

Emergency Preparedness

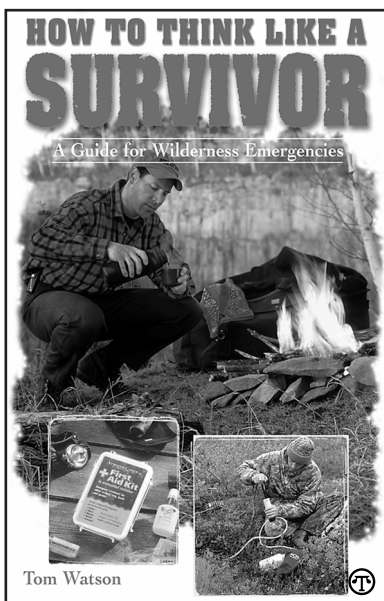
What You Know Can Save You

(NAPSA)—Emergencies can happen to anyone. When one happens to you, it's best to be prepared. This is just as true whether you're at home, at work, shopping or hiking or camping in the woods.

You don't have to be an avid mountain climber or wilderness explorer to encounter an emergency survival situation. An outing can begin as a simple family hike, a hunt on well-known terrain, a drive through the countryside—but it can quickly turn into an unexpected emergency. In fact, these casual outings may be more likely to present you with a situation you're not prepared for, because you're going to tend to pack light.

Of course, for such expeditions, packing light is advantageous. The key is versatility. For example, a Leatherman or a Swiss Army knife fits a variety of tools into a compact space. Plastic garbage bags can hold more than garbage, and you can also use it as a rain poncho. A number of flashlights are available that don't require batteries—they can be charged quickly by winding them up or by shaking them. Strong rope can substitute for any of a number of more specialized items. Together with an emergency blanket, you may even be able to improvise a tent, and the blanket itself is useful for avoiding hypothermia. Try to keep cell phone use to a minimum to save the battery in case you need to call for help.

As important as it is to have the right equipment, however, knowledge of what to do is even more versatile and more portable. A new book by Tom Watson, *How to Think Like a Survivor* (Creative Publishing international, \$14.95), reveals simple ways to overcome



Just as you equip yourself when you go camping, hiking or hunting, it's important that you mentally prepare for emergencies.

the unexpected in the outdoors. It's for anyone who spends time in the outdoors, including hikers, campers, boaters, skiers, nature photographers, bird-watchers, anglers and hunters.

Chapters include information and preparation tips on:

- Gear
- Food & Water
- Navigation
- Shelters
- Signaling
- Field First Aid.

Watson spent five years as a Kodiak Island SAR member and 12 years as a guide and outfitter in Alaska. The book is available at bookstores and online retailers. For more information, please visit www.creativepub.com.