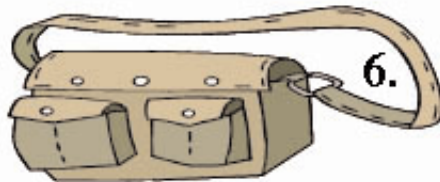


Lost in the Woods - Child Survival Kit

by Gary O'Brien, SARBC

Shared with you by Members of
New Jersey Search and Rescue [NJSAR]



Make an Emergency Survival Kit (and practice using it):

1. **Large Garbage Bag**, bright color is best, for a poncho
 - pre-poke hole to stretch for face opening - do not cut
2. **Whistle** used to signal for help
 - three short blasts
3. **Signal Flag** approximately 4 inches by 40 inches
 - for example, cut from an orange plastic garbage bag
4. **Reflector** for sending signals
 - for example, tin foil pasted to cardboard, with no sharp edges
5. **Snack** of high energy trail mix
 - keep food in zip lock bag, which also can be used as a cup
6. **Container**
 - such as a small pack fastened around the waist



Lost in the Woods – 9 Rules for Survival

A *“Hug a friend, a pet or tree”*

1. Stay Together If You are With Another Person or a Pet
2. Stay in One Place; don't wander around

B *“Take care of yourself”*

3. Keep Warm
 - With your Jacket, Hat, and Plastic Bag
4. Find a Cozy Waiting Place, Not a Hiding Place
7. Make a Nest to Lie Down
8. Eat Only What You Brought with You
 - Do not eat or drink anything you are not sure of
9. Stay away from large rivers and lakes

Certificate

[Write your name in here]

*attended the session to
“Prepare for Search
and Rescue”
presented by NJSAR*

C *“Help yourself be found”*

5. Put Out Something Bright
6. Look Bigger for Searchers
 - Use your Whistle and Reflector