

Dont Panic

Take 4 deep breaths.

If you can read this **you are going to be OK.**

If your immediate surroundings are not safe, **move.**

This kit contains:

GPS Rescue Beacon, Visible Strobe Light, Signal Marker Panel, Mirror, Whistle, Light sticks, Hand warmers, Fire Starter, Water treatment bag & tablets, Cordage & rubber bands, Marking tape, this manual

more info: <https://thirdblockgear.com/support/>

Fix injuries

Inspect. Look for bleeding, sharp pains in limbs, joints.

Clear airway. ensure breathing is normal.

Stop any bleeding. pack, seal, or tourniquet as needed.

Brace limbs. splint or

Get Safe

If your immediate surroundings are not safe, **move.**

If there is a risk of capture, move to a **hidden spot.**

Walk, do not run, if possible.

If **shelter** is available, use it.

You CAN Survive

3 hours without shelter
in harsh conditions

3 days without water
if sheltered

3 week without food
if sheltered and hydrated

Stop. Think. Observe. Plan.

- Do you need to avoid capture?
- Is there high traffic area (road, trail) or high-visibility ground (clear hilltop) nearby?
- Do you need shelter (below 60°, above 75°, sun exposure, etc.)?
- Can you find a source of water?
- What is in your pockets? on your person?
- What is available in your environment?
- Who will likely be rescuing you?
- How will they reach you?

Make it happen!

Signal

- Find area with clear view of sky.
- Follow instructions on ACR rescue beacon.
- Signal panel, flat, as flag, wrapped around tree, etc.
- Fire/smoke
- Blow whistle, 3 times, every 10 minutes
- Beat on a metal plate, 3 times, every 10 minutes
- Deploy Light/IR strobe at night
- Use Signal mirror at regular intervals, painting the sky
- Listen for rescue, respond with noise, light, motion
- Use rocks/debris to spell out S.O.S
- Dig trench in straight line or X
- Make air pocket with signal panel for floatation on water
- Mark trail/direction with ribbon tape/clothing if sheltering

Shelter

- Signal panel w/ hand warmers wrapped around body core
- Signal panel as sun shade
- Cord and materials from environment to build shelter
- Fire, rocks, and debris shelter
- If expect prolonged wait, keep fire going

Water

- Collect water in bag, treat with chem tablets
- Signal panel (mylar side) as dew/snow/rain collector into bladder

Recovery Area

- Helicopter needs, flat, hard surface to land
- Avoid trees, power lines
- Half a football field is ideal