

OUTDOORSAFE INC.

Fox 21
Weekend
weatherman
Matt Kruger
filming Peter
building a
fire.



OutdoorSafe, Inc. Newsletter by Peter Kummerfeldt

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Merry Christmas and a Very Happy New Year to all of you. This has been a year of changes for Mary and me. To start with it was our first summer at home since 2004. As you may remember we have spent the past four summers working at the Safari Club International Wilderness Leadership School near Jackson, Wyoming. For a number of reasons mostly relating to Don Brown, the Director of Education's retirement we decided not to go back. We also didn't attend the Wilderness Medical Society annual get-together in Snowmass, Colorado - again for personal rather than professional reasons. Mary and I have come to

the conclusion that nothing is static. Everything is dynamic! And change can be good as we found out. One of the good things that came out of these changes was the time we now had available to do other things. This has been one of the best years I've had as a photographer. During a break between programs in February we headed down the California coast stopping first in Crescent City where we gazed in awe at the Redwoods! I found out that Redwoods are hard to photograph well - you can't get very much of them in the viewfinder! We drove the coast highway all the way to Los Angeles stopping for a couple of nights in Point Reyes National Park,

Pismo Beach and then San Simeon to photograph a beach full of elephant seals. You don't realize quite how big they are until you've stood ten feet away from a sleeping one-ton bull. For a change of pace we headed inland to Joshua Tree National Park and then four days in Death Valley. Wow. What a place! February is a fine time to visit the valley. It's not 120 degrees F. We travelled from one end of the valley to the other photographing as we went. Mary and I spent one day taking part in a digital photography course presented by one of the park rangers. Great time. He took us to parts of the park that we would not have otherwise ventured

into. We spent one morning prowling through Scotty's Castle - a wonderful complex of buildings built by an eccentric scalawag who was very happy to spend vast sums of money on behalf of a rich California benefactor who showed up periodically to see what was going on. The castle is complete with a beautiful organ that still plays!

During another break between speaking engagements Mary and I joined long time friends Bill and Margo Wilson for a stay on the Oregon coast. While staying on the coast is not unique staying in a light house keepers house was. Beautiful location. The Yahats Head light house keepers home is now a delightful B&B.

March found us wandering around the desert once again this time on the Oregon-Nevada border with friends Phyllis Commerce and Peggy Nulson. New country once again complete with bubbling hot springs, bighorn sheep, abandoned mines, feral donkeys and magnificent scenery. If you ever get the chance take a drive around the Steens Mountains in eastern Oregon. It's a bit off the beaten track and maybe that's what gives it its special appeal.

With the weather finally beginning to warm up it was time to start thinking about using the thirty foot 5th wheel trailer we had purchased last December. We had been thinking about getting a trailer for a long time and finally things came together for us when, just before Christmas, we found a four year old Keystone Cougar trailer. Never having had a RV before we decided to get it all set-up and then make a practice trip in the local area before taking on a longer excursion. We hitched up the truck and drove five miles to the USAF Academy Family Camp. A hundred yards from the entrance the trailer blew a tire! Fortunately we were moving very slowly at the time so, other than the tire no additional damage was done to the trailer. What was most heart warming was the number of other RVers who stopped and offered their help. This as it turns out was an indicator of things to come! Friendly people that is - not

blown tires!

Over the course of the year we visited Texas, Oregon, Washington, Kansas, Montana, New York, Vermont, South Carolina, Oklahoma and Wyoming. Most of the time we managed to schedule a day or two either before or after a speaking engagement to see some of the sights in the area.

As you may have detected I have developed a passion for photography - digital photography that is. As I think back I have always enjoyed photography but was held back by the price of film and the costs of developing that film after it was exposed while at the same time trying to meet the needs of my family. Then along came "digital!" About ten years ago I purchased my first digital camera and haven't looked back. About the same time portable computers started to become affordable. The combination of the two has enabled me to produce very professional programs while at the same time getting rid of a heavy Kodak carousel projector and dozens of slide trays. Now all of my programs are on a computer hard drive. Things weren't perfect though. I can clearly remember the embarrassment of standing in front of an audience with a computer that won't boot up! Fortunately, thanks to more reliable, easier to use equipment, that is behind mostly me now.

Most of my photographs are used to illustrate the programs I present. Probably one of the most popular slide presentations is called "Survival Sayings." Years ago I started collecting "quotes" that sometimes were funny, sometimes profound, often thought provoking, sometimes sad. I then built a Power Point presentation that combined a quote with one of my photographs. Each slide comes up and then about four seconds later the quote appears. When there is time I run this program before I start teaching while people are filtering in to the room. It gets them thinking about the business of "survival" and their ability to cope with a crisis.

Photography has also done something

else for me. It has taught me to look for beauty in places where you wouldn't expect to see anything beautiful. In Wyoming, several years ago, Mary and I were lying on our bellies trying to photograph some tiny flowers. We had (continued on page six) been at it for about an hour when a man from came by and asked "*What in the h... are you doing?*" I told him what I was up to. He asked if he could look so I let him peer through the viewfinder. A few minutes later when he stood up he said "*You know - it makes you want to walk a little more carefully doesn't it?*" I like that!

Not going to Wyoming this summer gave me a lot more time to participate in the US Customs and Border Protection training that I had been doing in the past but not as often. This is an interesting program not only because of who we are teaching - the men and women aviators who are doing their level best to slow down the flow of drugs and other illegal materials into this country, but also because we get to see a lot of the United States. This year the team of guys that make up the instructor cadre and I travelled from Puerto Rico to Washington and from southern California to upstate New York conducting either a five day basic course or a three day refresher program. These trips and the many others that Mary and I made as well, once again reminded me of how diverse this country is. Diverse in terms of its geography, its people, its climate and it is this diversity that makes it the wonderful country it is!

A wise man once said "If you like it where you are you ain't lost!"

BOOK THAT I READ THIS YEAR – which you might be interested in!

She Went To War - the inspiring true story of a mother who went to war. By Rhonda Cornum as told to Peter Copeland. Right after Desert Storm One I invited Rhonda Cornum to come to the USAF Academy to speak to the cadets attending the Survival Training Program that I supervised. She willingly agreed. Several months later I had the privilege of introducing her to the students at their graduation from the training program. Rhonda Cornum was a flight surgeon on a Black Hawk helicopter flying to the rescue of a downed Air Force pilot when she was shot down. She was one of two survivors of the crash but quickly found herself with two broken arms surrounded by Iraqi soldiers. This is the story of a soldier, a wife and a mother who answered her country's call to service and then found herself in captivity. It is the story of the events in her life leading up to deploying to Iraq and the eight days she spent in captivity before being released when the war ended. I recommend the book. It's a great read.

The Survivor's Club - the secrets and science that could save your life. This book continues a good trend that began about fifteen years ago with the publication of survival books that were science based rather than being "anecdotal based!" The first part of the book analyzes incidents that have happened and looks at the reactions of the people involved. The second part of the book provides insights on "*The Survivor Profiler, Your Survivor IQ, and Your Survival Tool Kit.*" Written by Ben Sherwood this insightful book sheds a lot of light on what makes a survivor a survivor! It also provides reasons why others die - when they should have lived.

The Snakebite Survivor's Club by Jeremy Seal. One of the greatest fears we have is the fear of being bitten by a venomous snake. Or perhaps more importantly being *envenomated* by a snake! There's a big difference. The author traveled the world investigating the world of snakes and snakebite in attempt to validate or invalidate what we believe to be true regarding snakebite. This is an interesting read.

Out of Captivity by Marc Gonsalves, Keith Stansell, and Tom Howes with Gary Brozek. This is the book that had the greatest impact on me this year. It relates the five-year story of three US citizens who spent five years in captivity in Columbia as guests of the FARC (Revolutionary Armed Forces of Columbia) ending in 2008. The story tells of the bond they formed that enabled them to cope with the horrific conditions of their confinement. "It was this *brotherhood that enabled us to persevere through the worst that the FARC threw at us while always reminding us of our ultimate goal: freedom.* If you're interested in survival, especially the psychology of survival and survival-in-captivity, read this book.

TRAVEL OPPORTUNITIES & TRAINING AVAILABLE

OUTDOORSAFE INC. - US FOREST SERVICE SURVIVAL/NAVIGATION COURSE. September 3 - 7, 2010 The US Forest Service and OutdoorSafe Inc. will be offering a survival/navigation training program at the Nine Mile Heritage Training Center, Huson, Montana. The course is actually two programs in one. Two and a half days of survival training followed by two and half days of map, compass and GPS training. You can sign up for one phase or the other - or both. You save \$50 if you take both classes! For more information or to sign-up please call Linda Carlson at 406-626-5201. Class limited to 12 people.

SOUTH AFRICA - NAMIBIA. October 20 - November 16. For the third year in a row Mary and I will be organizing a trip to southern Africa. In 2010 we will be visiting Namibia for two weeks and then go on to South Africa for another two weeks. Those who would like to participate can go just for the Namibia leg or the South Africa leg - or both. Since you are going that far I strongly recommend going for both legs of the trip. The emphasis will be on visiting the national parks and private game reserves in both countries with wonderful opportunities to watch and photograph wildlife. The all-inclusive cost for this trip (except airfare and most lunches) will be about \$6,700 per person. If you'd like more information on this trip please email me or call and I will send you the specifics. I can also put you in touch with previous participants to get their perspective on past trips.

SPEAKING VENUES - 2010

| Host Organization | Location | Date |
|---------------------------------------|--------------------------|------------------|
| Dallas Safari Club | Dallas Convention Center | 7 - 10 January |
| Washington Sportsmen's Show | Puyallup, WA | 27 - 31 January |
| Wild Sheep Foundation convention | Reno, NV | 4 - 7 February |
| Boy Scouts of America | Portland, OR | 8 & 15 February |
| Pacific NW Sportsmen's Show | Portland, OR | 10 - 14 February |
| Oregon Hunter Education Assoc. | Coos Bay, OR | 27 February |
| Douglas County Search & Rescue | Roseburg, OR | 28 February |
| Central Oregon Sportsmen's Show | Redmond, OR | 4 - 7 March |
| Linn Country Search & Rescue | Albany, OR | 26 - 28 March |
| Jackson County Search & Rescue | White City, OR | 9 - 11 April |
| International Hunter Education Assoc. | Estes Park, CO | 5 June |
| Kansas Hunter Education | Various locations | 10 - 17 July |
| USFS/OutdoorSafe program | Huson, MT | 3 - 7 September |
| NW SARCON | Welches, OR | 14 - 17 October |

Survival Technology - what's new?

Electronic devices, to aid in the rescue and recovery of those in trouble, have been the most significant new technology developed over the past couple of years. While various kinds of Personal Locator Beacons (PLBs) and the like have been around for many years, several new products became available in 2007 that you who work or recreate in the outdoors should be aware of.

PERSONAL LOCATOR BEACONS (PLB)

In the marine world, Emergency Positioning Indicating Beacons (EPIRBs) transmitting on 406 MHz have been in use for many years. PLBs that transmit on this same frequency are now available to those of us that travel the backcountry on foot, by ATV, horseback, canoe or any other means of locomotion. While there are a number of manufacturers of PLBs, ACR Electronics based in Fort Lauderdale, Florida www.acrelectronics.com have been the leaders in the industry and produce reliable, easy to use beacons that have resulted in many people being rescued quickly. Upon purchase, the owner is required by law to register and to periodically reregister, the PLB with the National Oceanic and Atmospheric Agency who, with the US Air Force, manage the satellite constellation that supports the beacons. This ensures that the most up-to-date information is available to SAR authorities

in the event your PLB is activated. This can all be accomplished using the internet. 406 MHz beacons can be used anywhere in the world between the latitudes of 70° north latitude and 70° south latitude. The COSSPASS – SARSAT satellite system detects the signal and downlinks it to a Local User Terminal, which in turn sends the signal on to a Rescue Coordination Center (RCC). The RCC then forwards the information to the Search and Rescue agency closest to the geographic location to the origin of the signal. This is made possible by the Global Positioning System coordinate that is transmitting by the PLB as part of the distress signal. Another significant advantage of this process is that each PLB also transmits a unique code that identifies the owner of the PLB. So not only do the authorities know who is in trouble they also know where that person is! This eliminates the 95% false alarm rate experienced by beacons transmitting on 121.5 MHz and speeds up the rescue process because those that are tasked to recover you know where you are.

PLBs cost around \$600 but once purchased, there is no additional subscription fee to use the service.

As of December 7th 2007 there have been 207 rescues attributed to the 406MHz beacons in the United States.



ACR Electronics 406 MHz Beacon



SPOT Personal Messenger



Satellite Phone

SPOT Tracking and Messaging

A brand new piece of equipment, the SPOT Messaging and Tracking Device, www.findmespot.com offers some interesting different options. As with the PLBs, following purchase, the device must be registered only in this case, the SPOT is registered with the manufacturer via the internet. After filling out the customary owner information, level of service needed and payment options the owner also designates up to ten people to whom either a text message or an email message will be sent when the SPOT is activated. These people are your "SPOTteam members. The first option is the "I'm OK/Mode" choice. By pressing the "OK" button a message that the owner designs will be sent to those you have selected informing them of your status. It could read, for example, *"Everything is fine. I'm OK and just checking in to let you know my status."* The second option, which would go to the same or to different recipients, is the "Help" button. In this case the owner of the SPOT is in some difficulty, usually a non-life threatening situation, and needs some help but does not need to or want to involve the

authorities. This might include a vehicle breakdown, possibly becoming lost or some similar situation where the user is unable to resolve the problem and requires outside assistance. Once again either an email or text message is sent to the addressees you have selected.

The third option is the "911" option. When this button is activated an emergency signal is sent to the GEOS Global Command and Control Center, in Huston, Texas. They in turn contact the appropriate rescue organization or agency in the area from which the signal is emanating. Pressing both the "HELP" and the "911" results in your emergency signal going out to both the Global Command Center.

A link to Google Maps is also provided when any of the buttons on the SPOT are activated. Contained in the email message will be a link to Google Maps which, when selected, result in a Google Map appearing with an arrow pointing to your location. When text messaging is used the message will contain your position given as a latitude and longitude position.

A fourth choice is also available. For an additional \$50/year the SPOT can track your movement. Assuming the SPOT is turned on and left on, your position is transmitted every ten minutes, for 24 hours. Once again these positions can be seen on the Google Map link.

When compared to a PLB the upfront cost of a SPOT is lower, \$150 for the hardware, however the owner must also pay an annual subscription fee \$100 to \$150 depending on the level of service requested.

Despite the fact that the SPOT Messenger has only been available for about two years, many rescues have been attributed to the device in the United States and overseas. Again check out the website to read the accounts of those that owe their lives to the SPOT messenger.

WHO WOULD BENEFIT FROM CARRYING A BEACON?

- Carrying either a PLB or a SPOT should be strongly considered by anyone who works or recreates alone in remote areas
- For those traveling in those parts of the world where obtaining help may be difficult or non-existent
- When weather conditions preclude you from continuing and you hole-up for the night.
- When, following an injury, you cannot continue and need help

Without a doubt a survivor who, faced with a life-threatening situation, who could transmit a message to either family and friends or the authorities that resulted in a quick rescue would be most appreciative of the equipment. It should be remembered that none of the devices guarantee the immediate arrival of Search and Rescue personnel on scene. Despite the effectiveness of PLBs and the SPOT devices in particular, the survivor still has to “survive” until rescue arrives on scene.

WHO SHOULD NOT CARRY A BEACON?

It is unfortunate, but perhaps understandable, that there are many people who have the mindset when they venture off into the outdoors that “If I get into

trouble I’ll just crank up my beacon and call for help.” I call this “*The Domino’s Piazza mentality*” i.e. “I’m hungry - I’ll just call Domino’s” and low and behold within thirty minutes the piazza is delivered. I think people have the same expectation of the rescue services forgetting that the SAR personnel are all volunteers, all self-funded, all have to leave work and their families and all are putting their lives on the line to come and recover some ill-prepared individual who wants a quick ride home! These people should not carry a beacon! They shouldn’t even head out until they have developed the skills not to get in trouble and, if they do to make every effort to get themselves out before they call 911!



NIFTY NEW GADGETS

My thanks to John Mackie, one of my Nine Mile students this past September, for introducing me to a new tool that I have really come to appreciate. It’s called a Nite Ize Figure 9 tool. The tool comes in several sizes and enables the user to tie off a line between two anchor points without having to remember the knots you tied when you were a Scout! In addition to REI www.REI.com, there are a number of other sources for the tool. Type Nite Ize Figure 9 in any browser and you will find many places to order one.



Survival by the Numbers

One. The only person you can count on is yourself. You must prepare yourself for an unplanned night out as if there will be no one else there to help you survive. No one else to provide you the equipment you need to shelter yourself, build a fire, procure water, signal or all the other tasks that need to be done if you are to survive. All too often we place our survival in the hands of others thinking that if a disaster happens someone else will come to our aid! If recent natural disasters have taught us anything it should have taught us that we need to be able to stand on our own two feet, provide for our own needs, render whatever medical aid is needed and then either survive on-site or move to wherever survival may be possible. Knowing that you are capable of surviving is empowering! Your life depends on what you do - not on the chance that some other person will be available to do for you what you cannot do for yourself.

Two. Under normal conditions the number of quarts of water you need daily by the human body to maintain an adequate level of hydration. This amount can change very significantly depending on the environment you find yourself surviving in, the time of day you are forced to work and the amount of work that you have to do to survive. Dehydration is not just a "desert survival" phenomenon! Dehydration can happen in any environment when insufficient quantities of water are consumed - when water loss through urination, defecation, respiration and sweating exceeds water intake. There is no magic quantity to drink to keep you hydrated. We are all different and we find ourselves in a wide variety of situations. Don't ration the water you have trying to make it last for many days. Drink what you need. It is better to have water in your stomach than it is to have water in your canteen! There have been many people over the years that have died with water still in their canteens. Conserve your water by minimizing your sweating

Three. To build a fire you must insure that the three elements of the fire triangle, oxygen, fuel and a source of heat are combined in appropriate amounts. All too often, when watching novice fire builders struggle to get a fire going, the fire triangle principle is totally forgotten. Usually it is the lack of oxygen that is the problem. Rather than sit back and evaluate what the problem is they will continue lighting match after match in hopes that one will work never stopping to consider which part of the fire triangle is missing! When it's not working don't waste your matches or other heat sources. Stop and identify what's causing the problem. Is the fuel thin enough and dry enough? Is the heat source hot enough to light the tinder? Is enough oxygen reaching the point where the heat is being applied to the fuel? Identify the problem and then proceed.

Four. As a crisis evolves remember the four letters in the acronym STOP

STOP whatever it is that you are doing. Get off your feet, sit down, have a drink of water, take several deep breaths and, assuming it is safe to do so, sit tight for at least

thirty minutes. Control the urge to panic. You have to give yourself a chance to survive! Everybody is going to panic to one degree or another when confronted by a real or perceived life threatening circumstances. Those people who have been in similar situations before will quickly recognize the situation for what it is and understand that while they are in trouble, it doesn't have to be life threatening situation - just an inconvenience to be handled. For the inexperienced the consequences of panic can be fatal. Walking leads to walking faster and then to running and then running even faster. The victim will be quickly totally out of control and then an accident, often resulting injury, will happen. Sit tight for thirty minutes and allow the adrenaline that has flooded through your system putting you into the fight or flight mode, to subside and then you may find that you can think clearly again.

THINK about your situation as objectively as you can. Admit that you are in trouble. Think about what needs to be done to ensure your safety. Do you need to move to a safer area? Are there injuries that need to be taken care of? What are your priorities – fire first or shelter? How much time do you have before it gets dark? Critically appraise your situation then make good decisions.

OBSERVE the area you find yourself in. What are the hazards? What are the natural resources that you can benefit from? Are there sources of help available? What can you take advantage of to help you survive?

PLAN your next move carefully. Base your plan on the application of your prior training and preparation while always allowing for the unexpected to happen. Do the plan in your head first. If you are satisfied that the plan is workable then proceed. If you can't make the plan work in your head then revise it until you develop one that you are comfortable with.

Five contingencies that you should prepare for;

- **Becoming lost.** All too often we believe that “our sense of direction” is good enough to prevent this from happening but all too often, when weather, heavy timber or darkness obscures the landmarks we depend on, our ability to find our way back to camp is grossly impaired. Always carry a compass and a map. GPS receivers are very useful too.
- **Darkness.** Modern man (or woman) doesn't do very well in the dark! With darkness comes the switch from “seeing” to “hearing” and when we don't understand the noises coming from the dark it gets downright scary! Sometimes scary enough to panic a person into moving when they should be holed-up. If being out in the dark make you apprehensive identify what it is about the dark that you are afraid of? Is it the fear of being attacked by an animal? Is it nocturnal

- insects? What bothers you? How real are these threats? Get informed. Get with someone who can explain all those sounds you are hearing. You might find that you will come to enjoy the night hours!
- **Stranded**. Cars break down, horses buck us off, ATVs topple over, ski bindings fail – the list is endless but the result is the same. We find ourselves stuck a long way back in the wilderness faced with a cold night out. Anticipate that you might become stranded and plan for ways to make your way out or to alert others that you are stranded. Plan to survive a stranding.
- **Illness or injury** may cause you to spend an unplanned night out. Not only do you have to deal with the illness or the injury but once again you are faced with caring for yourself until you are rescued. Make sure that your wilderness first aid skills are up-to-speed.
- **Weather**, snow, rain, high wind cold or hot temperatures, can all impact on your ability to survive. Your clothing and the ability to shelter yourself and get a fire going will be the keys to remaining alive.

Six. The component parts that make up the definition of “survival” – *“the ability and the desire to stay alive, all alone, under adverse conditions until rescued.”*

- **Ability**. There’s no way around it you must be able to shelter yourself, build a fire, signal for help and keep yourself hydrated.
- **Desire**. You must want to survive. You must be optimistic! The desire to be reunited with your loved ones is the most important psychological aid you have to help you endure a tough situation and survive.
- **Stay alive**. While shelters, fires and the ability to signal are important your ability to effectively deal with any life threatening medical conditions has the highest priority. Take a Wilderness First Responder course.
- **Under adverse conditions**. The more you know about an environment the less adverse that environment will be when you find yourself surviving in it. Remove the mystery and you will remove the fear.
- **Alone**. Never count on others being there to help you. Count on there not being anyone to help you.
- **Until rescued**. Be patient. Be alive when rescue gets there by doing everything you can to defend your body against the onslaughts of the environment

Seven. The seven enemies of the wilderness survivor

- Pain
- Cold
- Thirst
- Hunger
- Fatigue
- Boredom and Loneliness
- Impatience

Eight. On average the number of hours from full dark to dawn. The number of hours you will have to endure sitting out in the dark, under a tree, cold, isolated, hungry, wet and alone. Despite the hardship it doesn't have to be life threatening if you have prepared for such a circumstance. Remember too that the value of your clothing, its ability to keep you warm, will be determined when you are sitting still!

Nine. Basic rules for surviving a wilderness emergency

- Avoid undertaking an outdoor activity alone.
- Always leave a travel plan behind and stick to it
- Dress for the expected weather
- Carry an emergency kit
- Know your personal limitations and abide by them
- Know your geographic area
- Carry a topographic map of the area and compass
- Don't fool around
- Don't let your ego kill you

Ten. The number of "must have" items you should have in your emergency gear

- 1 heavy duty, 4 mil. orange plastic bag
- 1 metal match with a scraper
- 2 match cases, one filed with REI matches and one with cotton balls saturated with Vaseline or two filled with the cotton balls/Vaseline mixture.
- 1 glass signal mirror
- 1 plastic whistle
- 1 small folding knife
- 1 orienteering compass
- 1 plastic water bag
- 1 Small LED light with a headband
- 125 feet of parachute line