

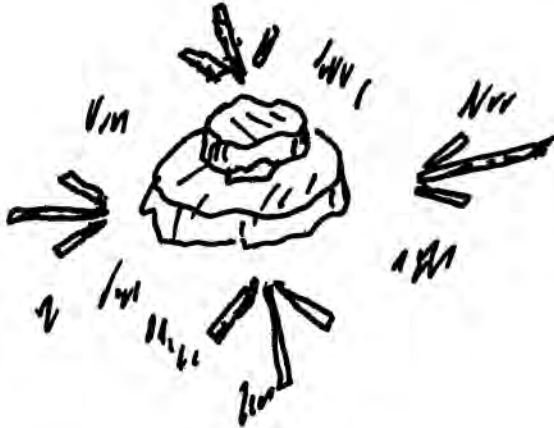
TIP FROM THE TEE PEE

SEARCH AND RESCUE

GROUND SIGNS & GROUND TO AIR SIGNS

GROUND SIGNS

IF YOU CAN, LEAVE MESSAGE UNDER ROCK...WRITE FACTS;
DATE, DIRECTION OF TRAVEL, NUMBER & CONDITION OF YOUR TEAM.



A SIGN VISIBLE FROM AIR LAID OUT
TO GIVE DIRECTION OF YOUR TRAVEL,
THEN BLAZE A TRAIL FOR YOURSELF &
FOR THOSE SEARCHING FOR YOU ON FOOT



DIRECTION OF TRAVEL SIGNS
"AM PROCEEDING IN THIS DIRECTION"

TRACKING IS FUN, IT'S AN OLD INDIAN TRICK..SOOO, HAVE FUN !

TIP FROM THE TEE PEE COLD WEATHER SLEEPING TIPS

AFTER A BUSY DAY CAMPING OUT, AND YOU ARE PREPARING TO HIT THE SACK, PUT ON CLEAN SOCKS AND PUT THE "SKUZZY" SOCKS IN A ZIP LOCK BAG.

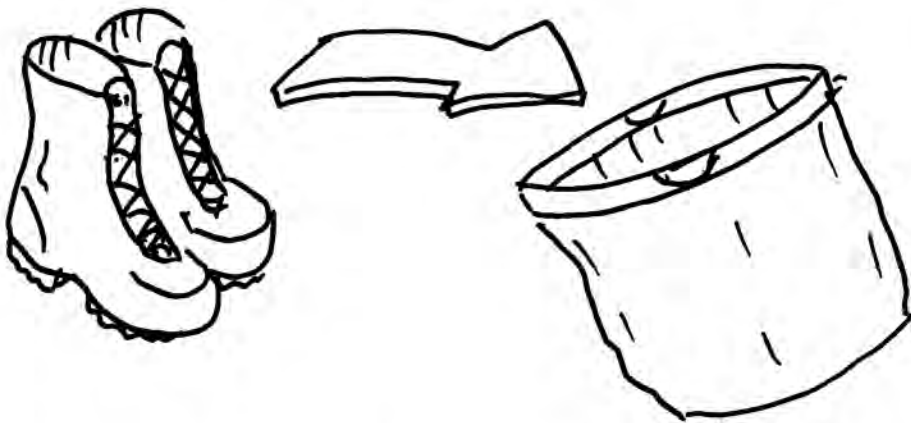
PLACE YOUR PANTS AND SHIRT IN YOUR SLEEPING BAG...THIS WILL KEEP THEM WARM FOR YOU THE NEXT MORNING. BUT WHAT ABOUT YOUR BOOTS ??? HOW CAN YOU KEEP THEM WARM ALL NIGHT ??? WELL, HERE'S THE ANSWER...

PLACE THEM IN A GARBAGE BAG THAT HAS THE DRAWSTRING TOP---THEN PLACE THE BAG IN THE BOTTOM OF YOUR SLEEPING BAG. KINDA NEAT, HUH !!!

P.S. ALWAYS SLEEP WITH YOUR WOOL KNIT HAT ON...THIS WILL KEEP YOUR FEET WARM TOO !!!

ALSO...YOU DON'T HAVE TO CHANGE YOUR LONG UNDERWEAR UNLESS IT'S WET... (BRING AN EXTRA SET JUST IN CASE)

SLEEP WARM & HAVE FUN CAMPING AND SLEEPING IN WINTER



CUSTER HAD IT COMING !!!

WOULD AN INDIAN LIE..

WILDERNESS SURVIVAL

WEARABLE ITEMS

IN TODAY'S WILDERNESS SURVIVAL, WE ARE BLESSED WITH QUITE A NUMBER OF ITEMS THAT WE WEAR AS WE VENTURE OUT INTO THE WOODS. IT IS THE SMART CAMPER THAT TAKES ADVANTAGE OF THESE ITEMS AS THEY PLAN THEIR OUTDOOR EXPERIENCE. THE ITEMS WE WILL SHARE WITH YOU ARE EFFECTIVE IN ANY WEATHER, BE IT A WINTER OR SUMMER OUTING.

LETS START AT THE TOP;
A BRIGHT COLORED HAT (PERHAPS A DAY-GLO COLORED) SIGNAL USE.

GLASSES (USED AS MAGNIFYING GLASS TO START FIRE)

BRIGHT COLORED JACKET (RAIN REPELLENT - GORE-TEX) YES, IT RAINS IN SUMMER TOO.

BRIGHT COLORED LONG SLEEVE SHIRT (SLEEVES CAN BE BANDAGES)

SHIRT BUTTONS (CAN BE FISH BAIT)

TEE-SHIRT (BOTTOMS CAN BE CUT OFF AS BANDAGES / FIRE BALLS)

LONG PANTS (CUT OFF IN SUMMER-USE AS FIRE BALLS / BANDAGES)

LEATHER BELT (CUT INTO STRIPS - CANVAS BELTS CAN BE UNRAVELED)

LOOK IN ALL POCKETS - SAVE EVERY ITEM - IT COULD BE USED

SOCKS (FUZZ-BALLS TO START FIRE -CUT TOPS FOR FUZZ BALLS)

SHOE LACES (FOR STRING --SPLIT LACE FOR 2 BOOTS)

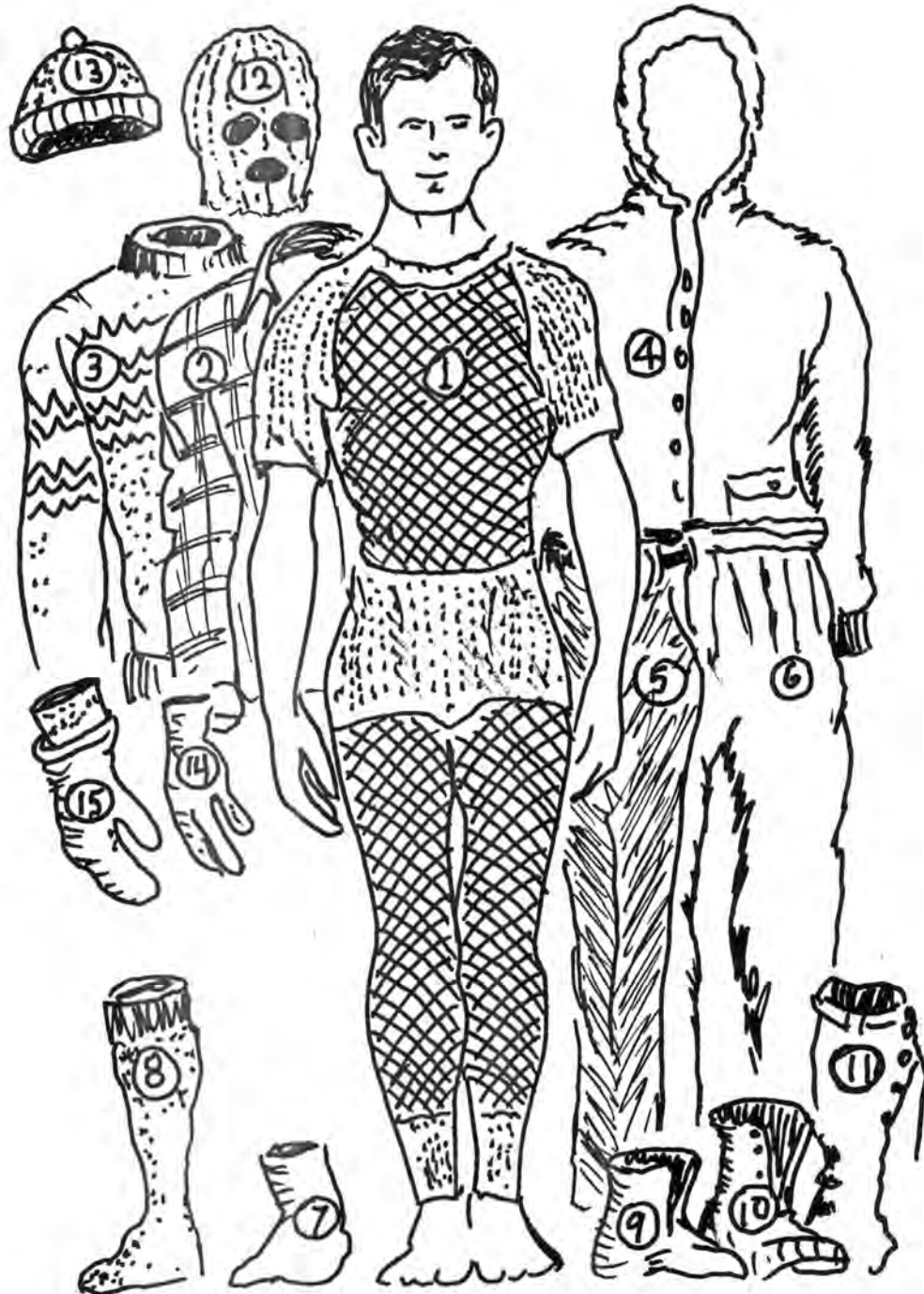
BOOT TOPS (CUT FOR STRIPS)

NOTE; IN WINTER YOU MUST WEAR THE RIGHT KIND OF CLOTHING THE WEATHER CALLS FOR, IE. HAT- GLOVES -SCARF-WOOL SHIRT -SWEATER-WOOL SHIRT -WOOL PANTS- LONG JOHNS- WOOL SOCKS- RUBBER BOOTS- CARRY A PONCHO.

ALWAYS - ALWAYS - ALWAYS CARRY WATERPROOF MATCHES & A CANDLE.

SURVIVAL IS FOR THOSE PREPARED , SOUND FAMILIAR ???

TIP FROM THE TEE PEE
TYPES AND AMOUNTS OF WINTER CLOTHING FOR CAMP OUTS



1. LONG UNDERWEAR / 2. SHIRT / 3. SWEATER / 4. WIND OR RAIN GEAR /
5. INNER PANTS / 6. WIND OR RAIN PANTS / 7. WICKER INNER SOCKS /
8. INSULATING SOCKS / 9. BOOT LINERS / 10. & 11. FOOTWEAR /
12. & 13. HEAD COVERINGS / 14. & 15. GLOVES & MITTENS

WOULD AN INDIAN LIE ?

KEEP WARM, YOU KNOW I LOVE YA !

TIP FROM THE TEE PEE

WINTER WATER BOTTLE-FOR HIKING & CAMPING

HERE'S AN IDEA THAT I HAVE USED MANY TIMES WHEN HIKING IN COLD WEATHER BE SURE TO DRINK PLENTY OF WATER, AND SOMETIMES THE WATER IN YOUR CANTEEN BECOMES VERY COLD OR EVEN FROZEN, GET A 1-PINT CANTEEN AND FILL IT WITH WATER THEN PUT IT IN A SMALL POUCH, THEN PLACE IT AROUND YOUR NECK.

REMEMBER TO WEAR THE WATER BOTTLE BETWEEN LAYERS OF CLOTHING SO THAT THE BOTTLE STAYS WARM. TAKE THE BOTTLE TO BED WITH YOU. THIS ALLOWS YOU TO DRINK DURING THE NIGHT IF YOU GET THIRSTY, AND PROVIDES WATER TO START BREAKFAST IN THE MORNING.



WATER BOTTLE SLUNG FROM NECK AND HELD NEXT TO BODY TO PREVENT FREEZING.

WOULD AN INDIAN LIE ? CERTAINLY NOT A THIRSTY ONE !!!

TIP FROM THE TEE PEE
MORE TIPS FOR WINTER CLOTHING FOR CAMPING

OLD INDIAN SAYING;

**"TAKE CARE OF YOUR BRAIN,
THEN IT WILL TAKE CARE OF YOU,
FOR A NUMB BRAIN IS A DUMB BRAIN.!!!"**

**REMEMBER...YOUR BRAIN IS YOUR BEST
SURVIVAL TOOL...WEAR A WARM HAT !!!**

**TIP--HAVE A CUP OF HOT COCOA BEFORE BED, IT WILL HELP
KEEP YOU WARM.**

**TIP--IF YOU WAKE UP DURING THE NIGHT, EAT A CANDY BAR
OR A CHOCOLATE CHIP COOKIE...THIS TOO, WILL KEEP
YOU WARM.**

**TIP--SLEEP IN A CLEAN SWEAT-SUIT...THE KIND THAT HAS A
HOOD ON IT, THIS WILL HELP KEEP YOUR HEAD WARM.**

**TIP--PUT ON CLEAN SOCKS BEFORE YOU GET IN THE
SLEEPING BAG...PUT YOUR DIRTY (SKUZZY) SOCKS IN A
ZIP LOCK BAG ...PLACE YOUR CAMPING CLOTHES (YOUR
OUTER GARMENTS) INSIDE YOUR SLEEPING BAG WITH
YOU SO THEY WILL BE WARM IN THE MORNING.
PUT YOUR BOOTS IN A PLASTIC DRAW-STRING BAG AND
PLACE THAT BAG AT THE BOTTOM OF YOUR SLEEPING BAG.**

**TIP--DURING THE DAY, BE SURE TO WEAR CLOTHING THAT YOU
CAN REMOVE AS YOU GET HOT...YOU DON'T WANT TO
HAVE WET, SWEATY CLOTHES NEXT TO YOU.**

**TIP--BE SURE TO BRING ALONG A COUPLE PAIR OF GLOVES
OR MITTENS...THEY DO GET WET. HAVE FUN, MR. WHITE**

LIVE ON THANKSGIVING STREET

NOVEMBER IS A GOOD MONTH TO MOVE TO THANKSGIVING STREET. THE MONTH OF NOVEMBER IS TRADITIONALLY A MONTH OF THANKSGIVING, A TIME WHEN PEOPLE GIVE THANKS FOR ALL THEIR BLESSINGS. IT IS A TIME FOR EXPRESSING APPRECIATION TO FAMILY AND FRIENDS. IT IS A TIME FOR GIVING THANKS FOR MATERIAL GAINS AND SPIRITUAL GROWTH.

EVERY DAY CAN FIND US DANCING FOR JOY IN THE MEADOWS OF OUR MIND, DELIGHTING IN THE VERY FACT OF BEING ALIVE IN SUCH A WONDERFUL COUNTRY.

A PERSON WHO IS JOYOUS AND THANKFUL DOES NOT NEED TO SAY SO IN SO MANY WORDS, THEY RADIATE THIS FEELING. WAVES OF JOY SEEM TO FLOW FROM THEM. JUST THE EXPRESSION ON THEIR FACE AND THEIR ATTITUDE, MAKE US KNOW THAT THEY ARE NOT A GRUMBLER, THAT THEY LIVE ON THANKSGIVING STREET.

OUR THOUGHTS, OUR FEELINGS, OUR WORDS OF PRAISE ARE LIKE A SYMPHONY OF JOY. WHEN WE GIVE THANKS FOR ANSWERED PRAYER.... EVEN BEFORE WE ASK, IT IS LIKE A PRELUDE TO OUR SYMPHONY OF JOY. AND THE POSTLUDE TO OUR SYMPHONY... IS THE GREAT AMEN WE OFFER UP IN THANKS... FOR BENEFITS AND BLESSINGS RECEIVED.

LET US MAKE THE MONTH OF NOVEMBER, A TIME TO TURN THE POWER OF PRAISE ON WHATEVER IT IS THAT WE SHOULD LIKE TO SEE INCREASED IN OUR LIFE---BETTER HEALTH, GREATER HAPPINESS AND PEACE OF MIND, MORE HARMONIOUS RELATIONS WITH OTHERS, A MORE PROSPEROUS, SUCCESSFUL WAY OF LIFE.

WHEN WE LIVE ON THANKSGIVING STREET, WE LIVE IN A DELIGHTFUL STATE OF MIND, WE LIVE IN A JOYOUS REALM OF THINKING AND LIVING. WE LOOK AT LIFE AND AT PEOPLE, WITH LOVE AND APPRECIATION AND FIND MUCH TO VALUE AND PRIZE IN THEM.

WHEN WE TURN ON THE LIGHT OF PRAISE IN OUR HOUSE ON THANKSGIVING STREET, THIS LIGHT SHINES ONTO EVERY CORNER OF OUR CONSCIOUSNESS AND INCREASES AND MULTIPLIES THE GOODNESS IN OUR LIVES. ENJOY YOUR NEW HOME ON THANKSGIVING STREET.

LEE WHITE



THINGS TO KNOW ABOUT

SOCKS



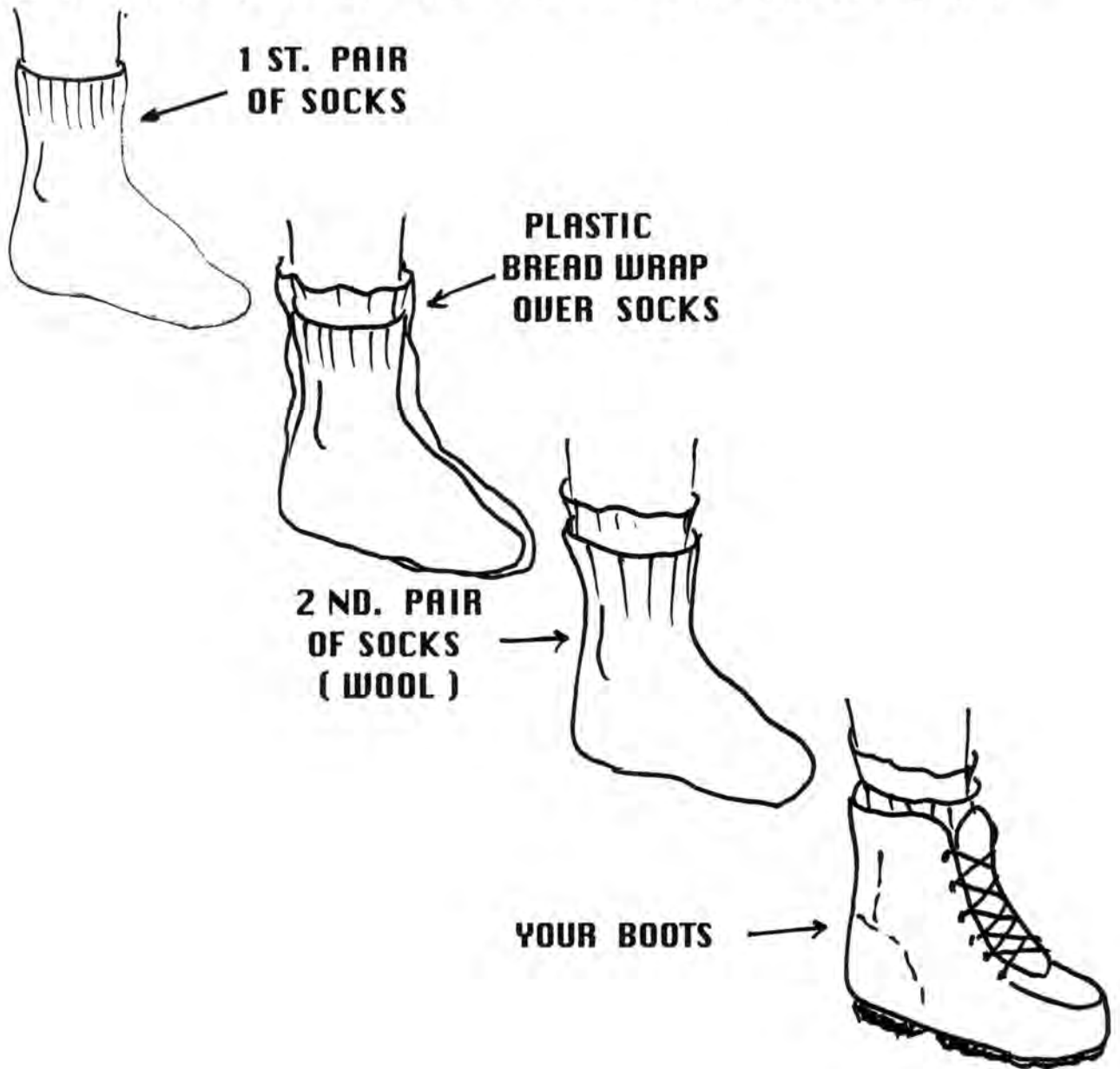
	SPRING	SUMMER	FALL	WINTER
	APRIL MAY	JUNE JULY AUG.	SEPT. OCT.	NOV. DEC. JAN. FEB. MARCH
COTTON	*	*	*	
SYNTHETIC BLEND	***	***	**	*
SYNTH. BLEND PADDED	***	***	***	**
WOOL BLEND	***	**	***	*****

REMEMBER...

- KEEP FEET DRY - WEAR 2 PAIR IN WINTER
- WEAR CORRECT SIZE SOCKS
- KEEP TOENAILS TRIM - THIS AVOIDS HOLES IN SOCKS
- WEAR SOCKS INSIDE OUT
- CHANGE SOCKS MIDWAY OF LONG HIKE
(WASH FEET IF YOU CAN - LET DRY)
- PUT "SCUZZY" SOCKS IN ZIP LOCK BAG.
- YOUR FEET ARE YOUR MAIN TRANSPORTATION...
TAKE CARE OF THEM!!

TIP FROM THE TEE PEE

IF YOU KNOW YOU'RE GOING TO BE HIKING IN WET CONDITIONS, PUT ON YOUR FIRST PAIR OF SOCKS, THEN SLIDE A THIN PLASTIC BREAD WRAP OVER YOUR FEET..THEN YOUR SECOND PAIR OF SOCKS (WOOL) THEN PUT ON YOUR HIKING BOOTS.



OLD INDIAN TRICK...KINDA

WOULD AN INDIAN LIE !!!

TIP FROM THE TEE PEE
MORE TIPS FOR WINTER CLOTHING FOR CAMPING

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Performance Guidelines and Rationale Single Rescue CPR



Action

Early Access

Assessment: Determine unresponsiveness.

Activate EMS System

Early CPR

Airway

Position the victim

Open the airway (head tilt—chin lift).

Breathing

Assessment: Determine breathlessness.

If the victim is breathing and there is no evidence of trauma, place the victim in the **recovery position**.

If the victim is not breathing, give 2 slow breaths (1½ to 2 seconds per breath).

Helpful Hints

Tap or gently shake shoulder. Shout "Are you OK?"

Call 911 or your local emergency number. (Phone First!)

For infants and young children, if rescuer has no help, give about 1 minute of CPR before activating EMS system.

Turn on back if necessary, supporting head and neck.

Lift the chin up gently with one hand while pushing down on the forehead with the other to tilt the head back.

Look at the chest for movement.

Listen for the sounds of breathing.

Feel for breath on your cheek.




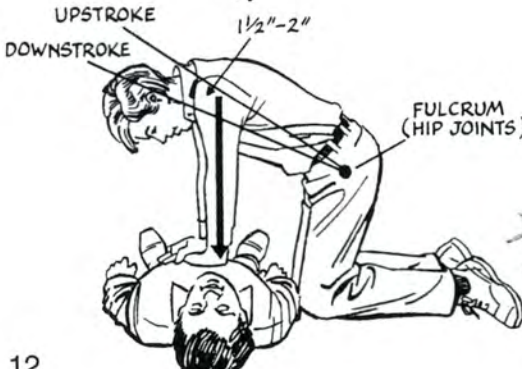
Place the victim on his or her side, using the victim's arm and leg for stabilization.

Pinch nostrils closed.

Make a tight seal around victim's mouth. Watch for victim's chest to rise.

Allow the lungs to deflate between breaths.

Performance Guidelines and Rationale Single Rescue CPR (continued)

	Action
	<p>Circulation Assessment: Determine pulselessness.</p>
	<p>If the victim has a pulse, perform rescue breathing using a mouth-barrier device.</p>
	<p>If no pulse, begin first cycle of compressions and ventilation.</p>
	<p>15 compressions and 2 ventilations</p> <p>At the end of 4 cycles, check for return of pulse.</p>

Helpful Hints

Place 2 or 3 fingers on the Adam's apple (voice box). Slide fingers into the groove between the Adam's apple and muscle.

Feel for the carotid pulse.

Provide about 12 breaths per minute (1 breath every 5 seconds).

Find a position on the lower third of the sternum (breastbone).

Compress with weight transmitted downward.

Count to establish rhythm: "one and, two and, three and, four and . . ."

Depress the sternum $1\frac{1}{2}$ to 2 inches, at a rate of 80 to 100 compressions per minute. (Adults)

After every 15 compressions, deliver 2 slow rescue breaths.

If no pulse, resume CPR, starting with chest compressions.

If there is a pulse but no breathing, give 1 rescue breath every 5 seconds.

LEE WHITE'S "EASY" MORSE CODE

A ●●
ALWAYS

W ●●●
WEAR

J ●●●●
JACKETS

R ●●●●
RACER

L ●●●●●
LONGER RACER

F ●●●●●
FOOLISH RACER

A ●●
ALWAYS

N ●●
NO

G ●●●
GOOD


E ●


●●
2 "EYES"

●●●●
SAVE

●●●●●
4 CORNERS

T T
TOP

M — — 
MEAN MIKE

 — — —
RESCUE WHEEL

D ●●●
DAN DID IT

U ●●●
DID DID YOU??

B ●●●
BOYS

V ●●●●
VICTORY

Y ●●●●
YOUNG

Q ●●●●
QUEEN

P ●●●●
aPart

X: ●●●●
"X" marks the spot

C ●●●●
CAMP

K ●●●
KING

Z ●●●●
ZOO

S ●●●
SAVE

O ●●●
OUR

S ●●●
SHIP

TIP FROM THE TEE PEE

HOW TO SLEEP WARM ON A COLD WINTER CAMP OUT

1. BEFORE HITTING THE SACK AT NIGHT.....CHANGE INTO CLEAN UNDERWEAR & SOCKS.
2. SLIP INTO A SWEAT SUIT - PANTS & HOODED JACKET -PUT ON A KNIT HAT, TOO !!
3. PLACE THE CLOTHES YOU PLAN TO WEAR THE NEXT DAY INSIDE YOUR SLEEPING BAG (THIS WILL KEEP THEM WARM) PERHAPS YOUR WINTER PANTS & A HEAVY SWEATER...PUT THESE ITEM OVER YOUR SWEAT SUIT WHEN YOU GET UP.
4. PUT YOUR BOOTS INSIDE A DRAW-STRING KITCHEN GARBAGE BAG. PLACE THEM INSIDE YOUR SLEEPING BAG AT THE FOOT.
5. PLACE YOUR JACKET & GLOVES UNDER YOUR SLEEPING BAG (BETWEEN THE BAG & THE MAT.)




GROUND CLOTH ...TRY THIS

(AN OLD VINYL KITCHEN TABLE CLOTH, FUZZY SIDE UP, IS FINE)

THIS IS HOW THE INDIANS DID IT...KINDA !!!

LEE WHITE'S "EASY" MORSE CODE


A 
ALWAYS

W 
WEAR


J 
JACKETS


R 
RACER

L 
LONGER RACER

F 
FOOLISH RACER

A 
ALWAYS

N 
NO

G 
GOOD



E 




2 "EYES"


SAVE




4 CORNERS


T 
TOP

M 
MEAN MIKE 




RESCUE WHEEL 

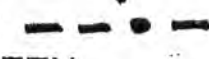

D 
DAN DID IT 


U 
DID DID YOU? 

B 
BOYS


V 
VICTORY

Y 
YOUNG 

Q 
QUEEN 

P 
aPart


X 
"X" marks the spot 


C 
CAMP

K 
KING 

Z 
ZOO 

S 
SAVE

O 
OUR

S 
SHIP

NUMBERS

1 ● — — — —

2 ●● — — — —

3 ●●● — — — —

4 ●●●● — — — —

5 ●●●●● — — — —

6 — — ●●●●

7 — — — ●●●

8 — — — — ●●

9 — — — — — ●

10 — — — — — —

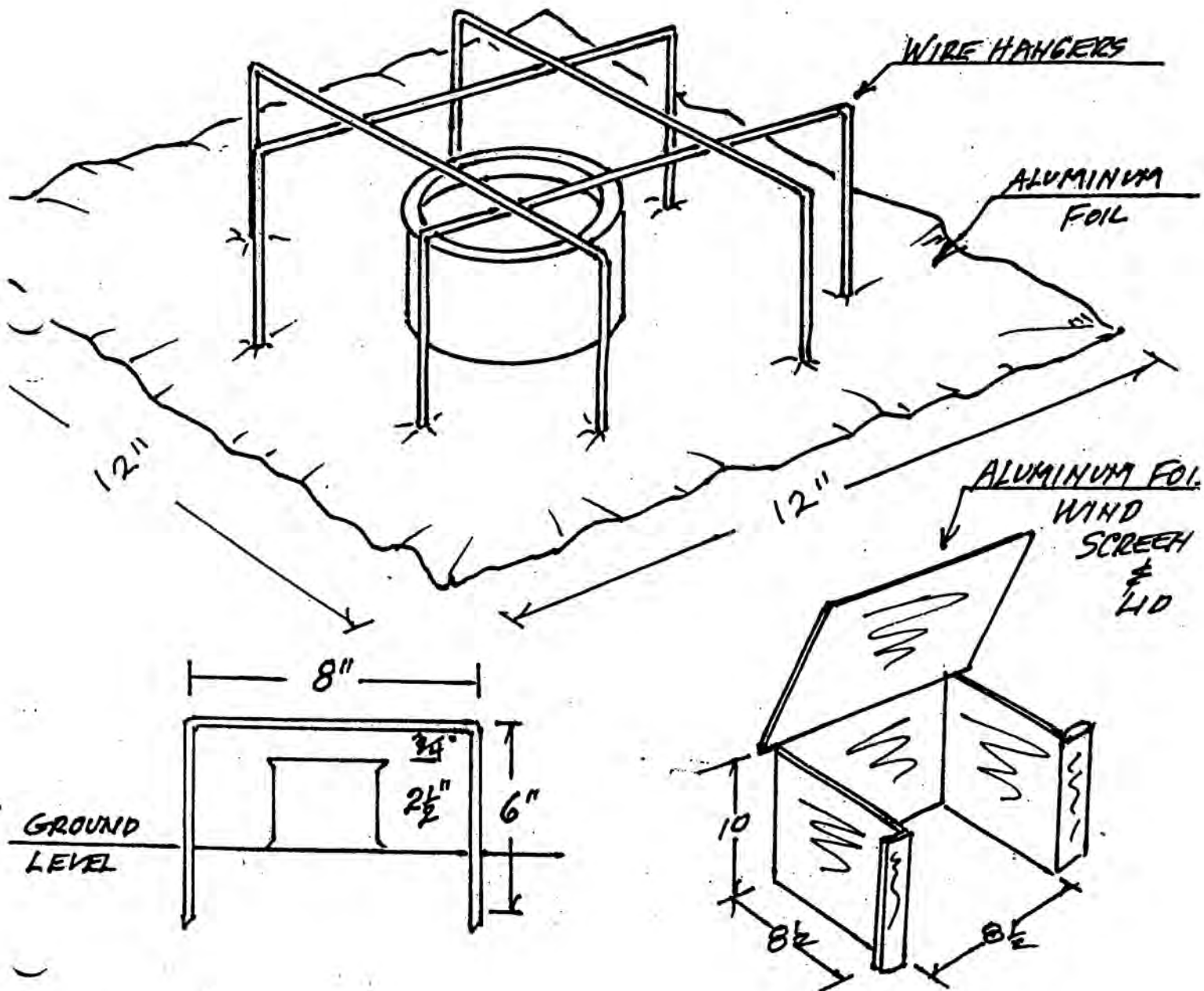
LOW IMPACT CAMPING

STERNO FIELD STOVE TIP FROM THE TREE

NEED: 4 WIRE HANGERS

1 7oz. CAN STERNO (LASTS APPROX. 1½ HOURS)

6 FT. HEAVY DUTY ALUMINUM FOIL



NOTE: FOLLOW INSTRUCTIONS ON STERNO CAN EXACTLY

LOW IMPACT CAMPING TIP FROM THE TEE PEE

BACKPACKERS GIMMICKS
ALUMINUM FOIL

