

SURVIVAL

Contents

	Page
	PREFACE vii
Chapter 1	INTRODUCTION 1-1
	Survival Actions 1-1
	Pattern for Survival 1-5
Chapter 2	PSYCHOLOGY OF SURVIVAL 2-1
	A Look at Stress 2-2
	Natural Reactions 2-6
	Preparing Yourself 2-9
Chapter 3	SURVIVAL PLANNING AND SURVIVAL KITS 3-1
	Importance of Planning 3-2
	Survival Kits 3-3

* This publication supersedes FM 21-76, June 1992.

	Page
Chapter 4	BASIC SURVIVAL MEDICINE 4-1
	Requirements for Maintenance of Health..... 4-1
	Medical Emergencies..... 4-8
	Lifesaving Steps..... 4-9
	Bone and Joint Injury..... 4-18
	Bites and Stings..... 4-21
	Wounds..... 4-27
	Environmental Injuries..... 4-32
	Herbal Medicines..... 4-35
Chapter 5	SHELTERS 5-1
	Primary Shelter—Uniform..... 5-1
	Shelter Site Selection..... 5-1
	Types of Shelters..... 5-3
Chapter 6	WATER PROCUREMENT 6-1
	Water Sources..... 6-1
	Still Construction..... 6-8
	Water Purification..... 6-13
	Water Filtration Devices..... 6-15
Chapter 7	FIRECRAFT 7-1
	Basic Fire Principles..... 7-1
	Site Selection and Preparation..... 7-2
	Fire Material Selection..... 7-5
	How to Build a Fire..... 7-6
	How to Light a Fire..... 7-8
Chapter 8	FOOD PROCUREMENT 8-1
	Animals for Food..... 8-1
	Traps and Snares..... 8-11
	Killing Devices..... 8-25

	Page
Fishing Devices.....	8-27
Cooking and Storage of Fish and Game.....	8-35
Chapter 9 SURVIVAL USE OF PLANTS.....	9-1
Edibility of Plants.....	9-1
Plants for Medicine.....	9-12
Miscellaneous Uses of Plants.....	9-16
Chapter 10 POISONOUS PLANTS.....	10-1
How Plants Poison.....	10-1
All About Plants.....	10-2
Rules for Avoiding Poisonous Plants.....	10-2
Contact Dermatitis.....	10-3
Ingestion Poisoning.....	10-4
Chapter 11 DANGEROUS ANIMALS.....	11-1
Insects and Arachnids.....	11-2
Leeches.....	11-4
Bats.....	11-5
Venomous Snakes.....	11-5
Snake-Free Areas.....	11-6
Dangerous Lizards.....	11-7
Dangers in Rivers.....	11-8
Dangers in Bays and Estuaries.....	11-9
Saltwater Dangers.....	11-9
Other Dangerous Sea Creatures.....	11-12
Chapter 12 FIELD-EXPEDIENT WEAPONS, TOOLS, AND EQUIPMENT.....	12-1
Staffs.....	12-1
Clubs.....	12-2
Edged Weapons.....	12-4

	Page
Other Expedient Weapons.....	12-8
Cordage and Lashing	12-10
Rucksack Construction.....	12-12
Clothing and Insulation	12-13
Cooking and Eating Utensils.....	12-14
Chapter 13 DESERT SURVIVAL	13-1
Terrain.....	13-1
Environmental Factors.....	13-3
Need for Water.....	13-7
Heat Casualties.....	13-10
Precautions.....	13-11
Desert Hazards.....	13-12
Chapter 14 TROPICAL SURVIVAL	14-1
Tropical Weather.....	14-1
Jungle Types.....	14-2
Travel Through Jungle Areas	14-6
Immediate Considerations.....	14-7
Water Procurement.....	14-7
Food.....	14-9
Poisonous Plants	14-10
Chapter 15 COLD WEATHER SURVIVAL	15-1
Cold Regions and Locations.....	15-1
Windchill.....	15-2
Basic Principles of Cold Weather Survival	15-4
Hygiene.....	15-6
Medical Aspects.....	15-7
Cold Injuries	15-7
Shelters.....	15-13

	Page
Fire	15-17
Water.....	15-20
Food	15-22
Travel	15-25
Weather Signs	15-26
Chapter 16 SEA SURVIVAL	16-1
The Open Sea.....	16-1
Seashores.....	16-35
Chapter 17 EXPEDIENT WATER CROSSINGS	17-1
Rivers and Streams	17-1
Rapids	17-2
Rafts.....	17-5
Flotation Devices	17-10
Other Water Obstacles	17-12
Vegetation Obstacles.....	17-12
Chapter 18 FIELD-EXPEDIENT DIRECTION FINDING	18-1
Using the Sun and Shadows	18-1
Using the Moon.....	18-5
Using the Stars	18-5
Making Improvised Compasses.....	18-8
Other Means of Determining Direction.....	18-8
Chapter 19 SIGNALING TECHNIQUES	19-1
Application	19-1
Means for Signaling	19-2
Codes and Signals.....	19-12
Aircraft Vectoring Procedures.....	19-16

	Page
Chapter 20	SURVIVAL MOVEMENT IN HOSTILE AREAS 20-1
	Phases of Planning..... 20-1
	Execution..... 20-4
	Return to Friendly Control..... 20-9
Chapter 21	CAMOUFLAGE 21-1
	Personal Camouflage..... 21-1
	Methods of Stalking..... 21-5
Chapter 22	CONTACT WITH PEOPLE 22-1
	Contact With Local People..... 22-1
	Survival Behavior..... 22-2
	Changes to Political Allegiance..... 22-3
Chapter 23	SURVIVAL IN MAN-MADE HAZARDS 23-1
	The Nuclear Environment..... 23-1
	Biological Environments..... 23-17
	Chemical Environments..... 23-22
Appendix A	SURVIVAL KITS A-1
Appendix B	EDIBLE AND MEDICINAL PLANTS B-1
Appendix C	POISONOUS PLANTS C-1
Appendix D	DANGEROUS INSECTS AND ARACHNIDS D-1
Appendix E	VENOMOUS SNAKES AND LIZARDS E-1
Appendix F	DANGEROUS FISH AND MOLLUSKS F-1
Appendix G	ROPES AND KNOTS G-1
Appendix H	CLOUDS: FORETELLERS OF WEATHER H-1
Appendix I	EVASION PLAN OF ACTION FORMAT I-1
	GLOSSARY Glossary-1
	BIBLIOGRAPHY Bibliography-1
	INDEX Index-1