

CREST+
Don't just be. BE THERE

PERSONAL SURVIVAL

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YOUR TEAM (4 PEOPLE) AND YOU ARE ON YOUR WAY TO HELP MUDSLIDE VICTIMS UP IN THE MOUNTAINS. IT'S A 4 HOUR TREK FROM THE NEAREST ROAD TO THE VILLAGE. AFTER 6 HOURS OF TREKKING YOU REALIZE YOU ARE LOST IN A DENSE FOREST. YOU HAVE ONLY A LITTLE WATER AND NO FOOD

WHAT ARE YOU GOING TO DO ???

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WATER

HOW MANY DAYS CAN YOU SURVIVE WITHOUT WATER ?

3 DAYS

- A PERSON LOSES 2-3 LITRES
- CONSERVE WHAT YOU HAVE
- DON'T WAIT TO SEEK

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WATER

HOW TO GET WATER ?

- RAIN
- RIVER / POND / PUDDLES
- CONDENSATION FROM TREES
- DEW COLLECTION
- SOME PLANTS
- PLANT CATCHMENT
- ROCK CREVICES
- DIGGING

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WATER

7 WAYS TO RETAIN WATER IN YOUR BODY

- Don't talk / breathe through your mouth
- Keep cool – stay in the shade
- Avoid exertion
- Don't smoke
- Eat as little as possible
- Never drink alcohol
- Don't lie on hot ground

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WATER

HOW TO MAKE WATER SAFE ?

3 STEP PROCESS

- 1.REMOVE FLOATING DEBRIS,
ALLOW SILT TO SETTLE**
- 2.FILTER THE WATER**
- 3.PURIFY FOR DRINKING**

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FOOD

**HOW LONG CAN YOU SURVIVE WITHOUT
FOOD ?**

3 WEEKS

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FOOD

WHERE TO FIND FOOD ?

- 1.PLANTS / FRUITS**
- 2.ANIMALS**
- 3.FISH**

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FIRE

BASIC INGREDIENTS TO START A FIRE ?

- **HEAT**
- **FUEL**
- **OXYGEN**

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FIRE

WHY IS FIRE ESSENTIAL FOR SURVIVAL ?

- **WARMTH**
- **PROTECTION**
- **SIGNAL**
- **WATER**
- **COOK**
- **PRESERVES FOOD**

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FIRE

HOW TO START A FIRE ?

1. **MATCHES / LIGHTER**
2. **MAGNIFYING GLASS**
3. **FLINT AND STEEL**
4. **BATTERY AND STEEL WOOL**
5. **WHAT OTHER**

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SHELTER

WHY IS SHELTER IMPORTANT ?

1. SHADE
2. REPEL WIND AND RAIN
3. SLEEP AND ADEQUATE REST

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SHELTER


TYPE OF SHELTER DEPENDS ON ?

1. LOCAL CONDITIONS
2. MATERIALS AVAILABLE

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SHELTER

TYPES OF SHELTER



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