1. The last step in the seven steps to survival is _____________.

2. Name two reasons why play is important.

3. What kinds of things can you do for play?

4. Describe a game you could play if you were in a survival situation all by yourself, or one you could play if there were other people.
SURVIVAL CROSSWORD PUZZLE

1. A first sign of hypothermia
2. Best survival tool
3. __________ (number) of anything will signal for help
4. A shelter must be small, _______________, and weatherproof
5. A fabric that keeps you warm even when it is wet __________
6. A signal must attract attention and send a __________
7. You can go without ________________ for 3-4 days
8. An edible sea animal with one shell
9. Depression can be avoided by ________________
What Is a Survival Kit?
A survival kit has things in it you can use to survive an emergency.

You should keep it in your pocket, around your neck, or attached to your belt. Use a ziploc freezer bag for a container.

Building a Survival Kit
These things should go into your survival kit:

- **Shelter**
  - Large plastic garbage bags or tube tent
  - Nylon parachute cord or strong twine (20 feet)

- **Signals**
  - Signal mirror
  - Whistle
  - Surveyor tape
  - Magnesium fire starter
  - Matches (waterproof and windproof)
  - Fire starting materials (waxed wood)
  - Heavy duty aluminum foil

- **Tools**
  - Sturdy pocket knife or hunting knife

- **Personal Health**
  - Prescription drugs if you need them

Other things you may want to take along:

- **Shelter**
  - Wool hat
  - Thermal foil blanket (space blanket)
  - Rain suit (jacket and pants)
  - Plastic sheeting
  - Extra clothes

- **Signals**
  - Brightly colored cloth
  - Cyalume chemical light sticks
  - Extra aluminum foil, heavy duty
  - Battery powered EPIRBs
  - (Emergency Position Indicating Radio Beacons)
  - Emergency strobe lights
  - Fluorescent water dyes
- **Health**
  - Band aids
  - Compresses (for bleeding)
  - Triangular bandage
  - Chap stick
  - Aspirin
  - Disinfectant
  - Insect repellent
  - Personal items: feminine hygiene supplies, vitamins, etc.

- **Food and water**
  - Chocolate bars
  - Hard candies
  - Instant cocoa
  - Packaged water
  - Water purification tablets (iodine or Halazone)
  - Ziploc freezer bags (for holding food and water)
  - Fruit bars
  - Powdered bouillon (salt free)
  - Coffee or herbal tea

- **Fire and light**
  - Flint starter kit
  - Waterproof flashlight
  - Candles

- **Tools**
  - Compact pocket saw
  - Duct tape
  - Cable snare or small gauge wire
  - Fishing line
  - Fish hooks
  - Magnetic compass

✔️ Remember that a good insulative hat is essential!
You should watch out for these dangers in Alaska waters, whether you are fishing, hiking, beachcombing, or traveling by air or boat.

- Currents from tides and in rivers
- Weather, such as wind, waves, and rain
- Cold temperatures
- Debris, such as logs, deadheads, and kelp

What can happen to you if you fall in the water?

- You can rescue yourself
- You can be rescued
- You can drown

**Drownings in Alaska’s Waters**

Alaska’s drowning rate is ten times the national average. Drowning is a leading cause of accidental death in rural Alaska.

Here are the reasons why many people drown in Alaska.

- People spend more time around water
- They can’t swim, because small towns don’t have swimming pools to learn in
- They don’t have Personal Flotation Devices (PFDs)
- People who have PFDs don’t wear them
- Many have been drinking alcohol
- Many don’t know water rescue skills
- Cold water causes hypothermia

**Preventing Drowning**

How can you reduce the drowning rate and increase chances of surviving in cold water?

- Use PFDs around water
- Know rescue and self-rescue skills
- Stay out of the water

How long will you survive in cold water? It depends on two things:

1. You must keep floating.
2. You must have insulation to stay warm.