

# SURVIVAL IN THE BOREAL FOREST

Derived from the writings of M. Kochanski, Wilderness Living Skills Instructor

When potentially lethal stresses are experienced by the human body, death will eventually result if these stresses are not relieved. Survival Knowledge allows one to avoid or deal with these stresses through preparation and appropriate action.

## Survival limits.

**Sleep.** How long can you go without sleep before survival is compromised by sleep deprivation?

**Water.** You may do without water for about 4 days.

With adequate sleep and water intake you can live until you starve to death.

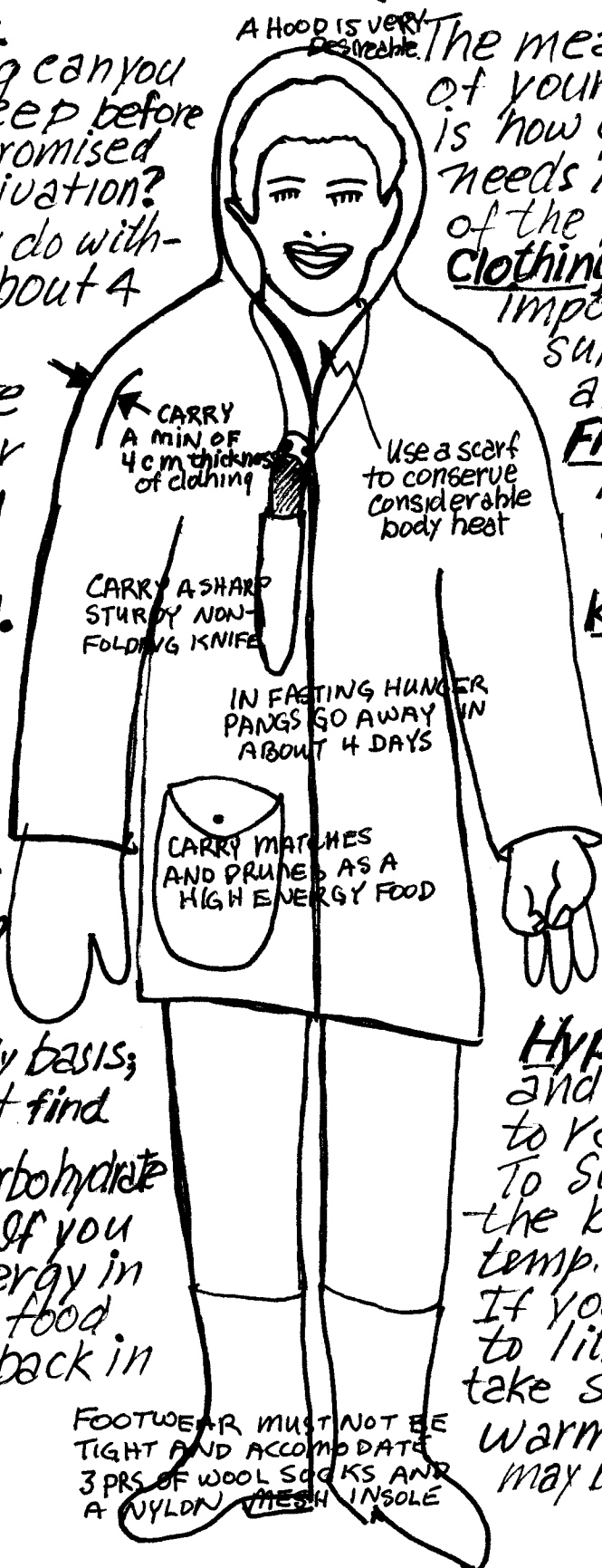
**Food.** You can fast for at least 40 days

and up to 120.

You will survive longer by fasting if (1) you can-

-not find 1000 cal on a daily basis;  
(2) if you cannot find

500 gms of carbohydrate daily and (3) if you use more energy in obtaining your food than you get back in eating it.



The measure of the quality of your survival knowledge is how you meet your sleep needs in spite of the harshness of the prevailing conditions.

**Clothing.** The single most important factor in your survival is how well you are dressed.

**Fire.** The second most important skill is your ability to make and use fire to stay warm.

**Knowledge.** The more you know, the less you have to carry to make up for your lack of knowledge with equipment.

**Knife.** A well trained person needs only a knife to survive.

**Hypothermia.** Cold wet and wind can combine to rapidly cool the body. To survive one must keep the body at its desirable temp. of 98.6°F or 37°C. If you cannot touch thumb to little finger as shown take steps immediately to warm up as further drop may begin to numb your mind.

FOOTWEAR MUST NOT BE TIGHT AND ACCOMMODATE 3 PRS OF WOOL SOCKS AND A NYLON MESH INSOLE