabs. How can you identify them?

102. How can crayfish be located?

103. How can you find saltwater lobsters, crabs, and shrimp from the surf's edge?

104. What may shrimp be attracted to at night?

105. What can you catch lobsters and crabs with?

106. Crabs will come to bait placed at the edge of:

107. What are Mollusks?

108. Where are River snails or freshwater periwinkles plentiful?

109. In fresh water, look for mollusks in the shallows, especially in:

110. Large snails, called chitons, adhere tightly to:

111. Where are Mollusks occasionally poisonous?

112. What shellfish should not be eaten?

113. What advantages do fish offer to the survivor or evader?

114. Fish are not likely to feed after a storm when:

115. Does light often attract fish at night?

116. When there is a heavy current, where will fish often rest?

117. There are no poisonous freshwater fish. What are some other risks that freshwater fish pose?

118. Any marine life obtained farther out in the sea will not contain parasites because of the saltwater environment. What does this mean?

119. What do certain saltwater species of fish have

120. Are amphibians edible?

121. Are reptiles a good source of nutrients?

122. You should cook reptiles, but can they be eaten raw?

123. Their raw flesh may transmit parasites, but reptiles are cold blooded. What does this mean?

124. What are some animals you should avoid eating no matter what?

125. Are all species of birds edible?

126. What is one thing you must consider for capturing animals?

127. Nesting birds present another food source. What is this food source?

128. Mammals are excellent protein sources and, for Americans, the most tasty food source. What are some drawbacks that come with eating animals?

129. All mammals have teeth and nearly all will bite in self-defense. What does this mean when you are hunting them for food?

130. To be effective with any type of trap or snare, you must:Be familiar with the species of animal you intend to catch.

131. You must determine what species are in a given area and set your traps specifically with those animals in mind. What should you look for when setting traps for animals?

132. Where should you position your traps and snares?

133. What must you determine when setting traps on game trails?

134. What must you eliminate when setting traps?

135. Traps or snares placed on a trail or run should use what?

136. How do you build a channel for traps?

137. Does Baiting a trap or snare increase your chances of catching an animal?

138. The bait should be something the animal knows. What are some guidelines about baiting traps?

139. What are traps and snares designed to do?

140. What mechanisms make traps and snares work?

141. The heart of any trap or snare is the trigger. When planning a trap or snare, what should you ask yourself?

142. What is a simple snare made from?

143. How do you make a drag snare or noose?

144. What do you need to make a twitch-up?

145. What does a simple twitch-up snare use? How do you make a twitch-up snare?

146. How do you make a squirrel pole?

147. How do you make an Ojibwa bird pole?

148. How do you use a noosing wand?

149. What are examples of temperate zone food plants?

150. What are examples of Tropical Zone food Plants?

151. What are examples of desert zone food plants?

152. What characteristics make fish inedible?

153. What can spoiled, rotten fish cause?

154. What are all of the possible arrangements of leaves?

155. What are the most common basic root structures?

156. What are bulbs known as?

157. What are cloves?

158. What are taproots?

159. What are tubers?

160. What are Rhizomes?

161. What are corms?

162. What should you do before testing plants for edibility?

163. To avoid potentially poisonous plants avoid plants with what characteristics?

164. How do you smoke meat?

165. Why should you consider the use of plants in your diet for survival?

166. Why may plants near urban areas be dangerous?

Avoid roadside plants due to vehicle emissions contaminating food

167. Plants growing in contaminated water are also contaminated. What does this mean?

168. Plants of the same species may differ in toxic substances depending on their environment. What is a way to determine the toxicity of plants?

169. Some edible wild plants, like acorns and water lily rhizomes are bitter. How can you remove the bitterness?

170. What are the basic leaf margins?

171. What are the basic leaf shapes?

172. What are the steps for skinning a snake?

173. How do you prepare birds for eating?

174. What is a method for skinning and butchering animals?

175. How can you remove entrails for small game?

176. How do you make a rabbit stick?

177. How do you properly use spears to hunt for wild game?

178. How do you make a bow?

179. What can arrow heads be made from?

180. How do you make a sling?

181. What can fishhooks be made from?

182. Can you use plants for medicine?

183. How do you use a poultice?

184. How do you make tea from plants?

185. How do you make a decoction?

186. How do you make an expressed juice?

187. What plants can help stop diarrhea?

188. What plants serve as anti hemorrhagic?

189. What plants serve as antiseptics?

190. What plants help cure fevers?

191. What plants help with colds and sore throats?

192. What plants help with aches, pains, and sprains?

193. What plants help with Itching?

194. What plants serve as sedatives?

195. What plants serve as hemorrhoids?

196. What plants help with constipation?

197. What plants help with worms or intestinal parasites?

198. What plants help with gas and cramps?

199. How can you make dyes from various plants to color clothing or to camouflage your skin?

200. How can you make fibers and cordage from plant fibers?

201. How can you make fish poison?

202. What can you make tinder for starting fires from?

203. Make insulation by fluffing up:

204. What methods do plants use to poison you?

205. Why is it difficult to say how poisonous plants are?

206. What are some common misconceptions about poisonous plants?

207. Why is it your benefit to learn as much about plants as possible?

208. Some plants become toxic after wilting. What are examples of some plants that become toxic after wilting?

209. Your best policy is to be able to look at a plant and identify it with absolute certainty and to know its uses or dangers. Many times this is not possible. If you have little or no knowledge of the local vegetation, use the rules to select plants for the "Universal Edibility Test." Remember, avoid --

210. What plant related ailment usually causes the most trouble in the field?

211. Why should you never bum a contact poisonous plant?

212. What are poisonous plants that cause contact dermatitis?

213. What should you do when you first contact the poisonous plants or the first symptoms appear?

214. What plants cause ingestion poisoning if eaten?

215. Ingestion poisoning can be very serious and could lead to death very quickly. What does this mean for you?

216. What can signs and symptoms of ingestion poisoning include?

217. What should you do if you think you have plant poisoning?

218. How do you recognize insects?

219. Even the most dangerous spiders rarely kill, and the effects of tick-borne diseases are very slow-acting. What is the strategy for dealing with insects?

220. Fatalities from scorpion stings are rare, but they can occur in what human demographics?

221. How do you recognize the brown recluse or fiddleback spider?

222. How do you recognize a black widow spider?

223. What are Funnelwebs (Atrax species)?

224. How are tarantulas recognized?

225. Centipedes and millipedes are mostly small and harmless, although some tropical and desert species may reach 25 centimeters.

226. What is the main danger from bees?

227. What is the best tactic for self-protection from insects?

228. Ticks are common in the tropics and temperate regions. They are familiar to most of us. How can they be identified?

229. What do ticks need to survive and reproduce?

230. According to most authorities, how long does it take for ticks to transmit disease?

231. What are the poisonous snakes of america?

232. What are the poisonous snakes of Europe?

233. What are the poisonous snakes of Africa and Asia?

234. What are the poisonous snakes of Australasia?

235. What are the characteristics of the Gila Monster?

236. What are the characteristics of the Mexican Beaded Lizard?

237. What are the characteristics of the Komodo Dragon?

238. What are the characteristics of the Electric Eel?

239. What are the characteristics of the Piranha?

240. What are the characteristics of the Turtle?

241. What are the characteristics of the Platypus?

242. In shallow salt waters, there are many creatures that can inflict pain and cause infection to develop. What are some examples of these creatures?

243. Stingrays (Dasyatidae species) are a real hazard in shallow waters, especially tropical waters. What does this mean for you?

244. How do sharks impact your survival in the water?

245. How do rabbitfish impact your survival in the water?

246. What are Tang? How do they impact your survival of the water?

247. What are Toadfish? How do they impact your survival of the water?

248. What are Scorpion Fish? How do they impact your survival of the water?

249. What are stonefish? How do they impact your survival of the water?

250. What are Weever Fish? How do they impact your survival of the water?

251. What are Blowfish? How do they impact your survival of the water?

252. What are Triggerfish? How do they impact your survival of the water?

253. What are Barracuda? How do they impact your survival of the water?

254. What are Blue-Ringed Octopus? How do they impact your survival of the water?

255. What are jellyfish? How do they impact your survival of the water?

256. What are Auger Shells? How do they impact your survival of the water?

257. What are Cone shells? How do they impact your survival of the water?

258. How are clubs supposed to be used in a survival situation?

259. How can you make a simple club?

260. What is a weighted club and how are they to be used?

261. What is a sling club and how are they made?

262. What are a knife's three functions?

263. How do you make a stone knife?

264. What are the pros and cons of stone knives?

265. How do you make a bone knife?

266. Why should you use bone knives only to puncture?

267. How do you make spears?

268. How do you make an arrow point?

269. The bola is another field-expedient weapon that is easy to make. It is especially effective for capturing running game or low-flying fowl in a flock. How do you use a bola?

270. What are some considerations when making cordage?

271. You can shred and braid plant fibers from the inner bark of some trees to make cord. What trees produce great plant fibers?

272. You can use rawhide for larger lashing jobs. How do you make rawhide?

273. How do you make a Horseshoe Pack?

274. How do you make a Square Pack?

275. How can a Parachute Assembly be used as a survival resource?

276. How can animal skins help you in a survival situation?

277. How can Plant Fibers be used as a source of insulation?

278. How can you make Bowls from natural materials?

279. How can you make Forks, Knives, and Spoons from natural materials?

280. Most arid areas have several types of terrain. What are the five basic desert terrain types?

281. How does Desert terrain makes movement difficult and demanding?

282. What are characteristics of Mountain Deserts?

283. What are characterstics of Rocky Plateau Deserts?

284. What are characteristics of Sandy or Dune Deserts?

285. What are characteristics of Salt Marshes?

286. What are characteristics of Broken Terrain?

287. In a desert area what are the seven environmental factors that you must consider?

288. Low Rainfall

289. Intense Sunlight and Heat

290. Wide Temperature Range

291. If traveling in hostile territory, follow the principles of desert camouflage. What are they?

292. How do areas with High Mineral Content impact your operations in desert environments?

293. How do Sandstorms impact your survival in the desert?

294. How can Mirages impact desert operations?

295. Light levels in desert areas are more intense than in other geographic areas. How does this affect operations in desert areas?

296. Conversely, during nights with little moonlight, visibility is extremely poor. Why is traveling at night dangerous in desert environments?

297. What is a key factor of survival in desert environments?

298. Your body's normal temperature is 36.9 degrees C (98.6 degrees F). How does it maintain this temperature in hot environments?

299. Understanding how the air temperature and your physical activity affect your water requirements allows you to take measures to get the most from your water supply. What are these measures?

300. Is Thirst a reliable guide for your need for water?

301. What are heat cramps caused by? What are the symptoms? How is it treated?

302. What causes Heat Exhaustion? What are the symptoms? How is it treated?

303. What are the causes of Heat Stroke? What are the symptoms of heat stroke? How is it treated?

304. Use a buddy system to watch for heat injury. What are good guidelines to follow when conducting operations in the desert?

305. There are several hazards unique to desert survival. What are they?

306. Insects of almost every type abound in the desert. Man, as a source of water and food, attracts lice, mites, wasps, and flies. What does this mean?

307. High temperatures, heavy rainfall, and oppressive humidity characterize what regions of the world?

308. In choosing campsites, make sure you are above any potential flooding. What are other considerations to make when choosing a campsite?

309. The tropical area may be any of the following:

310. The climate varies little in rain forests. What does this mean?

311. There are five layers of what in rain forests?

312. Where untouched by man, jungle trees rise from buttress roots to heights of 60 meters. What are characteristics of the forests underneath them?

313. Because of the lack of light on the jungle floor, there is little undergrowth to hamper movement. What is a downside of being on the jungle floor?

314. What are secondary jungles?

315. The characteristics of the American and African semievergreen seasonal forests correspond with those of the Asian monsoon forests. These characteristics are?

316. You find semievergreen forests in portions of what countries?

317. The chief characteristics of tropical scrub and thorn forests are what?

318. You find tropical scrub and thorn forests:

319. What is hard to do within the tropical scrub and thorn forest areas?

320. General characteristics of the savanna are--

321. What parts of the world can savannahs be found?

322. Visibility in saltwater swamps are:

323. Sometimes, streams that you can raft form channels,

324. Saltwater swamps are common where?

325. Everything in a saltwater swamp may appear hostile to you. What are tips for navigating through these areas?

326. To move easily, you must develop "jungle eye," What is jungle eye?

327. Many jungle and forest animals follow game trails. Can you use this to your advantage?

328. In many countries, electric and telephone lines run for miles through sparsely inhabited areas. How can they be utilized in a survival situation?

329. There is less likelihood of your rescue from beneath a dense jungle canopy than in other survival situations. What does this mean?

330. If you are the victim of an aircraft crash, the most important items to take with you from the crash site are?

331. Why is it important to take shelter from tropical rain, sun, and insects?

332. In the tropics, even the smallest scratch can quickly become dangerously infected. What does this mean for survival in a jungle environment?

333. Can you use animals to find a water source?

334. Can vines be a safe source of water?

335. In Australia, the water tree, desert oak, and bloodwood have roots near the surface. How can you obtain water from these trees?

336. The buri, coconut, and nipa palms all contain a sugary fluid that is very good to drink. How can you obtain the liquid?

337. Often it requires too much effort to dig for roots containing water. How else can plants produce water for you?

338. What are examples of Food Plants from jungle plants?

339. What are considered cold weather regions?

340. You can classify about 48 percent of the northern hemisphere's total landmass as a cold region due to what factors?

341. Within the cold weather regions, you may face two types of cold weather environments. What are they?

342. What are considered Wet Cold Weather Environments?

343. What are considered Dry Cold Weather Environments?

344. How does windchill affect your survival in cold environments?

345. It is more difficult for you to satisfy your basic water, food, and shelter needs in a cold environment than in a warm environment. Why is this?

346. The brain is very susceptible to cold and can stand the least amount of cooling. How does this impact your survival in cold weather?

347. There are four basic principles to follow to keep warm. An easy way to remember these basic principles is to use the word COLD--

348. C - Keep clothing clean. What does this principle entail?

349. O - Avoid overheating. What does this principle entail?

350. L - Wear your clothing loose and in layers. What does this principle entail?

351. D - Keep clothing dry. What does this principle entail?

352. Despite the precautions you take, there will be times when you cannot keep from getting wet. What should you do in such situations?

353. A heavy, down-lined sleeping bag is a valuable piece of survival gear in cold weather. What are considerations you should make when using this equipment?

354. What are other important survival items in a cold weather environment?

355. Remember, a cold weather environment can be very harsh. How does this impact the selection of your gear in a survival?

356. Should you clean yourself in an arctic environment?

357. In some situations, you may be able to take a snow bath. What is a snow bath?

358. If you are using a previously used shelter, check your body and clothing for lice each night. What should you do if you notice lice on your body?

359. There are three main factors that affect this temperature balance are:

360. The best way to deal with injuries and sicknesses is to:

361. What is Hypothermia?

362. What are some of the symptoms of hypothermia?

363. How is hypothermia treated?

364. One of the quickest ways to get heat to the inner core is:

365. There are two dangers in treating hypothermia. What are they?

366. What is frostbite?

367. What does light frostbite involve?

368. The following pointers will aid you in keeping warm and preventing frostbite when it is extremely cold or when you have less than adequate clothing:

369. A loss of feeling in your hands and feet is a sign of frostbite. What should you do if you suspect frostbite on your hands and feet?

370. What causes Trench Foot and Immersion Foot?

371. What are the symptoms of hypothermia?

372. Is dehydration an important issue when operating in an arctic environment?

373. What is the best way to prevent frostbite?

374. What is Cold Diuresis?

375. How can you tell if you are becoming hydrated?

376. How does sunburn impact your survival in an arctic environment?

377. The reflection of the sun's ultraviolet rays off a snow-covered area causes this condition. What are the symptoms of snow blindness?

378. How can you prevent snow blindness?

379. How does consipation impact your survival in an arctic environment?

380. How do insect bites impact your survival in an arctic environment?

381. Your environment and the equipment you carry with you will determine the type of:

382. In extreme cold, do not use metal, such as an aircraft fuselage, for shelter. Why shouldn't you use metal?

383. Shelters made from ice or snow usually require tools like:

384. Why should you try to block your shelter's entrance?

385. What should you do instead of sleeping directly on the ground?

386. Never fall asleep without turning out your stove or lamp. Why is this?

387. Usually, there are no symptoms of carbon monoxide poisoning. What can occur after carbon monoxide poisoning, however.

388. What is the snow cave shelter? How do you make it?

389. What is a Snow Trench Shelter? How do you make it?

390. How can you make a Snow Block and Parachute Shelter?

391. How can you use a Snow House or Igloo for shelter in an arctic environment?

392. How can you use a Lean-To for shelter in an arctic environment?

393. How can you use a Fallen Tree shelter in an arctic environment?

394. How can you use a tree pit shelter in an arctic environment?

395. How can the military's 20-Man Life Raft be used in a survival situation?

396. Fire is especially important in cold weather. Why?

397. What considerations should you make when starting fires in enemy territory?

398. If you are in enemy territory, how should you collect firewood?

399. All wood will burn, but some types of wood create more smoke than others. How do different types of wood create smoke?

400. Abundant fuels within the tree line are--

401. Dried moss, grass, and scrub willow are other materials you can use for fuel. Where can these normally be found?

402. If fuel or oil is available from a wrecked vehicle or downed aircraft, how should it be used?

403. In cold weather regions, there are some hazards in using fires, whether to keep warm or to cook. What are some examples?

404. In general, what is best for cooking in a survival situation?

405. For heating purposes, a single candle provides enough heat to do what?

406. Water sources in arctic and subarctic regions are more sanitary than in other regions due to what?

407. Is the brownish surface water found in a tundra during the summer a good source of water?

408. What are considerations for melting freshwater ice and snow for water?

409. What are advantages of using ice as a source of water compared to snow? What are some methods you can use to melt ice? How can you prevent it from refreezing once it has been melted?

410. During the summer months, you can easily get fish and other water life from coastal waters, streams, rivers, and lakes. What are some examples of these food sources?

411. You find polar bears in practically all arctic coastal regions, but rarely inland. How should you react to polar bears in the wild?

412. Earless seal meat is some of the best meat available. You need considerable skill, however, to get close enough to an earless seal to kill it. In spring, seals often bask on the ice beside their breathing holes. How do you approach a seal?

413. Keep the seal blubber and skin from coming into contact with any scratch or broken skin you may have. Why is this?

414. You can find porcupines in some arctic areas. How can they be found?

415. Ptarmigans, owls, Canadian jays, grouse, and ravens are the only birds that remain in the arctic during the winter. Where can they be found?

416. What plants in the arctic provide sources of food?

417. As a survivor or an evader in an arctic or subarctic region, you will face many obstacles. Your location and the time of the year will determine the types of obstacles and the inherent dangers. You should--

418. How can you determine wind direction? How can you use wind to increase situational awareness?

419. How can smoke help determine the weather?

420. How do birds and insects help determine weather patterns?

421. What do Low-Pressure Fronts tell you about the weather?

422. As a survivor on the open sea, you will face waves and wind. You may also face extreme heat or cold. To keep these environmental hazards from becoming serious problems, take precautionary measures as soon as possible. What are some of these precautionary measures?

423. Your survival at sea depends upon what factors?

424. If you are in an aircraft that goes down at sea, take the following actions once you clear the aircraft:

425. A search for survivors usually takes place around:

426. The best technique for rescuing personnel from the water is:

427. The following are the best swimming strokes during a survival situation:

428. If you are in an area where surface oil is burning--

429. If you are in oil-covered water that is free of fire, what should you do?

430. If you are in a raft--

431. Throw out the sea anchor, or improvise a drag from the raft's case, bailing bucket, or a roll of clothing. Are seas anchors important for your survival?

432. What are some other considerations to make when using a raft in a survival situation?

433. If you are in a cold climate--

434. The greatest problem you face when submerged in cold water is:

435. If you are in a hot climate--

436. How can One-Man Rafts help you in a water survival situation?

437. You can travel more effectively by:

438. If you have an arm injury, the best way to board is:

439. Rafts do not have keels, therefore, you can't sail them into the wind. Can you rafts to sail when necessary?

440. How can you create a square sail for a raft?

441. What should you do when you do not have easy access to water?

442. If you don't have water, don't eat. Why is this?

443. How should Solar Stills be used in a water survival situation?

444. How should Desalting Kits be used?

445. Can water be procured from fish?

446. Can Sea Ice be used to procure water?

447. What are some other things you should not drink in a survival situation?

448. What are the best ways to endure periods of reduced water and food intake?

449. Is Food Procurement an issue when stranded at sea?

450. When fishing, do not handle the fishing line with bare hands and never wrap it around your hands or tie it to a life raft. Why is this?

451. In warm regions, why should you gut and bleed fish immediately after catching them?

452. What can fish leftovers be used for?

453. Both eels and sea snakes are edible, but you must handle the latter with care because of their poisonous bites. What parts of these animals are edible?

454. Shark meat is a good source of food whether raw, dried, or cooked. What are some considerations to make when processing shark meat?

455. What are some materials that can be sued as fishing aids?

456. Your fishing should be successful if you remember the following important hints:

457. Seasickness is the nausea and vomiting caused by the motion of the raft. What can it result in?

458. How can you treat seasickness?

459. How do Saltwater Sores form? How are they treated?

460. How does Blindness/Headache form? How are they treated?

461. How is Difficult Urination treated?

462. How is Sunburn prevented? How is it treated?

463. Of the many hundreds of shark species, only about 20 species are known to attack man. What are some of the most dangerous species?

464. There are sharks in all oceans and seas of the world. While many live and feed in the depths of the sea, others hunt near the surface. What does this mean?

465. All sharks are basically eating machines. What do sharks normally prey on? How to the locate their prey?

466. Sharks can bite from almost any position; they do not have to turn on their side to bite. What does this mean?

467. Some of the measures that you can take to protect yourself against sharks when you are in the water are

468. When you are in a raft and see sharks, what should yo do?

469. You should watch carefully for any signs of land. What are some indications that land is near?

470. In the tropics, the reflection of sunlight from shallow lagoons or shelves of coral reefs often causes a greenish tint in the sky. What does this indicate?

471. At night, or in fog, mist, or rain, you may detect land by odors and sounds. How can you use odors and sounds to locate land?

472. How do mirages impact you in a survival situation?

473. Once you have found land, you must get ashore safely. What are some considerations to get a raft to shore?

474. What is a good method of getting a raft through the surf?

475. If in a medium surf with no wind or offshore wind, what should you do?

476. Should you try to land at night?

477. If rafting ashore is not possible and you have to swim, what should you do?

478. If you must land on a rocky shore, what should you do?

479. If the helicopter recovery is unassisted, do the following before pickup:

480. Search planes or ships do not always spot a drifting raft or swimmer. What does this mean for you?

481. What problems does this present for you, and how can you overcome them?

482. What hazards does Coral cause when landing on a costal area?

483. What hazards do fish toxins pose to you?

484. What are some examples of aggressive fish in coastal environments?

485. Do Sea Snakes pose a threat to you in coastal environments?

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486. What threat do crocodiles pose to you in a survival environments?

487. How do Sea Urchins, Sea Biscuits, Sponges, and Anemones impact your survival?

488. What hazards do Tides and Undertow pose to you at sea?

489. Good crossing locations include--

490. What areas near rivers are dangerous to be in?

491. Is the depth of a river and inherent measure of it's safety?

492. If necessary, you can safely cross a deep, swift river or rapids. How should you cross a deep, swift river?

493. How should you cross fast, shallow rapids?

494. How should you cross, deep rapids?

495. To ford a swift, treacherous stream, apply the following steps:

496. The brush raft, if properly constructed, will support about 115 kilograms. To construct it, use ponchos, fresh green brush, two small saplings, and rope or vine as follows:

497. Australian Poncho Raft

498. How can you construct an Australian pongo raft?

499. Poncho Donut Raft. Another type of raft is the poncho donut raft. It takes more time to construct than the brush raft or Australian poncho raft, but it is effective. To construct it, use one poncho, small saplings, willow or vines, and rope, bootlaces, or other binding material (Figure 17-6) as follows:

500. How do you construct a log raft?

501. How can logs and cattails be used as flotation devices?

502. Some items you can use for flotation devices are--

503. What are some other water obstacles you face?

504. Can underwater obstacles impact movements in the water?

505. What is a mangrove swamp?

506. How can you effectively navigate through mangrove swamps?

507. How can you use the sun and shadows to determine your direction on earth?

508. How can you use the first shadow-tip method to determine your direction

509. How can you use the alternate shadow-tip method to determine your direction?

510. You can also determine direction using a common or analog watch--one that has hands. How can you do this?

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511. Because the moon has no light of its own, we can only see it when it reflects the sun's light. How can the shape of the moon help you navigate at night?

512. How can you use constellations to navigate at night?

513. How are constellations used to navigation in the southern sky?

514. How can you make improvised compasses?

515. What is another methods for constructing an improvised compass?

516. Is true that moss growth indicates north? What are alternate methods to determine direction using natural growth?

517. When in a noncombat situation, where should you go to find a signaling location?

518. What should you ensure about your signaling device before is is used?

519. What is one of the best signaling devices you can use?

520. How can you ensure more effective use of signaling techniques when in a survival situation?

521. Can fire be an effective signaling method? How should fire be used as a signaling method?

522. When constructing signal fires, what should you consider?

523. If in a snow-covered area, you may have to clear the ground of snow or make a platform on which to build the fire so that melting snow will not extinguish it. What are some alternate signaling methods?

524. How can you use smoke signals to indicate distress?

525. How can you use Smoke Grenades to signal distress?

526. How can you use pen flares to signal distress?

527. How can tracer ammunition be used as a signaling method? What are important considerations when using tracer ammunition as a signaling method?

528. How can star clusters be used as a signaling method? How long do they burn for?

529. How can star parachute flares be used as a signaling method? How long do they burn for?

530. How can Mirrors or Shiny Objects be used as a signaling method?

531. How can Flashlight or Strobe Lights be used to signal for help?

532. How can VS=17 panels be used to signal for help?

533. How can clothing be used to signal for help?

534. How can Natural Materials be used to signal for help?

535. How can Sea Dye Markers be sued to signal for help?

536. How can Radio Equipment be used to signal for help?

537. To obtain maximum performance from radios, use the following procedures:

538. Whistles can be used to signal for help. How can they best used effectively?

539. What is the code for SOS?

540. What is the Ground-to-Air Emergency Code?

541. What signals do Body Signals use to signal for help?

542. What are Panel Signals used to signal for help?

543. What are methods used to show Aircraft Acknowledgment of your signal?

544. What are aircraft vectoring procedures?

545. What are phases of planning for rescue missions?

546. How do unit SOPs impact actions during recovery operations? What items should the SOP include?

547. An isolated unit has several general courses of action it can take to avoid the capture of the group or individuals. What are they and how do they help commanders during mission planning?

548. If the unit commander loses contact with higher headquarters, he must make the decision to move or wait. What factors does he base these decisions on?

549. What should be done upon orders to avoid capture?

550. Once the team has rallied at the initial movement point, it must do what?

551. What portion of returning to friendly control is the most dangerous?

552. When moving, avoid the following areas even if it takes more time and energy to bypass:

553. What are good protocols to follow when moving in enemy territory?

554. Once you have moved into the area in which you want to hide (hide area), select a hide site. Keep the following formula in mind when selecting a hide site: BLISS. What are the components of BLISS?

555. After you have located your hide site, do not move straight into it. What should you do instead?

556. What actions should be taken once you have established a hide site?

557. It is extremely important to stay healthy and alert when trying to avoid capture. Take every opportunity to rest, but do not sacrifice security. What is the best way to manage rest cycles while maintaining security?

558. What are additional actions that should be taken at the hide site?

559. After moving and hiding for several days, usually three or four, you or the movement team will have to move into a hole-up area. What is a hole-up area?

560. Actions in the hole-up area include--

561. While in the hole-up area, security is still your primary concern. How should security be structures in a hide site?

562. What is the most crucial component of returning to friendly control?

563. What important considerations to make when returning to friendly control?

564. If you have made your way to a friendly or neutral country, use the following procedures to cross the border and link up with friendly forces on the other side:

565. How can you Linkup at the FEBA/FLOT?

566. The actual linkup will be done as for linkup during a border crossing. The only difference is that you must be more careful on the initial contact. Why is this?

567. If friendly lines are a circular perimeter or an isolated camp, for example, any direction you approach from will be considered enemy territory. You do not have the option of moving behind the lines and trying to link up. This move makes the linkup extremely dangerous. What are your options in such a scenario?

568. What are other considerations to make when linking up with friendly patrols?

569. What are your options for making contact if you do not want to make contact with combat patrols?

570. What can you do if you do not have a white textile to signal a patrol?

571. What are considerations to make when camouflaging yourself?

572. How are Shape and Outline important factors in camouflage?

573. How are Color and Texture important factors in camouflage?

574. To hide and camouflage movement in any specific area of the world, you must take on the color and texture of the immediate surroundings. What does this mean?

575. What are important considerations for applying personal camouflage?

576. How does skin oil impact your camouflage?

577. How do shadows impact your use of camouflage?

578. How does movement impact your camouflage in enemy terrain?

579. What are good protocols to mitigate noise production when moving?

580. How can you mask your scent while evading enemy capture?

581. How can you use your sense of smell to aid you while moving in enemy territory?

582. When should you crawl when moving through enemy territory? How should you crawl?

583. How can you stalk in the prone position?

584. How should you stalk an animal?

585. You must give serious consideration to dealing with the local people. What are some things to consider when dealing with them?

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586. How can you plan to deal with civilians in your operating environment?

587. What are some other considerations to make when interacting with civilians?

588. What are some examples of areas to steer clear from?

589. What are some of the dangers of interacting with civilians?

590. What are the effects of nuclear weapons?

591. What are the characteristics of a nuclear blast?

592. What are the characteristics of Thermal Radiation?

593. What are the characteristics of Nuclear Radiation?

594. What are the characteristics of blast and projectile injuries caused by nuclear weapons?

595. What are the characteristics of thermal injuries caused by nuclear weapons?

596. What are radiation injuries caused by nuclear weapons?

597. What is Residual Radiation?

598. What is Induced Radiation?

599. What is fallout?

600. How does radiation affect your bofy?

601. How well can the human body recover from radiation damage?

602. What are the symptoms of radiation injuries?

603. What are some countermeasures against penetrating external radiation

604. Time is important to you, as the survivor, in two ways. What are they?

605. How does distance impact radiation intensity?

606. What is the most important method of protection from penetrating radiation?

607. How does the presence of falliut impact medical prodcures?

608. How thick should a fallout shelter be?

609. What are examples of natural shelters hat may help against fallout and radiation?

610. How should Trenches be built to protect from fallout?

611. While an underground shelter covered by 1 meter or more of earth provides the best protection against fallout radiation, the following unoccupied structures (in order listed) offer the next best protection:

612. Is it a good practice to put a roof on your shelter?

613. To reduce your exposure time and thereby reduce the dosage received, remember the following factors when selecting and setting up a shelter:

614. The following timetable provides you with the information needed to avoid receiving serious dosage and still let you cope with survival problems:

615. How does fallout impact your water procurement?

616. What are the Safest Water Sources?

617. How can you procure water in contaminated area?

618. How can you procure food in contaminated areas?

619. Can you get food from animals in contaminated areas? How can you get food from animals in contaminated areas?

620. All eggs, even if laid during the period of fallout, will be safe to eat. Is milk safe to consume near areas of fallout?

621. How does plant contamination occur? How does this impact your selection of plant food?

622. What are Biological Agents? What do they cause? How are they Categorized? What are Pathogens? What are toxins and what are the toxins used in biological warfare?

623. What are germs? What threat do germs pose to you? How do germs affect the body?

624. Can germs form protective shells to increase duration of survival? How long can most germs survive without a host?

625. What are toxins? What effects do toxins have on the body?

626. Your best chance of detecting biological agents before they can affect you is to recognize their means of delivery. What are the three means of delivery of biological agents?

627. How do weather patterns like sunlight, wind, and precipiation impact the effects of Chemical and Biological agents?

628. While you must maintain a healthy respect for biological agents, there is no reason for you to panic. You can reduce your susceptibility to biological agents by maintaining current immunizations, avoiding contaminated areas, and controlling rodents and pests. What are some other guidelines for dealing with biological agents?

629. You can build expedient shelters under biological contamination conditions using the same techniques described in Chapter 5. However, you must make slight changes to reduce the chance of biological contamination. What are some of these changes?

630. As a survivor, always use the following general steps, in the order listed, to protect yourself from a chemical attack:

631. What pieces of equipment are key to your survival in an CBRN environment?

632. How do CBRN environments impact your ability to drink water? What are the safest sources of water? Where can you get safe drinking water?

633. How does contamination of food impact you ability to eat in CBRN environments?

634. What should you do if you find yourself in a contaminated area?