

Survival Expert's Ranking:

You Should Decide to Stay at the Crash Site.

Source: Air Force Survival Training Manual

1. A cosmetic mirror - in the sun, the mirror can produce bright light and be seen for several miles.
2. 1 topcoat/person - Best thing to do is attempt to restrict the airflow around your body to decrease the amount of water evaporation that results in dehydration and death.
3. Water - Will keep you "comfortable" for a while.
4. Flashlight - Helpful to aid searchers after dusk. Also with batteries removed the case can be used as a container for the plastic still.
5. Parachute - To produce shade by spreading parachute over the airframe of the plane.
6. Jack Knife - Since cactus is available, you can use the knife to cut the cactus and use it in a homemade still to obtain moisture from the cacti

7. Plastic raincoat - Knife and raincoat go together to develop plastic still.
8. Loaded Pistol (.45 caliber) - **Dangerous** item to have because of physical and emotional stress of the group.
9. sunglasses
10. Compress kit with gauze - Not needed since no one is injured and you should not be leaving the crash site.
11. Magnetic Compass - Not needed since you should not attempt to walk from the crash site.
12. Air Map of Area - Not needed since you should not attempt to walk from the crash site.
13. Book - Should not expend your energy attempting to leave the crash site to hunt.
14. 2 quarts 180 proof vodka - Little value since the effects of alcohol on your system is to draw water in order to absorb the alcohol into your system.
15. salt tablets - Will actually rob your body of moisture.

Flashlight	4	Helpful to aid searchers after dusk. Also with batteries removed the case can be used as a container for the plastic still.
Jack Knife	6	Since cactus is available, you can use the knife to cut the cactus and use it in a homemade still to obtain moisture from the cacti
Air Map	12	Not needed since you should not attempt to walk from the crash site.
Raincoat	7	Knife and raincoat go together to develop plastic still.
Compass	11	Not needed since you should not attempt to walk from the crash site.
Compress kit	10	Not needed since no one is injured and you should not be leaving the crash site.
Pistol	8	Dangerous item to have because of physical and emotional stress of the group.
Parachute	5	To produce shade by spreading parachute over the airframe of the plane.
Salt tables	15	Will actually rob your body of moisture.
water	3	Will keep you “comfortable” for a while.
Book	13	Should not expend your energy attempting to leave the crash site to hunt.
sunglasses	9	
vodka	14	Little value since the effects of alcohol on your system is to draw water in order to absorb the alcohol into your system.
topcoat	2	Best thing to do is attempt to restrict the airflow around your body to decrease the amount of water evaporation that results in dehydration and death.
mirror	1	in the sun, the mirror can produce bright light and be seen for several miles.

Survival Information for *Survival in the Desert*

Survival Time in Days – as temperature and water vary

Daily temperature In shade in °F	Amount of water				
	No water	1 quart	2 quarts	4 quarts	10 quarts
No physical activity					
120°	2 days	2 days	2 days	2.5 days	3 days
110°	3 days	3 days	3.5 days	3.5 days	5 days
100°	5 days	5.5 days	6 days	7 days	9.5 days
Walking at night and resting in day					
120°	1 day	2 days	2 days	2 days	3 days
110°	2 days	2 days	2.5 days	3 days	3.5 days
100°	3 days	3.5 days	3.5 days	4.5 days	5.5 days

Physiological effects of Dehydration

1st day

1 to 5% loss in weight

- Thirst
- Impatience
- Flushed skin
- Sleepiness
- No appetite
- Increased pulse

2nd day

6 to 10% loss in weight

- Dizziness
- Headache
- Inability to walk
- Indistinct speech
- Cyanosis
- Decreased blood volume

Physiological effects of Dehydration

3rd day

11 to 20% loss in body weight

- Delirium
- Spasticity
- Deafness
- Dim vision
- Inability to swallow
- Probably death