



CURRICULUM ON MILITARY SUBJECTS

Strand M10: Survival

Level 11

This Strand is composed of the following components:

- A. Prepare to Survive**
- B. Survival Care and First Aid
- C. Basic Survival Techniques
- D. Advanced Survival Techniques



I will plan for success and prepare for the unexpected.

CURRICULUM ON MILITARY SUBJECTS

Strand M10: Survival

TABLE OF CONTENTS

A. Prepare to Survive.....	3
Objectives	3
A1 Preparing to Survive	4
A2. California Cadet Corps Survival Creed	6
A3. Survival Case Studies	7
A4. Importance of Planning	12
A5. Spell “S-U-R-V-I-V-A-L”	15
A6. Pattern for Survival.....	19
A7. Psychology of Surviving	20
A8. A Look at Stress.....	21
References	30

CURRICULUM ON MILITARY SUBJECTS

Strand M10: Survival

A. Prepare to Survive

OBJECTIVES

DESIRED OUTCOME (Self-Mastery) / PRACTICUM A

After completing sections A, B, and C, Cadets will have the foundation to be able to successfully complete a Basic Survival Course during Summer Encampment and earn their red beret. After completing a Basic Survival Course and section D, Cadets will have the experience and knowledge to complete an Advanced Survival Course and earn the Red Beret with advanced flash.



Video 1 CACC Survival Program (2017)

1. **Required Prerequisite.** Cadets will have increased their survival preparedness by successfully completing 10 hikes of increasing distance from 2 miles to 5 miles. (A1)
2. **Required Prerequisite.** Cadets will memorize and be able to recite the California Cadet Corps Survival Creed (A2)
3. **Required Prerequisite.** Watch the 4 case studies and write a 1-page essay on the mental skills that the survivor displayed or should have displayed to survive their respective situations. (A3)
4. Given a scenario, cadets will be able to prioritize items to include in a survival kit (A4)
5. Cadets will be able to match key truths to the appropriate heading in the "S U R V I V A L" acronym. (A5)
6. Cadets will develop a survival mantra. (A6)
7. Identify the symptoms of stress. (A8)
8. Identify the most common stressors in survival situations. (A8)
9. List ways to deal with and minimize survival stressors. (A8)

CURRICULUM ON MILITARY SUBJECTS

Strand M10: Survival

A1 Preparing to Survive

Survival planning is nothing more than realizing something could happen that would put you in a survival situation and, with that in mind, taking steps to increase your chances of survival. Thus, survival planning means preparation.



Preparation means having survival items and knowing how to use them. People who live in snow regions prepare their vehicles for poor road conditions. They put snow tires on their vehicles, add extra weight in the back for traction, and they carry a shovel, salt, and a blanket. Another example of preparation is finding the emergency exits on an aircraft when you board it for a flight. Preparation could also mean knowing your intended route of travel and familiarizing yourself with the area.

Preparation also means being physically fit and **acclimated** to your environment. Hiking is one of the best ways to become physically fit, acclimated to the environment, increase awareness of your surroundings, develop an innate (intuitive) sense of direction and distance, and to toughen up your endurance. The following 10 progressive hikes are required for Cadets preparing for Survival and should be accomplished in the 30 days prior to the course.

- **REQUIRED:** Each cadet will need to conduct **10 hikes in the boots or tennis shoes that you will be wearing to Survival.** For your safety, Cadets who do not complete this will not be allowed to participate in Survival. Boots are preferred, but not required. Each hike must be on a different day and must be the following distances:

- a. 2 miles Date Accomplished: _____ Cadet Initials: _____
- b. 2 miles Date Accomplished: _____ Cadet Initials: _____
- c. 2 miles Date Accomplished: _____ Cadet Initials: _____
- d. 3 miles Date Accomplished: _____ Cadet Initials: _____
- e. 3 miles Date Accomplished: _____ Cadet Initials: _____
- f. 3 miles Date Accomplished: _____ Cadet Initials: _____
- g. 3 miles Date Accomplished: _____ Cadet Initials: _____
- h. 4 miles Date Accomplished: _____ Cadet Initials: _____
- i. 4 miles Date Accomplished: _____ Cadet Initials: _____
- j. 5 miles Date Accomplished: _____ Cadet Initials: _____

✓ Completed (**Parent Signature**): _____

Perhaps even more importantly it means being mentally prepared. The foundation of mental preparation is, simply, humility. Understanding that just a few generations ago, our forbearers could do things that are completely foreign to us to today. They could identify almost every

CURRICULUM ON MILITARY SUBJECTS

Strand M10: Survival

type of tree by sight, knew how to track, hunt, kill, and prepare wild game, carried pocket knives with them everywhere, knew how to navigate by the stars, relied on walking to get where they wanted, and could not depend on their I-phone to rescue them if they got lost. It's important to realize that most of us have not grown up in this type of world and must learn through experience how to regain some of this lost knowledge.



Video 2 25 Survival Myths That Could Actually Hurt You

(10 minutes 56 seconds)

CURRICULUM ON MILITARY SUBJECTS

Strand M10: Survival

A2. California Cadet Corps Survival Creed

- **REQUIRED:** Memorize the CACC Survival Creed

- 1) *I am a Cadet in the California Cadet Corps and a future Leader in California. I will plan for success and prepare for the unexpected.*
- 2) *If I find myself in a survival situation I will do whatever it takes to survive with honor. I will never give up if I have breath left to give.*
- 3) *If there are others around me that need help, I will render aid. I will work harder than ever before to maintain health and hygiene.*
- 4) *Nature provides my basic needs: Water, Food, Fire, Shelter, and Signals. It also provides dangers which can end my life.*
- 5) *The greatest resource I have, to meet my needs and avoid dangers, is my mind. Daily, I will create a pattern to improve my situation.*
- 6) *When I fail, I will improvise, adapt, and overcome. I will break impossible tasks into small achievements.*
- 7) *I will always remember who I am surviving for and will choose a positive mental outlook, because, I choose to survive.*



✓ Completed (**Commandant Signature**): _____

CURRICULUM ON MILITARY SUBJECTS

Strand M10: Survival

A3. Survival Case Studies

- **REQUIRED:** Watch/Read the following 4 case studies and write a 1-page essay on **ONE** of them about the mental skills that the survivor displayed or should have displayed to survive their situation. Email report to survival@cadet.org.

Case Study #1 Capt Scott O'Grady

Watch a summary of the ordeal at

http://premierespeakers.com/scott_ogrady

(39mins)

-On June 2, 1995, Capt Scott O'Grady was shot down over Bosnia and Herzegovina by a mobile surface to air missile and forced to eject from his F-16C into hostile territory.



Video 3 Scott O'Grady, DoD photo by: SRA TANA R. HAMILTON

-O'Grady safely parachuted down, secured his survival bag, ran, and hid. Rubbing dirt on his face, he hid face-down as enemy forces came upon his parachute, half a dozen times shooting their rifles only feet from where he was hidden in an effort to flush him out or kill him.

Mental Skills:

- o Faith, Family, Friends (Country)
- o Search for things to motivate

Technical skills:

- o Compass navigation / vectoring
- o Night-time star navigation
- o Water Collection
- o Food Collection (What can you eat)

-During the next six days, he put to use the lessons learned during a 17-day Survival, Evasion, Resistance and Escape (SERE) training session. He ate leaves, grass, and bugs, and stored the little rainwater he could collect with a sponge in plastic bags.

-O'Grady radioed many times for help but had to remain quiet when paramilitary forces approached within feet of him; he used the radio following standard operating procedures as the U.S. Air Force had taught him so not to give away his position to unfriendly forces.

-On his 6th night on the ground he made radio contact with NATO jets and was rescued the next morning by two CH-53 Sea Stallions and 51 US Marines.

(Wikipedia contributors, 2017)

CURRICULUM ON MILITARY SUBJECTS

Strand M10: Survival

Case Study #2 Ken Killip "Bending the Map"

Summarized from Laurence Gonzales' book *'Deep Survival: Who Lives, Who Dies, and Why'*.

-On August 8, 1998, Ken Killip was hiking with a buddy in the Rocky Mountain National Park wilderness areas at an elevation of 10,000-13,000 feet. Killip was a firefighter, a hiker, and had even been through some military survival training.

-After a few hours of hiking he became separated from his hiking buddy and eventually became lost in the remote wilderness area. Instead of retracing his steps back to the car, in his confusion, he made the terrain he saw "fit" into his expectation of where he was (called "bending the map"), and he decided to continue on to meet up with his buddy at their destination.

-Once darkness fell, it began to rain, and he continued in the dark getting more and more confused and hypothermic. He had food and was able to purify water with his pump filter. He had garbage bags with him that he could have used to keep him dry, but he wasn't thinking clearly. He didn't make a fire either, because he was a firefighter, and the park regulations prohibited open fires.

-When daylight came, denial about his situation set back in, and he continued, losing himself even more deeply in the vast and rugged wilderness area. At one point he injured himself by scrambling up a steep scree slope, furious, and determined to get out. Once injured his situation became more critical.

-He spent two more days in the cold rain moving in the wrong direction, his body and mind deteriorating from the cold, fear, dehydration, undernourishment, and injuries. By day four, Killip was fighting to not give up. Fortunately, the sun came out and with the warmth, he decided to renew his efforts to survive. During this period, a helicopter that was searching for him flew directly overhead his position, but he did not have a signal fire ready to go.



Figure 1 Bending the Map

CURRICULUM ON MILITARY SUBJECTS

Strand M10: Survival

-He was rescued the next day when a helicopter saw his blue parka that was set out to dry. He lost 30 pounds in 5 days and had reconstructive surgery for his injuries for many years following the ordeal.

Read more of the story here at

<http://smcmsar.org/downloads/Lost%20Person%20Behavior.pdf>

Mental Skills (Negative examples)

- o Denial, Panic, Strategize, Resignation
- o Risk Avoidance

Technical skills he needed to survive

- o Navigation (a map and compass, and knowing how to use them, would have prevented this ordeal)
- o Using all your equipment (trash bags-rain ponchos)
- o First Aid
- o Water purification
- o Signal

CURRICULUM ON MILITARY SUBJECTS

Strand M10: Survival

Case Study #3 Annette Herfkens



Video 4 Annette Herfkens (3m, 16s-YouTube)

- Sole Survivor of a plane crash in 1992 after her plane hit the side of the mountain
- Her fiancé was killed
- Survived eight days in the jungle living off of rain water

Mental Skills

- o Accepted truth of the situation
- o Observed the beauty in her surroundings
- o Kept emotions in check
- o Made a plan

Technical skills

- o None

CURRICULUM ON MILITARY SUBJECTS

Strand M10: Survival

Case Study #4 Julianne Koepcke

Koepcke was a German Peruvian high school senior student studying in Lima, intending to become a zoologist, like her parents. She and her mother, ornithologist Maria Koepcke, were traveling to meet with her father, biologist Hans-Wilhelm Koepcke, who was working in the city of Pucallpa.

The LANSA Lockheed Electra OB-R-941 commercial airliner was struck by lightning during a severe thunderstorm and broke up in mid-air, disintegrating at 3.2 km (10,000 ft). Koepcke, who was seventeen years old, fell to earth still strapped into her seat. She survived the fall with only a broken collarbone, a gash to her right arm, and her right eye swollen shut.

Her first priority was to find her mother, who had been seated next to her, and her search was unsuccessful. She later found out her mother had initially survived the crash, but died from her injuries several days later.

Koepcke found some sweets which were to become her only food. After looking for her mother and other passengers, she was able to locate a small stream. She waded through knee-high water downstream from her landing site, relying on the survival principle her father had taught her, that tracking downstream should eventually lead to civilization. The stream provided clean water and a natural path through the dense rainforest vegetation.

During the trip, Koepcke could not sleep at night because of insect bites, which became infected. After nine days, several spent

Mental Skills

- o Awareness of surroundings
- o Kept to her daily survival pattern
- o Broke down an impossible task (walking out of a rainforest) into increments

Technical skills

- o Followed stream down

floating downstream, she found a boat moored near a shelter, where she



Video 5 Wings of Hope (Herzog, 2000)



Figure 2 Julianne Koepcke

CURRICULUM ON MILITARY SUBJECTS

Strand M10: Survival

found the boat's motor and fuel tank. She later recounted her necessary efforts that day: "I remember having seen my father when he cured a dog of worms in the jungle with gasoline. I got some gasoline and poured it on myself. I counted the worms when they started to slip out. There were 35 on my arm. I remained there but I wanted to leave. I didn't want to take the boat because I didn't want to steal it."

Hours later, the lumbermen who used the shelter arrived and tended to her injuries and bug infestations. She had survived 11-days in the Amazon Rainforest alone. The next morning, they took her via a seven-hour canoe ride down river to a lumber station in the Tournavista District. With the help of a local pilot, she was airlifted to a hospital – and her waiting father – in Pucallpa. (Wikipedia Contributors, 2017)

A4. Importance of Planning

Detailed prior planning is essential in potential survival situations. Including survival considerations will enhance your chances of survival if an emergency occurs. Most people aren't likely to end up in a wilderness survival situation during routine daily activities.

In today's world survival situations are more likely when conducting popular outdoor activities like hiking, hunting, cross-country running, snow-shoeing, skiing, snowmobiling, mountain climbing, paragliding, kayaking, sailing, scuba diving, etc.

One important aspect of prior planning is preventive medicine. Ensuring that you have no dental problems and that your immunizations are current will help you avoid potential dental or health problems. A dental problem in a survival situation will reduce your ability to cope with other problems that you face. Failure to keep your shots current may mean your body is not immune to diseases that are prevalent in the area.

Preparing and carrying a survival kit is as important as the considerations mentioned above. All aircraft normally have survival kits on board for the type area(s) over which they will fly. Boats also typically carry survival kits. There are kits for over-water survival, hot climate survival, and cold-climate survival. Even the smallest survival kit, if properly prepared, is invaluable when faced with a survival problem. Before making your survival kit, however, consider the environment of where you will be, how easy it will be to carry the survival kit with you, and most importantly make sure you know how to use the equipment you will pack.

SURVIVAL KITS

The environment is the key to the types of items you will need in your survival kit. How much equipment you put in your kit depends on how you will carry the kit. A kit carried on your body will have to be smaller than one carried in a vehicle. Always layer your survival kit, keeping the

CURRICULUM ON MILITARY SUBJECTS

Strand M10: Survival

most important items on your body. For example, your map and compass should always be on your body. Carry less important items on your load-bearing equipment. Place bulky items in the backpack.

In preparing your survival kit, select items you can use for more than one purpose. If you have two items that will serve the same function, pick the one you can use for another function. Do not duplicate items, as this increases your kit's size and weight.

Your survival kit need not be elaborate. You need only functional items that will meet your needs and a case to hold the items. For the case, you might want to use a Band-Aid box, a first aid case, an ammunition pouch, or another suitable case. This case should be--

- Water repellent or waterproof.
- Easy to carry or attach to your body.
- Suitable to accept various-sized components.
- Durable.

In your survival kit, you should have--

- First aid items.
- Water purification tablets or drops.
- Fire starting equipment.
- Signaling items.
- Food procurement items.
- Shelter items.

A5. Spell "S-U-R-V-I-V-A-L"

The following paragraphs expand on the meaning of each letter of the word survival. Study and remember what each letter signifies because you may, someday, have to make it work for you.

S -Size Up the Situation

Size Up Your Surroundings

Determine the pattern of the area. Get a feel for what is going on around you. Every environment, whether forest, jungle, or desert, has a rhythm or pattern. This rhythm or pattern includes animal and bird noises and movements and insect sounds. It may also include signs of civilization like roads, towers, lights, vehicle sounds, or aircraft.

Size Up Your Physical Condition and Others If Not Alone

The pressure of the emergency you were in or the trauma of being in a survival situation may have caused you to overlook wounds you received. Check your wounds and give first aid. Take care to prevent further bodily harm. For instance, in any climate, drink plenty of water to prevent dehydration. If you are in a cold or wet climate, put on additional clothing to prevent hypothermia.

Size Up Your Equipment

You may have lost or damaged some of your equipment. Take inventory of your equipment and note what condition it is in. Be flexible in how you look at equipment: In survival many objects have multiple purposes.

Now that you have sized up your situation, surroundings, physical condition, and equipment, you are ready to make your survival plan. In doing so, keep in mind your basic physical needs-- water, food, and shelter.

U -Use All Your Senses, Undue Haste Makes Waste

You may make a wrong move when you react quickly without thinking or planning. That move may result in your injury or death. Don't move just for the sake of taking action. Consider all aspects of your situation (size up your situation) before you make a decision and a move. If you act in haste, you may forget or lose some of your equipment. In your haste you may also become disoriented so that you don't know which way to go. Plan your moves. Be ready to move out quickly without endangering yourself if the situation demands. Use all your senses to evaluate the situation. Note sounds and smells. Be sensitive to temperature changes. Be observant.

R -Remember Where You Are

Spot your location on your map and relate it to the surrounding terrain. This is a basic principle that you must always follow. If there are other persons with you, make sure they also know their location. Always know who in your group, vehicle, or aircraft has a map and compass. If that person is killed, you will have to get the map and compass from them. Pay close attention to where you are and to where you are going. Do not rely on others in the group to keep track of the route. Constantly orient yourself. Always try to determine, as a minimum, how your location relates to--

- The location of civilization (roads, cities,
- The location of water sources (especially important in the desert).
- Areas that will provide good cover and concealment.

This information will allow you to make intelligent decisions when you are in a survival and evasion situation.

V -Vanquish Fear and Panic

The greatest enemies in a survival situation are fear and panic. If uncontrolled, they can destroy your ability to make an intelligent decision. They may cause you to react to your feelings and imagination rather than to your situation. They can drain your energy and thereby cause other negative emotions. Previous survival training and self-confidence will enable you to vanquish fear and panic.

I -Improvise

In the United States, we have items available for all our needs. Many of these items are cheap to replace when damaged. Our easy come, easy go, easy-to-replace culture makes it unnecessary for us to improvise. This inexperience in improvisation can be an enemy in a survival situation. Learn to improvise. Take a tool designed for a specific purpose and see how many other uses you can make of it.

Learn to use natural objects around you for different needs. An example is using a rock for a hammer. No matter how complete a survival kit you have with you, it will run out or wear out after a while. Your imagination must take over when your kit wears out.

V -Value Living

All of us were born kicking and fighting to live, but we have become used to the soft life. We have become creatures of comfort. We dislike inconveniences and discomforts. What happens when we are faced with a survival situation with its stresses, inconveniences, and discomforts? This is when the will to live- placing a high value on living-is vital. The experience and knowledge you have gained through life and your cadet training will have a bearing on your will

to live. Stubbornness, a refusal to give in to problems and obstacles that face you, will give you the mental and physical strength to endure.

A -Act Like the Natives

The natives and animals of a region have adapted to their environment. To get a feel of the area, watch how the people go about their daily routine. When and what do they eat? When, where, and how do they get their food? When and where do they go for water? What time do they usually go to bed and get up?

Animal life in the area can also give you clues on how to survive. Animals also require food, water, and shelter. By watching them, you can find sources of water and food.

WARNING

Animals cannot serve as an absolute guide to what you can eat and drink. Many animals eat plants that are toxic to humans.

L -Live by Your Wits, But for Now, Learn Basic Skills

Survival rates for children 6 and under who become lost in the wilderness are much higher than older, and more experienced groups of people (hunters, hikers, skiers, etc). This is likely due to the fact that these very young children don't run when lost and they also respond immediately to external stimuli. In other words, if they're cold, they crawl into a small space to get out of the weather, or if they're tired, they rest and don't get exhausted. This "take care of the basics" mentality is much closer to how animals survive in the wilderness. Combining this basic mentality and rhythm with learning basic survival skills is the best way to insure survival.

Learn these basic skills **now**--not when you need them for the first time. You need to know about the environment to which you are going, and you must practice basic skills geared to that environment. For instance, if you are going to a desert, you need to know how to get water in the desert.

Practice basic survival skills during all training programs and exercises. Survival training reduces fear of the unknown and gives you self-confidence. It teaches you to *live by your wits*.

S **Size Up the Situation**
(Surroundings, Physical Condition, Equipment)

U **Use All Your Senses,**
Undue Haste Makes Waste

R **Remember Where You Are**

V **Vanquish Fear and Panic**

I **Improvise**

V **Value Living**

A **Act Like the Natives**

L **Live by Your Wits, *But for Now*, Learn Basic Skills**

A6. Pattern for Survival

Develop a survival pattern that lets you beat the enemies of survival. This survival pattern must include food, water, shelter, fire, first aid, and signals placed in order of importance. For example, in a cold environment, you would need a *fire* to get warm; a *shelter* to protect you from the cold, wind, and rain or snow; traps or snares to get *food*; a means to *signal* friendly aircraft; and *first aid* to maintain health. *If injured, first aid has top priority* no matter what climate you are in.



“He who cannot change the very fabric of his thought will never be able to change reality, and will never, therefore, make any progress”

Anwar Sadat



Change your survival pattern to meet your immediate physical needs as the environment changes. Creating a pattern means having the discipline to set up a daily routine and stick to it.



Video 6 Robert Cusick's Mantra While on a Sinking Ship

It also is a method to break down huge, seemingly insurmountable tasks like getting rescued into bite-sized pieces. One of the techniques some people use to push themselves way beyond their ‘natural’ give-up point is by using mantras. These are short, positive sayings that you repeat to yourself continuously while pushing through difficulty and pain. Endurance athletes often use this technique to go farther and faster. The military, and Cadet Corps, uses a similar technique with Jodies while on unit runs. In a survival situation,

repeating your mantra can help you get past a difficult situation. A few examples of survival mantras may be:

- 1) I will survive in this world!
- 2) I will not die!
- 3) I will fight!
- 4) I am the fire that burns against the cold!
- 5) Do it!
- 6) Improvise, Adapt, Overcome
- 7) I know I can!

8) Pain is a sensation. Sensations are to be enjoyed. I am in ecstasy.

What will your mantra be in a survival situation?

A7. Psychology of Surviving



It takes much more than the knowledge and skills to build shelters, get food, make fires, and travel without the aid of standard navigational devices to live successfully through a survival situation. Some people with little or no survival training have managed to survive life-threatening circumstances. Some people with survival training have not used their skills and died. A key ingredient in any survival situation is the mental attitude of the individual(s) involved. Having survival skills is important; having the will to survive is essential. Without a desire to survive, acquired skills serve little purpose and invaluable knowledge goes to waste.

There is a psychology to survival. The cadet in a survival environment faces many stresses that ultimately impact on his mind. These stresses can produce thoughts and emotions that, if poorly understood, can transform a confident, well-trained cadet into an indecisive, ineffective



“Man can live about forty days without food, about three days without water, about eight minutes without air, but only for one second without hope”

Unknown



individual with questionable ability to survive. Thus, every cadet must be aware of and be able to recognize those stresses commonly associated with survival. Additionally, it is imperative that cadets be aware of their reactions to the wide variety of stresses associated with survival. This chapter will identify and explain the nature of stress, the stresses of survival, and those internal reactions cadets will naturally experience when faced with the stresses of a real-world survival situation. The knowledge you, the cadet, gain from this chapter and other sections in this strand, will prepare you to come through the toughest times **alive**.

A8. A Look at Stress

Before we can understand our psychological reactions in a survival setting, it is helpful to first know a little bit about stress.

Stress is not a disease that you cure and eliminate. Instead, it is a condition we all experience. Stress can be described as our reaction to pressure. It is the name given to the experience we have as we physically, mentally, emotionally, and spiritually respond to life's tensions.

Need for Stress

We need stress because it has many positive benefits. Stress provides us with challenges; it gives us chances to learn about our values and strengths. Stress can show our ability to handle pressure without breaking; it tests our adaptability and flexibility; it can stimulate us to do our best. Because we usually do not consider unimportant events stressful, stress can also be an excellent indicator of the significance we attach to an event--in other words, it highlights what is important to us.

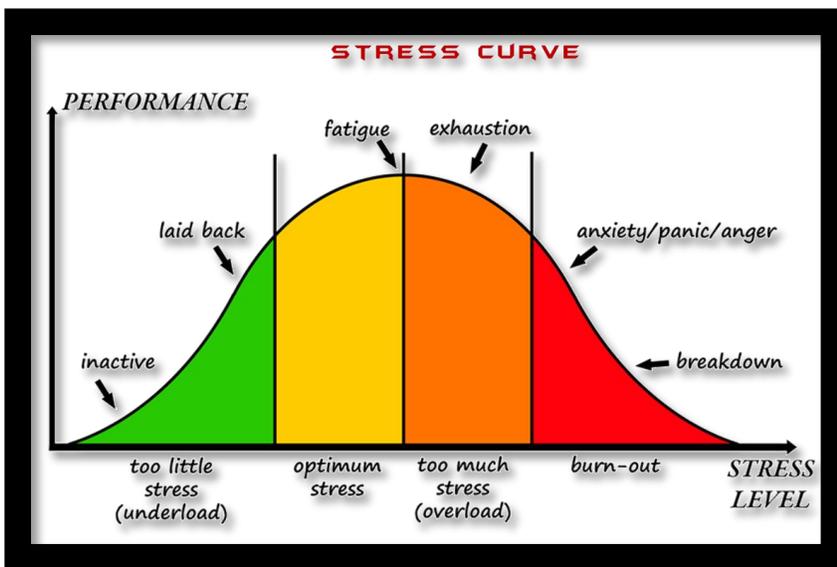


Figure 4 Stress/Performance Curve

We need to have some stress in our lives, but too much of anything can be bad. The goal is to have stress, but not an excess of it. Too much stress can take its toll on people and organizations. Too much stress leads to distress. Distress causes an uncomfortable tension that we try to escape and, preferably, avoid. Listed below are a few of the common signs of distress you may find in your fellow cadets or yourself when faced

with too much stress:

- Difficulty making decisions.
- Angry outbursts.
- Forgetfulness.
- Low energy level.
- Constant worrying.
- Propensity for mistakes.
- Thoughts about death or suicide.
- Trouble getting along with others.
- Withdrawing from others.
- Hiding from responsibilities.
- Carelessness.

As you can see, stress can be constructive or destructive. It can encourage or discourage, move us along or stop us dead in our tracks, and make life meaningful or seemingly meaningless. Stress can inspire you to operate successfully and perform at your maximum efficiency in a survival situation. It can also cause you to panic and forget all your training. **Key to your survival is your ability to manage the inevitable stresses you will encounter.** The survivor is the cadet who works with their stresses instead of letting their stresses work on them.

Survival Stressors

Any event can lead to stress and, as everyone has experienced, events don't always come one at a time. Often, stressful events occur simultaneously. These events are not stress, but they produce it and are called "stressors." Stressors are the obvious cause while stress is the response. Once the body recognizes the presence of a stressor, it then begins to act to protect itself.

In response to a stressor, the body prepares either to "fight or flee." This preparation involves an internal SOS sent throughout the body. As the body responds to this SOS, several actions take place. The body releases stored fuels (sugar and fats) to provide quick energy; breathing rate increases to supply more oxygen to the blood; muscle tension increases to prepare for action; blood clotting mechanisms are activated to reduce bleeding from cuts; senses become more acute (hearing becomes more sensitive, eyes become big, smell becomes sharper) so that you are more aware of your surrounding and heart rate and blood pressure rise to provide more blood to the muscles. This protective posture lets a person cope with potential dangers; however, a person cannot maintain such a level of alertness indefinitely.

Stressors are not courteous; one stressor does not leave because another one arrives. Stressors add up. The cumulative effect of minor stressors can be a major distress if they all happen too close together. As the body's resistance to stress wears down and the sources of stress continue (or increase), eventually a state of exhaustion arrives. At this point, the ability to resist stress or use it in a positive way gives out and signs of distress appear. Anticipating stressors and developing strategies to cope with them are two ingredients in the effective management

of stress. It is therefore essential that the cadet in a survival setting be aware of the types of stressors he will encounter. Let's take a look at a few of these.

Injury, Illness, or Death

Injury, illness, and death are real possibilities a survivor must face. Perhaps nothing is more stressful than being alone in an unfamiliar environment where you could die from hostile action, an accident, or from eating something lethal. Illness and injury can also add to stress by limiting your ability to maneuver, get food and drink, find shelter, and defend yourself. Even if illness and injury don't lead to death, they add to stress through the pain and discomfort they generate. It is only by controlling the stress associated with the vulnerability to injury, illness, and death that a cadet can have the courage to take the risks associated with survival tasks.

Uncertainly and Lack of Control

Some people have trouble operating in settings where everything is not clear-cut. The only guarantee in a survival situation is that nothing is guaranteed. It can be extremely stressful



“It is not the strongest of the species that survives, nor the most intelligent that survives. It is the one that is the most adaptable to change.”

Charles Darwin



operating on limited information in a setting where you have limited control of your surroundings. This uncertainty and lack of control also add to the stress of being ill, injured, or killed.

Environment

Even under the most ideal circumstances, nature is quite formidable. In survival, a cadet will have to contend with the stressors of weather, terrain, and the variety of creatures inhabiting an area. Heat, cold, rain, winds, mountains, swamps, deserts, insects, dangerous reptiles, and other animals are just a few of the challenges awaiting the cadet working to survive. Depending on how a cadet handles the stress of his environment, his surroundings can be either a source of food and protection or can be a cause of extreme discomfort leading to injury, illness, or death.

Hunger and Thirst

Without food and water a person will weaken and eventually die. Thus, getting and preserving food and water takes on increasing importance as the length of time in a survival setting increases. For a cadet used to having his provisions issued, foraging can be a big source of stress. Food deprivation will also lead several psychological effects (stressors):

- 1) Dominance of hunger drive over everything else
- 2) Lack of spontaneous activity
- 3) Dullness of emotions
- 4) Apathy toward others
- 5) Boredom
- 6) Limited patience or self control
- 7) Lack of a sense of humor

Fatigue

Forcing yourself to continue surviving is not easy as you grow more tired. It is possible to become so fatigued that the act of just staying awake is stressful in itself. Survival is a constant balancing act of wisely expending calories and energy on the one hand with resting and conserving energy on the other.

Isolation

There are some advantages to facing adversity with others. As cadets we learn individual skills, but we train to function as part of a team. Although we, as cadets, complain about higher headquarters, we become used to the information and guidance it provides, especially during times of confusion. Being in contact with others also provides a greater sense of security and a feeling someone is available to help if problems occur. A significant stressor in survival situations is that often a person or team has to rely solely on its own resources.

The survival stressors mentioned in this section are by no means the only ones you may face. Remember, what is stressful to one person may not be stressful to another. Your experiences, training, personal outlook on life, physical and mental conditioning, and level of self-confidence contribute to what you will find stressful in a survival environment. The object is not to avoid stress, but rather to manage the stressors of survival and make them work for you.

We now have a general knowledge of stress and the stressors common to survival; the next step is to examine our reactions to the stressors we may face.

Reactions to Stress in a Survival Situation

Man has been able to survive many shifts in his environment throughout the centuries. His ability to adapt physically and mentally to a changing world kept him alive while other species

around him gradually died off. The same survival mechanisms that kept our forefathers alive can help keep us alive as well! However, these survival mechanisms that can help us can also work against us if we don't understand and anticipate their presence.

It is not surprising that the average person will have some psychological reactions in a survival situation. We will now examine some of the major internal reactions you and anyone with you might experience with the survival stressors addressed in the earlier paragraphs. Let's begin.

Fear

Fear is our emotional response to dangerous circumstances that we believe have the potential to cause death, injury, or illness. This harm is not just limited to physical damage; the threat to one's emotional and mental well-being can generate fear as well. For the cadet trying to survive, fear can have a positive function if it encourages him/her to be cautious in situations where recklessness could result in injury. Unfortunately, fear can also immobilize a person. It can cause a Cadet to become so frightened that they fail to perform activities essential for survival. Most cadets will have some degree of fear when placed in unfamiliar surroundings under adverse conditions, there is no shame in this. Each cadet must train themselves not to be overcome by their fears. Ideally, through realistic training, we can acquire the knowledge and skills needed to increase our confidence and thereby manage our fears.

Anxiety

Associated with fear is anxiety. Because it is natural for us to be afraid, it is also natural for us to experience anxiety. Anxiety can be an uneasy, apprehensive feeling we get when faced with dangerous situations (physical, mental, and emotional). When used in a healthy way, anxiety urges us to act to end, or at least master, the dangers that threaten our existence. If we were never anxious, there would be little motivation to make changes in our lives. The cadet in a survival setting reduces his anxiety by performing those tasks that will ensure his coming through the ordeal alive. As he reduces his anxiety, the cadet is also bringing under control the source of that anxiety--his fears. In this form, anxiety is good; however, anxiety can also have a devastating impact. Anxiety can overwhelm a cadet to the point where he becomes easily confused and has difficulty thinking. Once this happens, it becomes more and more difficult for him to make good judgments and sound decisions. To survive, the cadet must learn techniques to calm his anxieties and keep them in the range where they help, not hurt.

Anger and Frustration

Frustration arises when a person is continually thwarted in his attempts to reach a goal. The goal of survival is to stay alive until you can reach help or until help can reach you. To achieve this goal, the cadet must complete some tasks with minimal resources. It is inevitable, in trying to do these tasks, that something will go wrong; that something will happen beyond the cadet's control; and that with one's life at stake, every mistake is magnified in terms of its importance.

Thus, sooner or later, cadets will have to cope with frustration when a few of their plans run into trouble. One outgrowth of this frustration is anger. There are many events in a survival situation that can frustrate or anger a cadet. Getting lost, damaged or forgotten equipment, the weather, inhospitable terrain, and physical limitations are just a few sources of frustration and anger. Frustration and anger encourage impulsive reactions, irrational behavior, poorly thought-out decisions, and, in some instances, an "I quit" attitude (people sometimes avoid doing something they can't master). If the cadet can harness and properly channel the emotional intensity associated with anger and frustration, he can productively act as he answers the challenges of survival. If the cadet does not properly focus his angry feelings, he can waste much energy in activities that do little to further either his chances of survival or the chances of those around him.

Depression

It would be a rare person indeed who would not get sad, at least momentarily, when faced with the privations of survival. As this sadness deepens, we label the feeling "depression."

Depression is closely linked with frustration and anger. The frustrated person becomes more and more angry as he/she fails to reach his goals. If the anger does not help the person to succeed, then the frustration level goes even higher. A destructive cycle between anger and frustration continues until the person becomes worn down-physically, emotionally, and mentally. When a person reaches this point, he starts to give up, and his focus shifts from "What can I do" to "There is nothing I can do." Depression is an expression of this hopeless, helpless feeling. There is nothing wrong with being sad as you temporarily think about your loved ones and remember what life is like back in "civilization" or "the world." Such thoughts, in fact, can give you the desire to try harder and live one more day. On the other hand, if you allow yourself to sink into a depressed state, then it can sap all your energy and, more important, your will to survive. It is imperative that each cadet resist succumbing to depression.

Loneliness and Boredom

Man is a social animal. This means we, as human beings, enjoy the company of others. Very few people want to be alone all the time! As you are aware, there is a distinct chance of isolation in a survival setting. This is not bad. Loneliness and boredom can bring to the surface qualities you thought only others had. The extent of your imagination and creativity may surprise you. When required to do so, you may discover some hidden talents and abilities. Most of all, you may tap into a reservoir of inner strength and fortitude you never knew you had. Conversely, loneliness and boredom can be another source of depression. As a Cadet surviving alone, or with others, you must find ways to keep your mind productively occupied. Additionally, you must develop a degree of self-sufficiency. You must have faith in your capability to "go it alone."

Guilt

The circumstances leading to you being in a survival setting are sometimes dramatic and tragic. It may be the result of an accident where there was a loss of life. Perhaps you were the only, or one of a few, survivors. While naturally relieved to be alive, you simultaneously may be mourning the deaths of others who were less fortunate. It is not uncommon for survivors to feel guilty about being spared from death while others were not. This feeling, when used in a positive way, has encouraged people to try harder to survive with the belief they were allowed to live for some greater purpose in life. Sometimes, survivors tried to stay alive so that they could carry on the work of those killed. Whatever reason you give yourself, do not let guilt feelings prevent you from living. The living who abandon their chance to survive accomplish nothing. Such an act would be the greatest tragedy.

PREPARING YOURSELF

Your mission as a Cadet in a survival situation is to stay alive. As you can see, you are going to experience an assortment of thoughts and emotions. These can work for you, or they can work to your downfall. Fear, anxiety, anger, frustration, guilt, depression, and loneliness are all possible reactions to the many stresses common to survival. These reactions, when controlled in a healthy way, help to increase a Cadet's likelihood of surviving. They prompt the Cadet to pay more attention in training, to fight back when scared, to take actions that ensure sustenance and security, to keep faith with his fellow survivors, and to strive against large odds. When the survivor cannot control these reactions in a healthy way, they can bring him to a standstill. Instead of rallying internal resources, the Cadet listens to internal fears. This cadet experiences psychological defeat long before he physically succumbs. Remember, survival is natural to everyone; being unexpectedly thrust into the life and death struggle of survival is not. Don't be afraid of your "natural reactions to this unnatural situation." Prepare yourself to rule over these reactions so they serve your ultimate interest--staying alive with the honor and dignity associated with being an American cadet.

It involves preparation to ensure that your reactions in a survival setting are productive, not destructive. The challenge of survival has produced countless examples of heroism, courage, and self-sacrifice. These are the qualities it can bring out in you if you have prepared yourself. Below are a few tips to help prepare yourself psychologically for survival. Through studying this manual and attending survival training you can develop the survival attitude.

Know Yourself

Through training, family, and friends take the time to discover who you are on the inside. Strengthen your stronger qualities and develop the areas that you know are necessary to survive.

Anticipate Fears

Don't pretend that you will have no fears. Begin thinking about what would frighten you the most if forced to survive alone. Train in those areas of concern to you. The goal is not to eliminate the fear, but to build confidence in your ability to function despite your fears.

Be Realistic

Don't be afraid to make an honest appraisal of situations. See circumstances as they are, not as you want them to be. Keep your hopes and expectations within the estimate of the situation. When you go into a survival setting with unrealistic expectations, you may be laying the groundwork for bitter disappointment. Follow the adage, "Hope for the best, prepare for the worst." It is much easier to adjust to pleasant surprises about one's unexpected good fortunes than to be upset by one's unexpected harsh circumstances.

Adopt a Positive Attitude

Learn to see the potential good in everything. Looking for the good not only boosts morale, it also is excellent for exercising your imagination and creativity.

Remind Yourself What Is at Stake

Remember, failure to prepare yourself psychologically to cope with survival leads to reactions such as depression, carelessness, inattention, loss of confidence, poor decision-making, and giving up before the body gives in. At stake is your life and the lives of others who are depending on you to do your share.

Train

Through Cadet Corps training and life experiences, begin today to prepare yourself to cope with the rigors of survival. Demonstrating your skills in training will give you the confidence to call upon them should the need arise. Remember, the more realistic the training, the less overwhelming an actual survival setting will be.

Learn Stress Management Techniques

People under stress have a potential to panic if they are not well-trained and not prepared psychologically to face whatever the circumstances may be. While we often cannot control the survival circumstances in which we find ourselves, it is within our ability to control our response to those circumstances. Learning stress management techniques can enhance significantly your capability to remain calm and focused as you work to keep yourself and others alive. A few good techniques to develop include relaxation skills, time management skills, assertiveness skills, and cognitive restructuring skills (the ability to control how you view a situation).

Remember, "the will to survive" can also be considered to be "the refusal to give up."



Video 7 So You Think You Had a Bad Day? (3m-4s, YouTube)

Caution for use of two profanity words (PG level)

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