



# Survival Tips

Provided by Team BUSAR

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## BUSAR 10 Essentials

1. **Signaling** - Trip Plan, Phone, Whistle, Mirror, Personal Locator Beacon
2. **Navigation** - Map/Compass, GPS, SmartPhone
3. **Insulation** - Puffy Jacket, Extra clothing
4. **Illumination** - Headlamp/Flashlight
5. **First-aid** - Common Injuries & Trauma
6. **Fire** - Lighter, Firesteel, Tinder
7. **Tools** - Duct tape, cordage, batteries
8. **Nutrition** - Food
9. **Hydration** - Water
10. **Shelter** - Rain gear, Sun Protection, Tarp, Trash Bag

### Make A Trip Plan!



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### Make A Trip Plan!

## S.T.O.P. A!

**STOP** - If there is no immediate threat then stop and sit down. The goal is to prevent any irrational thinking due to fear or an adrenaline dump.

### THINK

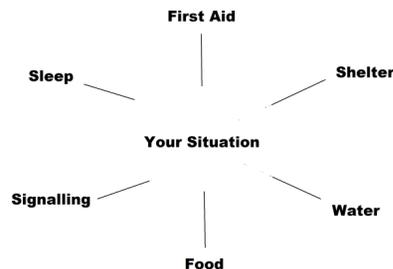
1. Focus on a reason to live and lock it in your mind.
2. Identify priorities based on your situation.
3. If a task seems difficult then break it down into smaller goals and take them one step at a time.
4. Adapt and Improve. Don't be afraid to think outside of the box.
5. Keep a Positive Mental Attitude!

**OBSERVE** - Observe your surroundings and identify threats, resources, and features. Once that is done, pull out your gear and inventory everything.

**PLAN** - It is time to make some choices, planning is dependent on *your* situation. Generally, staying put and waiting for rescue is a good plan but make the best plan for what you are dealing with. Recognize that fatigue and dehydration reduce the ability to think clearly and factor that into the decision making process.

**ACT!** - Implement your plan!

### Survival Priorities



Read more at : <https://bigpigblog.com/stop-a/>

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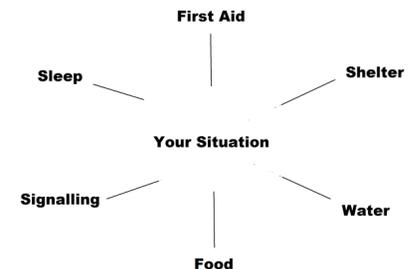
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