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Cold Weather Survival

- * Three needs of the survivor: personal protection, sustenance and Health
- * Trip safety
- * Cold water immersion/Ice break through



Personal Protection

- * Clothing
 - * First shelter
- * Equipment
 - * Personal survival kit
- * Shelter
 - * Take what the environment gives you
- * Fire Craft
 - * Metal match

Metal Match



Fire Building





Sustenance

- * Water
 - * You only last four days without water
 - * Water container for melting snow and ice
- * Food
 - * You last 21 days without food
 - * If you don't have water – don't eat your food



Health (Physical & Psychological)

- * Prevention
- * Safety
- * Self-aid
- * Psychological Health – Will to survive



Trip Safety

- * Know the area of your trip
- * Develop a trip plan
- * Go with someone
- * Always carry some minimum equipment



Cold water immersion/Ice break through

- * Don't Panic
- * Swim to the closest edge and stretch your arms out across the broken ice. Keep your gloves on!
- * If you have a sharp object such as a knife or key, jab it into the ice so you can pull on it.
- * Kick your feet as hard as you can and pull yourself up.
- * If the edge breaks off, move forward to the next solid edge. Try again!
- * Crawl up onto the ice, and crawl or roll until you are on solid ice.



Resources

- * <http://suite101.com/article/how-to-survive-coldwater-immersion-a81117>
- * http://www.ussartf.org/cold_water_survival.htm
- * Idaho Snow Mobile Club http://www.snowmobile-ed.com/ia/handbook/break_through_ice.htm
- * Minnesota DNR
<http://www.dnr.state.mn.us/safety/ice/survival.html>
- * Anchorage Snow Mobile Club
<http://anchoragesnowmobileclub.com/index.htm>