

The preparation game

Check off all five four a rewarding back country experience!

1. Physical preparation: outdoor activities are synonymous with physical stress and unique sanitary conditions. Maintaining a proper level of physical fitness, health, and hygiene is strongly recommended.
2. Mental and emotional preparation: self confidence is the GM is the result of proper prior planning, skills practice, personal belief systems, and you're overall back country experience.
3. Materials preparation: pack the right equipment for the job and know how to use it. Having backup equipment for critical goods is wise in case of loss or failure.
4. Dangers scenario preparation: weird stuff happens. Plato possible nightmare scenarios with others in your party, including travel roles, leadership role, and relevant environmental emergencies.
5. Spiritual preparation: a strong grounding in a presence larger than one self is an extremely powerful force and imparts the gift of a positive holistic eagles eye view of the current situation and life in general.

Note: postcard of an ever changing mother nature, the proverbial wildcard lines and human nature and how it reacts to stress. Make every effort to get to know the other people in your group before crisis strikes.

What it takes to stay alive common powerful personality patterns for peak survivor performance

The following personality traits were found, at least in part, among those who have lived through lawyer for evening events. The list was compiled by folks who collect information on survivors. If you live through a life earning experience, they may want to interview you to see what you're made of. Keep in mind that these attributes me for a happier person in general, whether in the bush or the city. Ignoring these patterns could win you spot on an altogether different lists, autopsy report.

Common personality traits of survivors

- The ability to keep calm and collected.
- The ability to improvise and adapt.
- The ability to make decisions.
- The ability to endure hardships.
- The ability to figure out the thoughts of others.
- The ability to hope for the best and prepare for the worst.
- The ability to maintain a sense of humor.

calm and collected

The ability to keep calm and collected sounds trite, but is the foundation of a positive survival mindset. It is the ability to permit fear and panic from taking over the world, as both process amazing powers to incapacitate body and mind. Prior training, whether physical, mental, or otherwise hopes to

deal more effectively with this ugly pair. It is physically necessary at times to stop your body to allow greater clarity to surface.

Stop is a much used acronym found in many survival books.

The S stands for stop, which means to physically stop your body, sit down, and chill while attempting to lower your heart rate for greater mental and emotional clarity.

The T stands for think. Now you have stopped your body, think about your situation.

The O studios for observe. While you sit thinking about your situation, observe all you can about your surroundings and the options you may have. Doing so allows the brain to analyze and then to fly threatening information gathered through the senses.

The P stands for plan. While you sit for a converter situation and observing the possibilities, you start to form a plan.

Was the threat or threats have been assessed, the brain forms a strategy to do with the issues at hand. The strategy will be affected by several factors, including prior training and practice, those are two similar events in the past, fatigue, dehydration, and so forth. When a plan has been developed, to bring shoots it off to the central nervous system to activate the required motor movements. Depending on your predicament, this process can happen in the blink of an eye or over a period of several hours or days.

Improvise and adapt

The ability to improvise and adapt allows you to make use of every opportunity. It enables you to pack survival gear with more than one function, girm that allows for creating other gear. Traveling to any developing country imparts a profound respect and understanding of what can be done with limited resources. Most Americans have had it so good for so long, that their ability to adapt has become weak and flabby. They are slaves to the discount stores and their offerings of returns or cash back guarantees. We rarely fix things anymore in America because we can return them.

Make decisions

The ability to make decisions allows you to thoroughly yet quickly formulate a game plan and then dutifully follow it through. In a life threatening predicament, every decision is important.

Be decisive and take responsibility for your decisions. There's no room for passing above politics in the bush. Gather all the information possible about your surroundings and situation, formulate a plan, then do something about it! If plan A doesn't work go to plan B, and so on. Keep in mind that doing something about it might mean remaining where you are and conserving energy while awaiting rescue. Don't be afraid of failure and embarrassment by creating a game plan that doesn't work. You've already screwed up, or you wouldn't be in the situation, so what have you got to lose? Emergencies involving several people will need special finesse and leadership to obtain the intelligent discipline and organization required for success.

Endure hardship

The survival situation is not comfortable. By its very nature and will tax you physically, mentally, emotionally, and spiritually. Your ability to endure hardship will be tested to its fullest extent. There are two great enemies to your survival and to life in general. One is the desire for comfort and the other is complacency. This sounds like a summary of 90% of modern America, maybe it's just a coincidence. Desiring temporary comfort can spur you into making decisions that are irrational all at the expense of a whim and maybe what propels you into a compromising situation in the first place. Comfort isn't bad, but there is a time and place for it. You do want to make yourself as comfortable as possible during your episode, physically and otherwise, but don't weenie out and let a whim jeopardize your life. Training body and mind for in advance of emergencies help you deal with potential hardship. Realistic survival training cultivate a positive attitude and propose your mind into the land of I know I can instead of I think I can.

Figure out the thoughts of others

Is the ability to figure out this off of others some sort of psychic hotline thing? Think for a minute; how can intuition were to your advantage? Put yourself in your rescuers shoes. Which direction will they come from? Where might they go first? What will they expect you to do as a survivor? Being sensitive to your surroundings includes the people in your party. Watch members of your group like a hawk for symptoms of fear, hypothermia, dehydration, and a host of other nasties. If your situation becomes long-term resorts to cannibalism, having good sense of intuition may come in handy around camp. Remember, what befalls one member of the group befalls all members of the group.

Hope for the best and prepare for the worst

The ability to hope for the best and prepare for the worst should be a bumper sticker, and somewhere it probably is. This is a heavy statement taking into account two major concepts. Hoping for the best is maintaining a positive attitude regardless of the seeming difficulties at hand. Preparing for the worst is just that, proper preparation. Kids into the habit of doing both before any outdoor excursions.

Maintain a sense of humor

Humor is truly the grease between the gears, and it has a great effect on human psychology and physiology.

Humor is very much a part of our life style. My point is this. As important as your body is to you, it's just a body. Do all you can to preserve the life within that's sacred, but don't cricket to have some fun.