

Shore Survival

Name _____
Period _____
Date _____

1. _____ is the first step to survival.
2. You're _____ just because you made it ashore. It's as easy to die on _____ as it is at sea
3. Recognize that your life is still in _____.
4. Sometimes _____ will follow recognition. Uncontrolled it can _____ you.
5. Recognition is _____ and accepting that your life is in danger and that you must _____ to stay alive.
6. _____ is taking stock of what can keep you _____ and what can _____ you.
7. In inventory, take care of _____ first.
8. Familiar objects used in new ways can become important _____ for survival.
9. Your best _____ are your knowledge and your common sense.
10. _____ can become a valuable survival tool.
11. _____ is anything that protects your body from heat _____. Your primary shelter, _____, uses insulating materials such as wool or fiberfill to trap warm air.
12. Remember, keep clothing _____. Water can rob your body of heat _____ times faster than air of the same temperature.
13. It doesn't matter what kind of shelter you build, so long as you use _____ materials to hold in the heat.
14. Sod, _____, and grass trap air like wool—they're nature's version of insulation.
15. The _____ the shelter the better, so body warmth can heat the space within the insulation. It should be airtight and shed _____.
16. _____ are your only direct way to ask for help.
17. You can be _____ if your signals don't attract attention and ask for help. They have to _____ from the environment and they have to be visible to boats and planes.

18. At night use signals that generate _____ such as a _____.
19. The universal distress signal is not one fire, but _____.
20. You _____ have too many signals. Call for _____ in as many ways as possible.
21. Make signals that work when you're _____ and when you're _____.
22. An adequate supply of _____ must be found.
23. Dehydration is _____-threatening. Your body needs at least _____ pints of water a day—that's three quarts.
24. Be sure to _____ your water to kill anything growing in it.
25. Over the long haul, maintaining good health means finding nutritious _____.
26. Be prepared to adapt to a new and different _____. People have _____ because they _____ to eat unfamiliar food.
27. _____ is a good source of protein and carbohydrates, and _____ contains many minerals, so the tidepools can provide a well-balanced diet.
28. Stay away from _____ and mussels because of the danger of red tide. In a survival situation _____ take chances.
29. Land _____ are also a source of nutrients. Each region offers different plants; get to know which plants in your region are _____.
30. Being positive and preventing depression is what _____ is all about.
31. The _____ to depression is play. Play means keeping _____ to keep your mind off your troubles.
32. The more you _____, the better your chances to _____.