

## **RP0401- Field Survival**

### **TERMINAL LEARNING OBJECTIVE**

1. With the aid of references, assemble a survival kit, per the student handout. (RP00.04.02)
2. Given a survival situation in any type of environment condition and minimal equipment and resources, apply the acronym "SURVIVAL" to facilitate individual or team survival and recovery, per the student handout. (RP00.04.01)

### **ENABLING LEARNING OBJECTIVES**

1. Without the aid of references, given a list, know survival planning, per the student handout. (RP00.04.02a)
2. Without the aid of references, given a list, identify the minimal contents of a survival kit, per the student handout. (RP00.04.02b)
3. Without the aid of references, given a list, identify the four criteria of survival kits, per the student handout. (RP00.04.02c)
4. Without the aid of references, given a list, identify six physiological requirements for survival, per the student handout. (RP00.04.01a)
5. Without the aid of references, given a list, identify the psychological requirements for survival, per the student handout. (RP00.04.01b)
6. Without the aid of references, given a list, identify the survival principles in the acronym "SURVIVAL", per the student handout. (RP00.04.01c)
7. Without the aid of references, given a list, identify the need for stress in survival, per the student handout. (RP00.04.01d)
8. Without the aid of references, given a list, identify the six survival stressors, per the student handout. (RP00.04.01e)
9. Without the aid of references, given a list, identify the six natural reactions to survival stressors, per the student handout. (RP00.04.01f)
10. Without the aid of references, given a list, prepare oneself to handle natural reactions to survival stressors, per the student handout. (RP00.04.01g)

### **1. SURVIVAL PLANNING**

Detailed prior planning is essential in potential survival situations. Including survival considerations in mission planning will enhance your chances of survival if an emergency occurs. For example, if your job requires that you work in a small, enclosed area that limits what you can carry on your person, plan where you can put your load-bearing equipment. Put it where it will not prevent you from getting out of the area quickly, yet where it is readily accessible.

#### **a. Preventative Medicine**

One important aspect of prior planning is preventive medicine. Ensuring that you have no dental or health problems. A dental problem in a survival situation will reduce your ability to cope with other problems that you face. Failure to keep your shots current may mean your body is not immune to diseases that are prevalent in the area.

#### **b. Survival Kits.**

Preparing and carrying a survival kit is as important as the consideration mentioned above. All Marine aircraft normally have survival kits on board for the type areas over

which they will fly. There are kits for over-water survival, for hot climate, and aviator survival vest. If you are not an aviator, you will probably not have access to the survival vests or survival kits. However, if you know what these kits contain, it will help you to plan and to prepare your own survival kit.

The environment is the key to the types of items you will need in your survival kit. How much equipment you put in your kit depends on how you will carry the kit. A kit carried on your body will have to be smaller than one carried on a vehicle.

Always layer your survival kit, keeping the most important items on your body. For example, your map and compass should always be on your body. Carry less important items on your load-bearing equipment. Place bulky items in a rucksack.

In preparing your survival kit, select items you can use for more than one purpose. If you have two items that will serve the same function, pick the one you can use for another function. Do not duplicate items, as this increases your kits size and weight.

(1) **Container**

Your survival kit need not be elaborate. You need only functional items that will meet your needs and a case to hold the items. For the case, you might want to use a Band-Aid box, a first aid case, an ammunition pouch, or another suitable case. This case should be-

- \* Water repellent or waterproof.
- \* Easy to carry or attach to your body.
- \* Suitable to accept various sized components.
- \* Durable.

(2) **Contents**

In your survival kit, you should have\_

- \* First aid items.
- \* Water purification tablets or drops.
- \* Fire starting equipment
- \* Signaling items.
- \* Food procurement items.
- \* Shelter items.

(3) **Content Examples**

Some examples of these items are:

- \* Lighter, metal match, waterproof matches
- \* Snare wire.
- \* Signaling mirror.
- \* Wrist compass.
- \* Fish and snare line.
- \* Fish hooks.
- \* Candle
- \* Small hand lens.
- \* Oxytertracycline tablets (diarrhea or infection)
- \* Water purification tablets
- \* Solar blanket
- \* Surgical blades
- \* Butterfly Sutures
- \* Condoms for water storage

- \* Chap Stick
- \* Needle and thread
- \* Knife

Include a weapon only if the situation so dictates. Read about and practice the survival techniques in this manual. Consider your unit's mission and the environment in which your unit will operate. Then prepare your survival kit.

#### (4) **Four Criteria Of Survival Kits.**

##### (a) **Cold climate kit**

Food packets	Survival fishing kit
Snare wire	Plastic spoon
Smoke, illumination	Survival manual (AFM 64-
signals	5)
Waterproof match box	Poncho
Saw/knife blade	Insect headnet
Wood matches	Ejector snap
First aid kit	Attaching strap
MC-1 magnetic compass	Kit, outer case
Pocket knife	Kit, inner case
Saw-knife-shovel handle	Shovel
Frying pan	Water bag
Illuminating candles	Packing list
Compressed trioxane fuel	Sleeping bag
Signaling mirror	

##### (b) **Hot Climate Kit**

Canned drinking water	MC-1 magnetic compass
Waterproof matchbox	Snare wire
Plastic whistle	Frying pan wood matches
Smoke, illumination	Insect headnet
signals	Reversible sun hat
Pocket knife	Tool kit
Signaling mirror	Kit, packing list
Plastic water bag	Tarpaulin
First aid kit	Survival manual (AFM 64-
Sunburn-preventive cream	5)
Plastic spoon	Kit, inner case
Food packets	Kit, outer case
Compressed trioxane fuel	Attaching strap
Fishing tackle kit	Ejector snap

##### (c) **Overwater kit**

Kit, packing list	Reversible sun hat
Raft boat paddle	Water storage bag
Survival manual (AFM 64-	MC-1 magnetic compass
5)	Boat bailer
Insect headnet	Sponge

Sunburn-preventive cream  
Wood matches  
First aid kit  
Plastic spoon  
Pocket knife  
Food packets  
Fluorescent sea marker  
Frying pan

(d) **General Survival Kit**

Individual survival vest  
Hunting Knife 5 inches or  
larger  
Pocket knife  
Life preserver  
Distress marker light  
Signaling mirror  
Personnel distress signal  
kit  
Food Pack  
Medical pack  
Water Purification Tablets  
or drops  
Plastic whistle

Seawater desalter kit  
Compressed trioxane fuel  
Smoke, illumination  
signals  
Signaling mirror  
Fishing tackle kit  
Waterproof match box  
Raft repair kit

## 2. **PHYSIOLOGICAL REQUIREMENTS FOR SURVIVAL**

### a. **Six physiological needs.**

There are six physiological needs that must be met. Each of the six has its own interpretation. They are:

- (1) **Oxygen**
- (2) **Water**
- (3) **Food**
- (4) **Sleep/Rest**
- (5) **Clothing**
- (6) **Shelter**

## 3. **PSYCHOLOGICAL REQUIREMENT FOR SURVIVAL:**

### a. **Will to Survive.**

There is a psychological requirement that is important in many ways, we usually call it the "will to survive"; although you might call it "attitude." This basically means that regardless of how much of each of the six physiological requirements are available, if you do not have the right attitude, you may still not survive.

#### (1) **Preparation**

- (a) Know your capabilities and limitations.
- (b) Keep a positive attitude.
- (c) Develop a realistic plan.
- (d) Anticipate fears.

#### (2) **Combat psychological stress by:**

- (a) Recognizing and anticipating existing stressors (injury, death, fatigue, illness, environment, hunger, isolation).
- (b) Attributing normal reactions to existing stressors (fear, anxiety, guilt, boredom, depression, and anger).
- (c) Identifying signals of distress created by stressors (indecision, withdrawal, forgetfulness, carelessness, and propensity to make mistakes).

#### (3) **Strengthen your will to survive with:**

- (a) The Code of Conduct
- (b) Pledge of Allegiance
- (c) Faith in America
- (d) Patriotic songs
- (e) Thoughts of return to family and friends

### b. **Group dynamics of survival include:**

#### (1) **(a) Leadership, good organization, and cohesiveness promote high morale:**

- (a) Preventing panic
- (b) Creating strength and trust in one another.
- (c) Favoring persistency in overcoming failure
- (d) Facilitating formulation of group goals

#### (2) **Taking care of your buddy**

#### (3) **Working as a team**

#### (4) **Reassuring and encouraging each other**

#### (5) **Influencing factors are**

- (a) Enforcing the chain of command.
- (b) Organizing according to individual capabilities.
- (c) Accepting suggestions and criticism.

4. **KNOW WHAT THE ACYRONM "SURVIVAL" MEANS.**

a. **S -Size Up the Situation**

If you are in a combat situation, find a place where you can conceal yourself from the enemy. Remember, security takes priority. Use your senses of hearing, smell, and sight to get a feel for the battlefield. What is the enemy doing? Advancing? Holding in place? Retreating? You will have to consider what is developing on the battlefield when you make your survival plan.

(1) **Size Up Your Surroundings**

Determine the pattern of the area. Get a feel for what is going on around you. Every environment, whether forest, jungle, or desert, has a rhythm or pattern. This rhythm or pattern includes animal and bird noises and movements and insect sounds. It may also include enemy traffic and civilian movements.

(2) **Size Up Your Physical Condition**

The pressure of the battle you were in or the trauma of being in a survival situation may have caused you to overlook wounds you received. Check your wounds and give yourself first aid. Take care to prevent further bodily harm. For instance, in any climate, drink plenty of water to prevent dehydration. If you are in a cold or wet climate, put on additional clothing to prevent hypothermia.

(3) **Size Up Your Equipment**

Perhaps in the heat of battle, you lost or damaged some of your equipment. Check to see what equipment you have and what condition it is in. Now that you have sized up your situation, surroundings, physical condition, and equipment, you are ready to make your survival plan. In doing so, keep in mind your basic physical needs--water, food, and shelter.

b. **U -Use All Your Senses, Undue Haste Makes Waste**

You may make a wrong move when you react quickly without thinking or planning. That move may result in your capture or death. Don't move just for the sake of taking action. Consider all aspects of your situation (size up your situation) before you make a decision and a move. If you act in haste, you may forget or lose some of your equipment. In your haste you may also become disoriented so that you don't know which way to go. Plan your moves. Be ready to move out quickly without endangering yourself if the enemy is near you. Use all your senses to evaluate the situation. Note sounds and smells. Be sensitive to temperature changes. Be observant.

c. **R -Remember Where You Are**

Spot your location on your map and relate it to the surrounding terrain. This is a basic principle that you must always follow. If there are other persons with you, make sure they also know their location. Always know who in your group, vehicle, or aircraft has a map and compass. If that person is killed, you will have to get the map and compass from him. Pay close attention to where you are and to where you are going. Do not rely on others in the group to keep track of the

route. Constantly orient yourself. Always try to determine, as a minimum, how your location relates to--

- The location of enemy units and controlled areas.
- The location of friendly units and controlled areas.
- The location of local water sources (especially important in the desert).
- Areas that will provide good cover and concealment.
- This information will allow you to make intelligent decisions when you are in a survival and evasion situation.

d. **V -Vanquish Fear and Panic**

The greatest enemies in a combat survival and evasion situation are fear and panic. If uncontrolled, they can destroy your ability to make an intelligent decision. They may cause you to react to your feelings and imagination rather than to your situation. They can drain your energy and thereby cause other negative emotions. Previous survival and evasion training and self-confidence will enable you to vanquish fear and panic.

e. **I -Improvise**

In the United States, we have items available for all our needs. Many of these items are cheap to replace when damaged. Our easy come, easy go, easy-to-replace culture makes it unnecessary for us to improvise. This inexperience in improvisation can be an enemy in a survival situation. Learn to improvise. Take a tool designed for a specific purpose and see how many other uses you can make of it. Learn to use natural objects around you for different needs. An example is using a rock for a hammer. No matter how complete a survival kit you have with you, it will run out or wear out after a while. Your imagination must take over when your kit wears out.

f. **V -Value Living**

All of us were born kicking and fighting to live, but we have become used to the soft life. We have become creatures of comfort. We dislike inconveniences and discomforts. What happens when we are faced with a survival situation with its stresses, inconveniences, and discomforts? This is when the will to live- placing a high value on living-is vital. The experience and knowledge you have gained through life and your training will have a bearing on your will to live.

Stubbornness, a refusal to give in to problems and obstacles that face you, will give you the mental and physical strength to endure.

g. **A -Act Like the Natives**

The natives and animals of a region have adapted to their environment. To get a feel of the area, watch how the people go about their daily routine. When and what do they eat? When, where, and how do they get their food? When and where do they go for water? What time do they usually go to bed and get up? These actions are important to you when you are trying to avoid capture. Animal life in the area can also give you clues on how to survive. Animals also require food, water, and shelter. By watching them, you can find sources of water and food.

Keep in mind that the reaction of animals can reveal your presence to the enemy.

If in a friendly area, one way you can gain rapport with the natives is to show interest in their tools and how they get food and water. By studying the people, you learn to respect them, you often make valuable friends, and, most important, you learn how to adapt to their environment and increase your chances of survival.

h. **L -Live by Your Wits, But for Now, Learn Basic Skills**

Without training in basic skills for surviving and evading on the battlefield, your chances of living through a combat survival and evasion situation are slight. Learn these basic skills now--not when you are headed for or are in the battle. How you decide to equip yourself before deployment will impact on whether or not you survive. You need to know about the environment to which you are going, and you must practice basic skills geared to that environment. For instance, if you are going to a desert, you need to know how to get water in the desert. Practice basic survival skills during all training programs and exercises. Survival training reduces fear of the unknown and gives you self-confidence. It teaches you to live by your wits.

5. **PATTERN FOR SURVIVAL**

Develop a survival pattern that lets you beat the enemies of survival. This survival pattern must include food, water, shelter, fire, first aid, and signals placed in order of importance.

Before we can understand our psychological reactions in a survival setting, it is helpful to first know a little bit about stress.

Stress is not a disease that you cure and eliminate. Instead, it is a condition we all experience. Stress can be described as our reaction to pressure. It is the name given to the experience we have as we physically, mentally, emotionally, and spiritually respond to life's tensions.

6. **NEED FOR STRESS**

We need stress because it has many positive benefits. Stress provides us with challenges; it gives us chances to learn about our values and strengths. Stress can show our ability to handle pressure without breaking; it tests our adaptability and flexibility; it can stimulate us to do our best. Because we usually do not consider unimportant events stressful, stress can also be an excellent indicator of the significance we attach to an event--in other words, it highlights what is important to us.

We need to have some stress in our lives, but too much of anything can be bad. The goal is to have stress, but not an excess of it. Too much stress can take its toll on people and organizations. Too much stress leads to distress. Distress causes an uncomfortable tension that we try to escape and, preferably, avoid. Listed below are a few of the common signs of distress you may find in your fellow Marines and Sailors or yourself when faced with too much stress:

- Difficulty making decisions.
- Angry outbursts.
- Forgetfulness.



- Low energy level.
- Constant worrying.
- Propensity for mistakes.
- Thoughts about death or suicide.
- Trouble getting along with others.
- Withdrawing from others.
- Hiding from responsibilities.
- Carelessness.

As you can see, stress can be constructive or destructive. It can encourage or discourage, move us along or stop us dead in our tracks, and make life meaningful or seemingly meaningless. Stress can inspire you to operate successfully and perform at your maximum efficiency in a survival situation. It can also cause you to panic and forget all your training. Key to your survival is your ability to manage the inevitable stresses you will encounter. The survivor is the Marine or Sailor who works with his stresses instead of letting his stresses work on him.

## 7. **SURVIVAL STRESSORS**

Any event can lead to stress and, as everyone has experienced, events don't always come one at a time. Often, stressful events occur simultaneously. These events are not stress, but they produce it and are called "stressors." Stressors are the obvious cause while stress is the response. Once the body recognizes the presence of a stressor, it then begins to act to protect itself. In response to a stressor, the body prepares either to "fight or flee." This preparation involves an internal SOS sent throughout the body. As the body responds to this SOS, several actions take place. The body releases stored fuels (sugar and fats) to provide quick energy; breathing rate increases to supply more oxygen to the blood; muscle tension increases to prepare for action; blood clotting mechanisms are activated to reduce bleeding from cuts; senses become more acute (hearing becomes more sensitive, eyes become big, smell becomes sharper) so that you are more aware of your surrounding and heart rate and blood pressure rise to provide more blood to the muscles. This protective posture lets a person cope with potential dangers; however, a person cannot maintain such a level of alertness indefinitely.

Stressors are not courteous; one stressor does not leave because another one arrives.

Stressors add up. The cumulative effect of minor stressors can be a major distress if they all happen too close together. As the body's resistance to stress wears down and the sources of stress continue (or increase), eventually a state of exhaustion arrives. At this point, the ability to resist stress or use it in a positive way gives out and signs of distress appear. Anticipating stressors and developing strategies to cope with them are two ingredients in the effective management of stress. It is therefore essential that the Marine or Sailor in a survival setting be aware of the types of stressors he will encounter. Let's take a look at a few of these.

### a. **Injury, Illness, or Death**

Injury, illness, and death are real possibilities a survivor has to face. Perhaps nothing is more stressful than being alone in an unfamiliar environment where

you could die from hostile action, an accident, or from eating something lethal. Illness and injury can also add to stress by limiting your ability to maneuver, get food and drink, find shelter, and defend yourself. Even if illness and injury don't lead to death, they add to stress through the pain and discomfort they generate. It is only by controlling the stress associated with the vulnerability to injury, illness, and death that a Marine or Sailor can have the courage to take the risks associated with survival tasks.

b. **Uncertainly and Lack of Control**

Some people have trouble operating in settings where everything is not clear-cut. The only guarantee in a survival situation is that nothing is guaranteed. It can be extremely stressful operating on limited information in a setting where you have limited control of your surroundings. This uncertainty and lack of control also add to the stress of being ill, injured, or killed.

c. **Environment**

Even under the most ideal circumstances, nature is quite formidable. In survival, a Marine or Sailor will have to contend with the stressors of weather, terrain, and the variety of creatures inhabiting an area. Heat, cold, rain, winds, mountains, swamps, deserts, insects, dangerous reptiles, and other animals are just a few of the challenges awaiting the Marine or Sailor working to survive. Depending on how a warrior handles the stress of his environment, his surroundings can be either a source of food and protection or can be a cause of extreme discomfort leading to injury, illness, or death.

d. **Hunger and Thirst**

Without food and water a person will weaken and eventually die. Thus, getting and preserving food and water takes on increasing importance as the length of time in a survival setting increases. For a survivor used to having his provisions issued, foraging can be a big source of stress.

e. **Fatigue**

Forcing yourself to continue surviving is not easy as you grow more tired. It is possible to become so fatigued that the act of just staying awake is stressful in itself.

f. **Isolation**

There are some advantages to facing adversity with others. As Marines or Sailors we learn individual skills, but we train to function as part of a team. Although we complain about higher headquarters, we become used to the information and guidance it provides, especially during times of confusion. Being in contact with others also provides a greater sense of security and a feeling someone is available to help if problems occur. A significant stressor in survival situations is that often a person or team has to rely solely on its own resources.

The survival stressors mentioned in this section are by no means the only ones you may face. Remember, what is stressful to one person may not be stressful to another. Your experiences, training, personal outlook on life, physical and mental conditioning, and level of self-confidence contribute to what you will find stressful in a survival environment. The object is not to avoid stress, but rather to manage the stressors of survival and make them work for you. We now have a general

knowledge of stress and the stressors common to survival; the next step is to examine our reactions to the stressors we may face.

## 8. **NATURAL REACTIONS TO SURVIVAL STRESSORS**

Man has been able to survive many shifts in his environment throughout the centuries. His ability to adapt physically and mentally to a changing world kept him alive while other species around him gradually died off. The same survival mechanisms that kept our fore fathers alive can help keep us alive as well! However, these survival mechanisms that can help us can also work against us if we don't understand and anticipate their presence. It is not surprising that the average person will have some psychological reactions in a survival situation. We will now examine some of the major internal reactions you and anyone with you might experience with the survival stressors addressed in the earlier paragraphs. Let's begin.

### a. **Fear**

Fear is our emotional response to dangerous circumstances that we believe have the potential to cause death, injury, or illness. This harm is not just limited to physical damage; the threat to one's emotional and mental well-being can generate fear as well. For the Marine or Sailor trying to survive, fear can have a positive function if it encourages him to be cautious in situations where recklessness could result in injury. Unfortunately, fear can also immobilize a person. It can cause him to become so frightened that he fails to perform activities essential for survival. Most people will have some degree of fear when placed in unfamiliar surroundings under adverse conditions. There is no shame in this! Each warrior must train himself not to be overcome by his fears. Ideally, through realistic training, we can acquire the knowledge and skills needed to increase our confidence and thereby manage our fears.

### b. **Anxiety**

Associated with fear is anxiety. Because it is natural for us to be afraid, it is also natural for us to experience anxiety. Anxiety can be an uneasy, apprehensive feeling we get when faced with dangerous situations (physical, mental, and emotional). When used in a healthy way, anxiety urges us to act to end, or at least master, the dangers that threaten our existence. If we were never anxious, there would be little motivation to make changes in our lives. The Marine or Sailor in a survival setting reduces his anxiety by performing those tasks that will ensure his coming through the ordeal alive. As he reduces his anxiety, the warrior is also bringing under control the source of that anxiety--his fears. In this form, anxiety is good; however, anxiety can also have a devastating impact. Anxiety can overwhelm a Marine or Sailor to the point where he becomes easily confused and has difficulty thinking. Once this happens, it becomes more and more difficult for him to make good judgments and sound decisions. To survive, the warrior must learn techniques to calm his anxieties and keep them in the range where they help, not hurt.

### c. **Anger and Frustration**

Frustration arises when a person is continually thwarted in his attempts to reach a goal. The goal of survival is to stay alive until you can reach help or until help can reach you. To achieve this goal, the Marine or Sailor must complete some tasks with minimal resources. It is inevitable, in trying to do these tasks, that

something will go wrong; that something will happen beyond the one's control; and that with one's life at stake, every mistake is magnified in terms of its importance. Thus, sooner or later, Marines and Sailors will have to cope with frustration when a few of their plans run into trouble. One outgrowth of this frustration is anger. There are many events in a survival situation that can frustrate or anger a warrior. Getting lost, damaged or forgotten equipment, the weather, inhospitable terrain, enemy patrols, and physical limitations are just a few sources of frustration and anger. Frustration and anger encourage impulsive reactions, irrational behavior, poorly thought-out decisions, and, in some instances, an "I quit" attitude (people sometimes avoid doing something they can't master). If the Marine or Sailor can harness and properly channel the emotional intensity associated with anger and frustration, he can productively act as he answers the challenges of survival. If the warrior does not properly focus his angry feelings, he can waste much energy in activities that do little to further either his chances of survival or the chances of those around him.

d. **Depression**

It would be a rare person indeed who would not get sad, at least momentarily, when faced with the privations of survival. As this sadness deepens, we label the feeling "depression." Depression is closely linked with frustration and anger. The frustrated person becomes more and more angry as he fails to reach his goals. If the anger does not help the person to succeed, then the frustration level goes even higher. A destructive cycle between anger and frustration continues until the person becomes worn down physically, emotionally, and mentally. When a person reaches this point, he starts to give up, and his focus shifts from "What can I do" to "There is nothing I can do." Depression is an expression of this hopeless, helpless feeling. There is nothing wrong with being sad as you temporarily think about your loved ones and remember what life is like back in "civilization" or "the world." Such thoughts, in fact, can give you the desire to try harder and live one more day. On the other hand, if you allow yourself to sink into a depressed state, then it can sap all your energy and, more important, your will to survive. It is imperative that each Marine or Sailor resist succumbing to depression.

e. **Loneliness and Boredom**

Man is a social animal. This means we, as human beings, enjoy the company of others. Very few people want to be alone all the time! As you are aware, there is a distinct chance of isolation in a survival setting. This is not bad. Loneliness and boredom can bring to the surface qualities you thought only others had. The extent of your imagination and creativity may surprise you. When required to do so, you may discover some hidden talents and abilities. Most of all, you may tap into a reservoir of inner strength and fortitude you never knew you had. Conversely, loneliness and boredom can be another source of depression. As a warrior surviving alone, or with others, you must find ways to keep your mind productively occupied. Additionally, you must develop a degree of self sufficiency. You must have faith in your capability to "go it alone."

f. **Guilt**

The circumstances leading to your being in a survival setting are sometimes

dramatic and tragic. It may be the result of an accident or military mission where there was a loss of life. Perhaps you were the only, or one of a few, survivors. While naturally relieved to be alive, you simultaneously may be mourning the deaths of others who were less fortunate. It is not uncommon for survivors to feel guilty about being spared from death while others were not. This feeling, when used in a positive way, has encouraged people to try harder to survive with the belief they were allowed to live for some greater purpose in life. Sometimes, survivors tried to stay alive so that they could carry on the work of those killed. Whatever reason you give yourself, do not let guilt feelings prevent you from living. The living who abandon their chance to survive accomplish nothing. Such an act would be the greatest tragedy.

## 9. **PREPARING YOURSELF**

Your mission as a Marine or Sailor in a survival situation is to stay alive. As you can see, you are going to experience an assortment of thoughts and emotions. These can work for you, or they can work to your downfall. Fear, anxiety, anger, frustration, guilt, depression, and loneliness are all possible reactions to the many stresses common to survival. These reactions, when controlled in a healthy way, help to increase a one's likelihood of surviving. They prompt the warrior to pay more attention in training, to fight back when scared, to take actions that ensure sustenance and security, to keep faith with his fellow Marines and Sailors, and to strive against large odds. When the survivor cannot control these reactions in a healthy way, they can bring him to a standstill. Instead of rallying his internal resources, the Marine or Sailor listens to his internal fears. This soldier experiences psychological defeat long before he physically succumbs. Remember, survival is natural to everyone; being unexpectedly thrust into the life and death struggle of survival is not. Don't be afraid of your "natural reactions to this unnatural situation." Prepare yourself to rule over these reactions so they serve your ultimate interest--staying alive with the honor and dignity associated with being an American warrior. It involves preparation to ensure that your reactions in a survival setting are productive, not destructive. The challenge of survival has produced countless examples of heroism, courage, and self-sacrifice. These are the qualities it can bring out in you if you have prepared yourself. Below are a few tips to help prepare yourself psychologically for survival. Through studying this manual and attending survival training you can develop the survival attitude.

### a. **Know Yourself**

Through training, family, and friends take the time to discover who you are on the inside. Strengthen your stronger qualities and develop the areas that you know are necessary to survive.

### b. **Anticipate Fears**

Don't pretend that you will have no fears. Begin thinking about what would frighten you the most if forced to survive alone. Train in those areas of concern to you. The goal is not to eliminate the fear, but to build confidence in your ability to function despite your fears.

### c. **Be Realistic**

Don't be afraid to make an honest appraisal of situations. See circumstances as they are, not as you want them to be. Keep your hopes and expectations within

the estimate of the situation. When you go into a survival setting with unrealistic expectations, you may be laying the groundwork for bitter disappointment. Follow the adage, "Hope for the best, prepare for the worst." It is much easier to adjust to pleasant surprises about one's unexpected good fortunes than to be upset by one's unexpected harsh circumstances.

d. **Adopt a Positive Attitude**

Learn to see the potential good in everything. Looking for the good not only boosts morale, it also is excellent for exercising your imagination and creativity.

e. **Remind Yourself What Is at Stake**

Remember, failure to prepare yourself psychologically to cope with survival leads to reactions such as depression, carelessness, inattention, loss of confidence, poor decision making, and giving up before the body gives in. At stake is your life and the lives of others who are depending on you to do your share.

f. **Train**

Through military training and life experiences; begin today to prepare yourself to cope with the rigors of survival. Demonstrating your skills in training will give you the confidence to call upon them should the need arise. Remember, the more realistic the training, the less overwhelming an actual survival setting will be.

g. **Learn Stress Management Techniques**

People under stress have a potential to panic if they are not well-trained and not prepared psychologically to face whatever the circumstances may be. While we often cannot control the survival circumstances in which we find ourselves, it is within our ability to control our response to those circumstances. Learning stress management techniques can enhance significantly your capability to remain calm and focused as you work to keep yourself and others alive. A few good techniques to develop include relaxation skills, time management skills, assertiveness skills, and cognitive restructuring skills (the ability to control how you view a situation).

**Remember, "the will to survive" can also be considered to be "the refusal to give up."**

**REFERENCES:** Survival, FM 21-76/MCRP 3-02F