

WISDOM

**LIFE-
SAVING
ADVICE**

EXPERIENCE FROM A CHRISTIAN, SOLDIER, AND SURVIVAL INSTRUCTOR

GAMEBOOK No. 1

SURVIVAL.

**LIFE -
SAVING
ADVICE**



SURVIVAL

Life - saving advice

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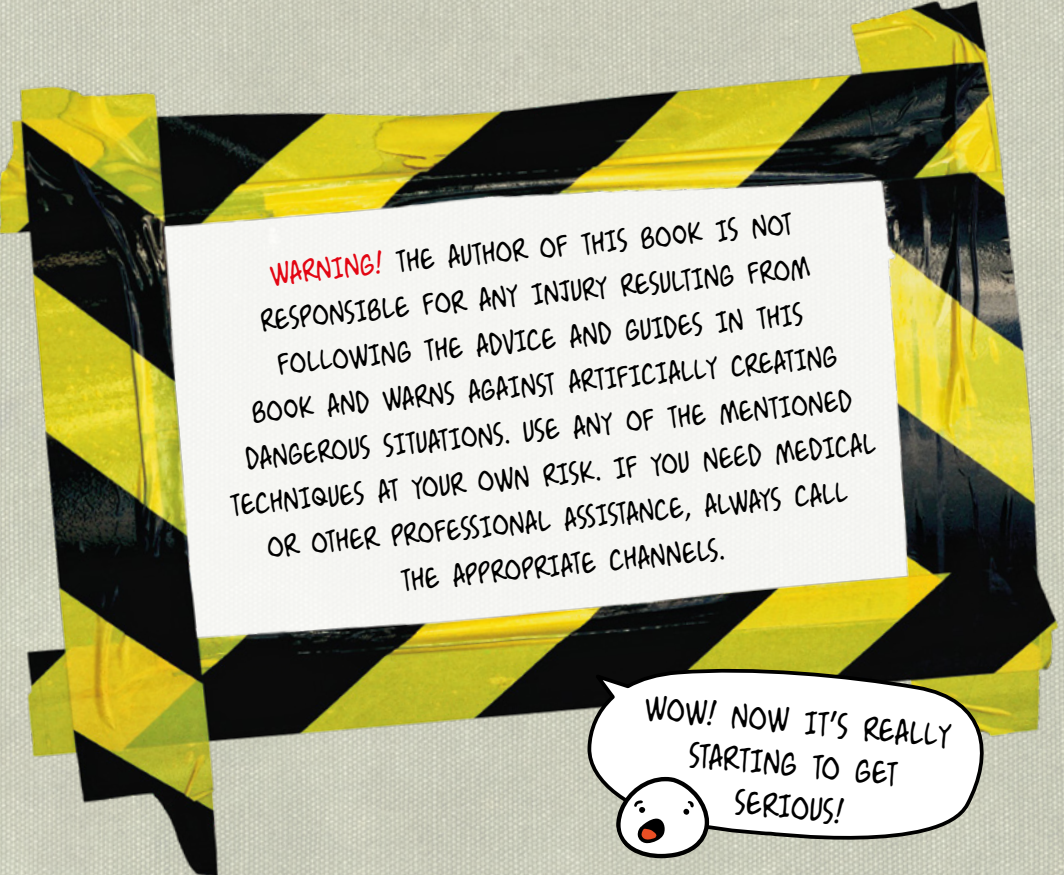
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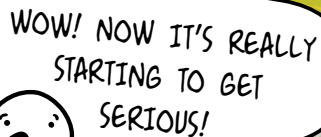
Milan JEŽEK

contributed his experiences and advice into this book

- ✓ **survival instructor**
He has completed survival courses in arctic conditions, in the jungle and the desert
- ✓ **soldier of twenty years**
He has been on six international missions (Afghanistan, Bosnia and Herzegovina, Kosovo)
- ✓ **holder of the highest military decoration**
Cross of Merit of the Minister of Defence of the Czech Republic, Bronze Star Medal (US Army)
- ✓ **father to three daughters, husband to one wife**
- ✓ **scout who became a believer at fifteen**



WARNING! THE AUTHOR OF THIS BOOK IS NOT RESPONSIBLE FOR ANY INJURY RESULTING FROM FOLLOWING THE ADVICE AND GUIDES IN THIS BOOK AND WARNS AGAINST ARTIFICIALLY CREATING DANGEROUS SITUATIONS. USE ANY OF THE MENTIONED TECHNIQUES AT YOUR OWN RISK. IF YOU NEED MEDICAL OR OTHER PROFESSIONAL ASSISTANCE, ALWAYS CALL THE APPROPRIATE CHANNELS.



WOW! NOW IT'S REALLY STARTING TO GET SERIOUS!

Hi! The techniques mentioned in this book are not called survival techniques to make them sound cool. They are useful to try out and use but only in **DESPERATE SITUATIONS!** Don't spend the rest of your life drinking puddle water or stop bringing a toothbrush when you go camping!



THIS BOOK IS ABOUT SURVIVAL, NOT OUTDOOR ACTIVITIES!

Dear parents, if your children are reading this book, ensure that they follow the author's advice - they shouldn't put themselves at risk and expose themselves to danger.

Contents

TEMPERATE CLIMATE

- Survival gear /9
- Choosing a knife /13
- Clothes /17
- Space blanket /21
- Assessing your strength /25
- Estimating time /29
- Place to sleep /33
- Sleeping outside during a storm /37
- Lighting a fire without matches /41
- Looking for water /45
- Treating and storing water /49
- Acquiring food /53
- Fire ring for preparing food /57
- Building a shelter /61
- Making a fire for rest /65
- Hygiene /69
- Orientation during the day /73
- Orientation during the night /77
- Signaling /81

THE ARCTIC

- Priorities in arctic conditions /87
- Water in arctic conditions /91
- Moving in the snow /95

THE DESERT

- Clothes for the desert /101
- Alone in the desert /105
- Fire in the desert /109
- Hunger and thirst
in the desert /113
- Signaling in the desert /117

THE JUNGLE

- Clothes for the jungle /123
- Signaling in the jungle /127
- Building a shelter in the jungle /131

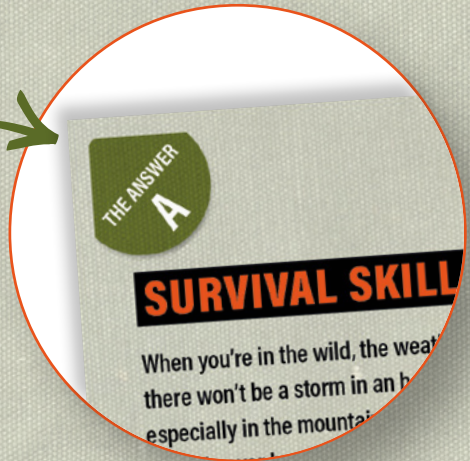


How do you use the GAMEBOOK?

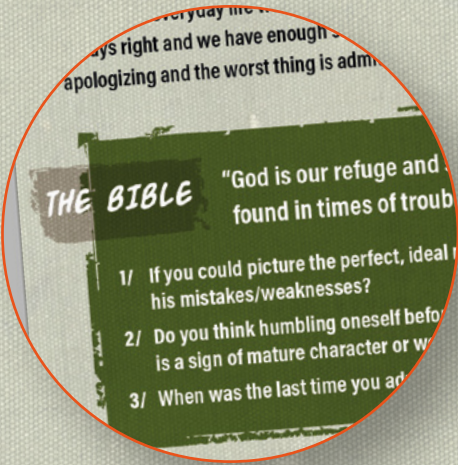


In this book you will encounter **thirty crisis situations in different conditions**. Read the instructions and try to find the right answer.

In each chapter you will find the **correct answer** and the reasoning behind it with photos and advice.



Because theory isn't enough, **try the survival techniques in action** and mark the completion in every chapter.



And finally, the most important thing! **The advice that can ACTUALLY save your life can be found in the Bible.**



NOT ALL TROUBLE IN LIFE IS CAUSED BY EARTHQUAKES.



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Scale: 1 square = _____



SURVIVAL GEAR

If you could only pick five things to help you survive in the wild, which would you choose?

- A/ A mess tin, water bottle, a fire steel, a knife, a space blanket.**
- B/ A sleeping mat, sleeping bag, a knife, a space blanket, matches.**
- C/ A pillow, toothpaste, a towel, phone and a power bank.**



SURVIVAL SKILL:

Out of all the items, these five will serve you best:

A mess tin, water bottle, a fire steel, a knife, and a space blanket. A pillow and fresh breath are great but will not save your life.

The sleeping mat and bag are staples and something you might have thought of as necessities but you can sleep warmly without them.



WHAAAT?

THESE FIVE ITEMS
WILL HELP YOU SURVIVE
IN THE WILD FOR
A LONG TIME,
TRUST ME!

It's essential to understand the difference between a camping trip and survival. If you're hiking with your friends, you'll want to have as much fun as possible. You'll probably use your big backpack, a sleeping bag and sleeping mat... and maybe even a special camera. For a trip like that you can even bring your phone (ideally with a solar panel or at least a power bank).

BUT SURVIVAL IS ABOUT THE INDISPENSABLE MINIMUM!



All of these things can simply be hung from your belt. You can attach a knife and a case, inside which is the mess tin, and in the mess tin is the water bottle. The space blanket and the fire steel can fit into your side pockets.



MY SISTER
SHOULD SEE A BAG
LIKE THIS!





► For survival, the most important thing is a **knife**. You can use it to cut pegs to secure your shelter (or entire branches to build a shelter out of), get food, make an animal trap, use it as a weapon, make signaling equipment...

You will discover what kind of knife is best for survival in → **chapter 2**



► **The fire steel** is used for starting a fire.

It is better than matches because it has longevity and can even be used when damp. You will discover how to use it properly in → **chapter 9**



► **The space blanket** can be used to build shelter (more in → **chapter 14**) you can easily use it as a makeshift raincoat → **chapter 4**, or you can signal a helicopter with it → **chapter 19**. It is advisable to first adjust the blanket at home using duct tape. You will find out how in → **chapter 4**

► **A mess tin** is used to boil water → **chapter 11**, or to prepare food → **chapter 13**. You can get water in a stream, a river or a puddle. It is very important to treat it and rid it of dirt before drinking. You can use a makeshift filter → **chapter 11** and the mess tin to boil the water in afterward.



► **A water bottle** is used for storing the boiled water. But remember that even properly cleaned water should be consumed within 24 hours!

Careful - only use the bottle for water. Leave the juice at home.



LIFE SKILL:

There are some things we do simply because everyone else is doing them and because it is "normal". Try to give what you do more thought! Just like you immediately decide on a sleeping bag and mat for sleeping outdoors (even though you don't actually need them), you can mistakenly believe that for a happy life you need more friends, money, appreciation or followers on social media...

Maybe things are quite different! What if the only thing that truly makes you happy is letting God guide you? Crazy? Most people would say that about sleeping outside without a sleeping bag, too.

THE BIBLE "Carefully consider the path for your feet, and all your ways will be established." *Proverbs 4:26* (HCSB)

- 1/ What is something you formed your own opinion on recently?
- 2/ Do you know anyone who says God changed their life? Do you believe them? Why/why not?
- 3/ What do you honestly think about the Christian faith/God?

QUESTIONS

I'VE OBTAINED THE FIVE BASIC THINGS FOR SURVIVAL:

FIRE STEEL(DATE)

SPACE BLANKET(DATE)

KNIFE(DATE)

WATER BOTTLE(DATE)

MESS TIN(DATE)

I HAVE DECIDED TO START THINKING ABOUT THINGS MORE, NOT TO JUMP TO CONCLUSIONS, AND TO EXPLORE QUESTIONS ABOUT FAITH.



OH, AND I'VE DECIDED TO FINISH THIS BOOK!

2.

CHOOSING A KNIFE

You're about to buy a knife. Which one do you choose?

- A/ The bigger, the better. It needs to be able to cut down a proper tree.
- B/ As small as possible. It should fit into a mini survival kit.
- C/ Neither big, nor small. It should handle slicing bread as well as cutting off a branch.



SURVIVAL SKILL:

A knife is the most important survival tool. It acts as a weapon but also as a hand tool. You can use it to make pegs, build a shelter, cut ropes or roots, to make firewood, roasting sticks, you can slice off some birch bark, use it when making an animal trap, for cooking...



Fixed blade knife - best for survival. If you want to get one, don't go cheap.



Saw - a folding saw is a great tool for making firewood. The big teeth are for raw wood, the small teeth for dry wood. After using, always make sure it is secured.

Folding knife - great for everyday use.



Multipurpose knife - great choice if you're in the city. Apart from a cutting blade it also offers pliers, a screwdriver, a bottle opener, scissors and sometimes even tweezers.



Hunting knife - useful when you need to make a way through thick vegetation.



► Some knives even have a built-in fire steel.



► You can sometimes even use the knife blade instead of the fire steel to make a fire → **chapter 9**



WHEN CUTTING,
ALWAYS CUT AWAY
FROM YOUR BODY!



You should take care of your knife regularly - clean it, sharpen it and grease it with a thin layer of oil/grease. There are also makeshift ways to sharpen a knife - for example using a piece of slate or sandstone. Sharpen your knife with circular motions, always first on one side, then the other.

LIFE SKILL:

You already know the five most important things for survival. → **chapter 1**

What would you personally pick as the sixth most important thing? Maybeeee...the Bible? I'm guessing not. Do you view the Bible as a precious thing? What does it mean to you? Each person takes a different amount of time to discover how great the Bible is. Some find out soon, some late in life, and some people never do.

The Bible says about itself that it is like a double-edged sword. It is clear, unyielding, it provides protection and safety but is also a weapon against evil. The Bible became the foundation for the making of the constitution and the rules of society, many famous people refer to it and American Presidents swear on it when starting their term. Some people consider the Bible so valuable that they risked and even laid down their lives for it. Would you consider bringing it with you after all?

THE BIBLE

"For the word of God is living and effective and sharper than any double-edged sword, penetrating as far as the separation of soul and spirit, joints and marrow. It is able to judge the ideas and thoughts of the heart." *Hebrews 4:12* (HCSB)

- 1/ What do you think of the Bible? Would it even be on your list of things to help you survive? Which spot on the list would it hold and why?
- 2/ Can the Bible be compared to another book? Do you know another trustworthy and wise source of information?
- 3/ Have you ever discussed the Bible with someone who reads it? When was the last time?

QUESTIONS

I'VE PURCHASED A SUITABLE KNIFE AND KNOW HOW TO USE IT.

I GOT MYSELF A BIBLE AND READ SOMETHING NEW IN IT/ABOUT IT.

3. CLOTHES

You're sleeping outside for the night and are considering what clothes to bring. It's summer and the weather forecast looks promising. What are you going to wear?

- A/** A T-shirt, shorts, and sandals. It's hot and I can wear the sandals in water, too. I definitely don't want to drag around extra weight for no reason.
- B/** A long pair of pants I can fold up if necessary. Three layers for my upper body (a T-shirt, a sweatshirt, a waterproof jacket), hiking boots.
- C/** Spider-Man suit. I'll survive anything in it.



SURVIVAL SKILL:

When you're in the wild, the weather outside can change fast. If it's hot right now, it doesn't mean there won't be a storm in an hour. The temperature can suddenly drop by as many as a few degrees, especially in the mountains. On the other hand - remember that too much heat isn't good, either. You should never be sweaty. **No offense to grandmas everywhere, but the "just make sure to dress warm" advice doesn't really fly in survival.** It's best to dress in onion layers. It's best to have more that you can alternate (take off or put back on).

The layers should work like this:

TRANSPORT LAYER (transfers sweat).

It keeps you from being cold or overheating. The best thing to accomplish this is e.g. a regular cotton T-shirt (or a functional T-shirt in colder months).



INSULATION LAYER (keeps you warm). A sweatshirt that is secured around the wrists, the waist and the neck.



PROTECTION LAYER (protects from bad weather and mechanical damage - tears etc.)

What will protect you best is a Gore-Tex jacket or a jacket from other waterproof materials.

► Gore-Tex is a waterproof material that will protect you from rain.



REMEMBER THAT WEARING A RAINCOAT IS NOT LAME!!!

- ▶ You can make a makeshift raincoat out of the space blanket. Mark a small square in the center of the blanket with tape and cut it out. The tape will stop the blanket from tearing.



WARNING! A LOT OF PEOPLE TEND TO CUT A GIANT HOLE FOR THEIR HEAD! A 20X20 CM SQUARE WILL DO.



- ▶ If you have to worry about every gram/pound and want to pack as efficiently as possible, you can reach for a cheap, disposable poncho to protect you from rain.



- ▶ A properly **insulated winter jacket** is best for when it's really cold. It's usually made out of similar material as sleeping bags.
 - ▶ Don't forget to **cover your head** - that's where most of your body heat escapes! Guard the warmth under your clothes and make sure it doesn't escape.
- Secure your wrists, waist, neck...

MAN, I'M REALLY COLD.



- ▶ Very useful are **ankle boots**, which protect your ankle from twisting. It's best to get boots that are also made out of waterproof materials. A thin sport shoe is useful because when it gets wet, it also dries quickly.



- ▶ Gloves are a small thing that will spare you countless scratches in the woods.
- ▶ If you're bringing spare clothes, put them in a waterproof duffel bag (or improvise using garbage bags).

→ **chapter 8**



LIFE SKILL:

The Bible talks about an outfit that is very functional - the armor of God. This armor includes the belt of truth, breastplate of righteousness, shoes of readiness to go and share the gospel, shield of faith, helmet of salvation, and the sword of the Spirit.

Just like in survival where each layer plays a crucial role, the individual parts of the armor of God have their own function in our lives. If you don't have the sword of the Spirit, you won't be able to fight. If you're missing the helmet and the security in knowing you're saved, you're not protected and you become easy prey. It's the same with the shield of faith - if you don't have it, you won't be able to withstand much and will most likely get hit quickly.

If you're missing shoes...you get the idea. You wouldn't go outside in your underwear...So don't forget about your spiritual clothes so nothing can take you by surprise!

THE BIBLE

"This is why you must take up the full armor of God, so that you may be able to resist in the evil day, and having prepared everything, to take your stand." *Ephesians 6:13* (HCSB)

- 1/ What is the evil day? Is it really a day? Just one? When will it come? Are we even fighting against anything/anyone?
- 2/ Which part of the armor do you put on? Can you explain how (or what it means)?
- 3/ What do you not put on? What can you do to make sure you have the full armor?

QUESTIONS

I'VE FOUND SPECIFIC PIECES IN MY CLOSET I CAN WEAR IN THE WILD.

I'VE THOUGHT ABOUT WHICH PART OF THE ARMOR OF GOD I'M MISSING AND CAME UP WITH A WAY TO MAKE SURE I DON'T FORGET IT.

4.

SPACE BLANKET

You're hiking with your friends in the mountains and the weather suddenly turns very cold. You didn't count on that happening. Your friend is chilled to the bone and can't go on. You decide to stop and rest for a bit. You all have an isothermal blanket in your first aid kit (a thin silver or silver-gold foil folded into a tiny package). You have a feeling it has something to do with heat. What do you do?

- A/** I will use two of the blankets to wrap my friend in. It's important to also put some source of heat close to his body. The third blanket I'll unwrap in a visible spot on the ground as a signal for a potential emergency medical helicopter.
- B/** I will spread one of the blankets on the ground like a sleeping mat - it will provide insulation from the ground. I will wrap my friend in another and lay him down on the prepared blanket. The third blanket I'll leave aside for now. Things could always get worse.
- C/** A space blanket will be no help in this situation. It serves as a protection against fire. It's ideal when there's a wildfire. It's similar to tinfoil.



SURVIVAL SKILL:

A space blanket can save you from dying of hypothermia but it does not produce heat. If you wrap it around a freezing person, it won't solve the problem. **The blanket keeps the heat in but doesn't generate it.** A person who's suffering from hypothermia must first warm up before wrapping themselves in the blanket. If they can move, it's best for them to do some squats or a few jumping jacks. If the person cannot move, wrap a source of heat in the blanket with them - a bottle filled with warm water or a healthy friend (to warm them up with their body heat).

When the blanket is spread out, it can serve as an emergency signal - it's shiny so it will catch the attention of the emergency medical helicopter. How do you use it for signaling? → **chapters 19 and 29**

- ▶ **A space blanket** is among the TOP five things to help you survive. It's especially unique in how multi-use it is (you can use it for many different things). You can use it to build a shelter, to gather water, for signaling, as a makeshift raincoat and also as insulation which traps in heat.

- ▶ Multi-use is great but it won't serve us if we don't know about all the options.



I KINDA GET THAT - THEY HAVE THE SAME COLOR.

REMEMBER THAT THE SPACE BLANKET WILL DO NOTHING TO PROTECT YOU FROM FIRE! A FIRE WILL BURN IT RIGHT UP. PEOPLE MISTAKE IT FOR TINFOIL.

Uses of the blanket:

MAKESHIFT RAINCOAT

→ **chapter 3**



GETTING WATER

→ **chapter 10**



BUILDING A SHELTER

→ **chapter 14**



SIGNALING

→ **chapters 19, 29**



Prep the space blanket beforehand so it's ready when you need it.

1. Take the blanket out of the package and spread it out.

2. Make a loop out of heavy duty tape on each of the four corners (for pegs to make a shelter). Don't forget to stick tape on both sides so the tape isn't sticky!



WE CAN MAKE FLYPAPER SOME OTHER TIME.



3. Mark a small square in the center of the blanket with tape for your head to fit through. If you want to use the blanket as a poncho/raincoat, cut out the square. The tape around the hole ensures there will be no tears.



Now that you've prepped the blanket, fold it back up and put it back. It will be ready to use in case of an emergency.



You can find a sped-up video of how to adjust the blanket here:



LIFE SKILL:

Sometimes we use good things in bad ways. You might have a Bible on your nightstand and you might even remember a verse or two (John 3:16 is a safe bet 😊), but you might not have personal experience with the big story of saving humanity that is woven throughout the Bible. Maybe you mistake the Bible for a list of rules and prohibitions or for a philosophical book for bookworms. Or maybe you just can't decide what to read. We all have our own *reason*. Try to overcome it and learn how to use the Bible! Take inspiration from others, ask them when and how they read the Bible, and find our own way. Don't let the things you don't understand turn you away. Write your questions down and ask others. Focus on the main ideas and the things you do understand. We often learn how to use something the right way once we've been using it for a while.

THE BIBLE "Your word is a lamp for my feet and a light on my path." Psalms 119:105 (HCSB)

- 1/ Do you remember any things you used to mistake for each other when you were a kid, or things you used in a completely wrong way?
- 2/ Do you know the *big redemption plan* for all humanity that God introduced in the Bible?
- 3/ Ask yourself a question that's been bothering you and try to find the answer in the Bible.

I USED TO
CONFUSE TRACTOR
AND DOCTOR



QUESTIONS

I'VE PREPPED THE SPACE BLANKET FOR UNIVERSAL USE AND KNOW HOW TO USE IT.

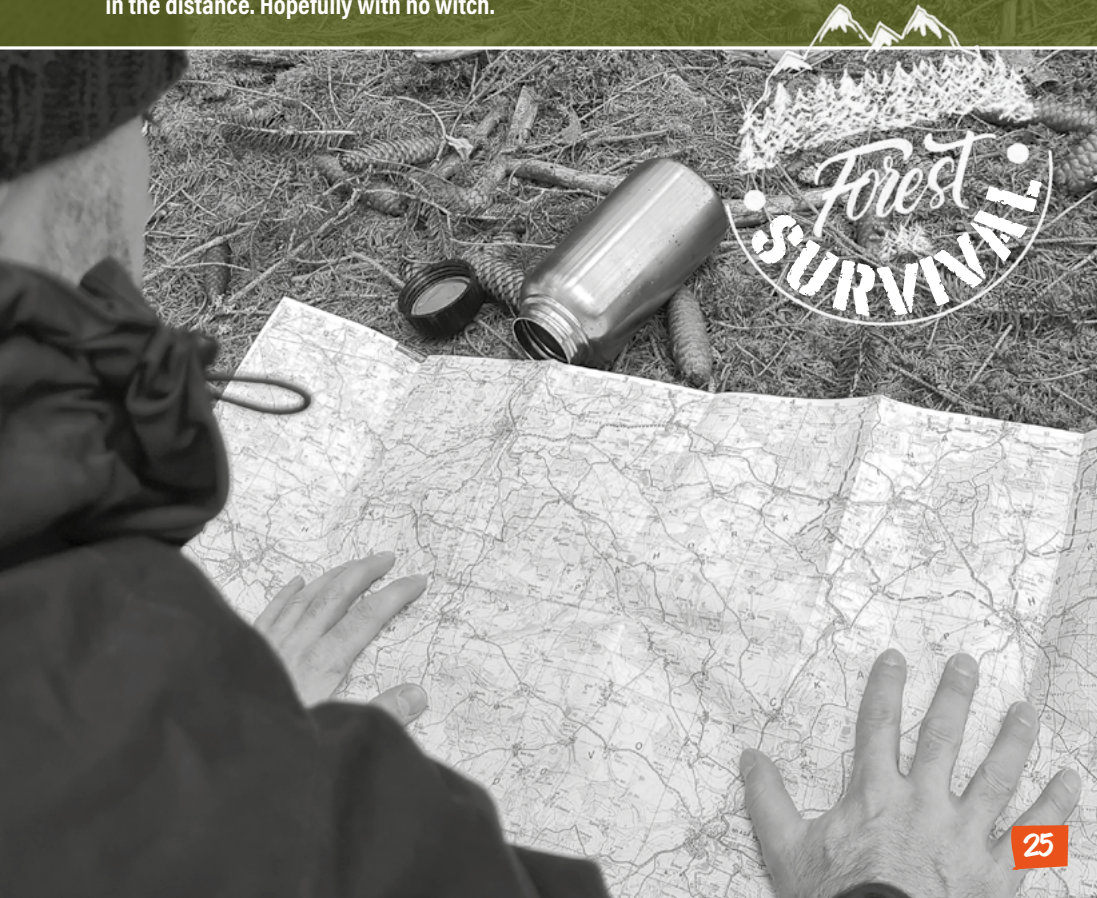
I'VE TRIED TO USE THE BIBLE TO FIND AN ANSWER TO ONE OF MY CURRENT QUESTIONS.

5.

ASSESSING YOUR STRENGTH

You're outside, somewhere on the planned out route. You might be lost. Twilight is near, you're running out of food, water and strength. You're trying to decide what to do next.

- A/ I'm definitely not stopping! I'll just bear down, go faster and keep going. You always have more strength left than you think.
- B/ I accept the fact that I'll be spending the night in the woods, stop before it gets dark and start building a shelter, making a fire, and if I have time I also take care of food and drink.
- C/ I know this one from the children's story! I copy Hansel and climb a tree. Maybe I'll see a light in the distance. Hopefully with no witch.



SURVIVAL SKILL:

Getting to know yourself and assessing your strength are one of the most important skills in survival. Only a fool would think they can handle everything. If you stubbornly try to get as far as you can, it just leads to quick and unnecessary exhaustion. If you're also running out of water, you're in danger of dehydration which can lead to death. **Survival isn't just about physical performance, it's about thinking, planning and conserving energy.**

To make sure you're able to rest and regain your strength at night, it's crucial to build a shelter, make a fire and ideally find something to eat and drink. Even if it may seem like an unnecessary waste of energy, remember that it's worth it. If you're well-rested and refreshed, you can keep going the next day. After staying up all night (or walking all night with no rest) you probably won't be all that fresh.

All you need for building a shelter, making a fire, and getting water are our famous five things (a knife, fire steel, space blanket, a water bottle and a mess tin) → **chapter 1**

Don't underestimate preparations for sleep. Take your time finding a place where you can spend the night. The quality of sleep isn't just about duration but also about thermal comfort and the quality of placement. Which place is the best for sleeping? → **chapter 7** How to build a shelter? → **chapter 14**

STOPPING IS NOT
WEAK, IT'S AN ART.

SEE, I MIGHT TURN
INTO AN ARTIST.



What can really help you rest is a **HAMMOCK** (a kind of suspended sling) which you can secure to appropriately sized trees using a simple knot – e.g. a **Prusik**. However, be wary of cold nights and days, you might get cold in the hammock. Put a sleeping mat under yourself in the hammock to keep warm.

Learn how to properly tie a hammock using the Prusik knot.

You can use a canvas (as a canopy against wind and rain) or an integrated mosquito net (to protect from insects) with you in the hammock.

- **The Prusik knot** is especially useful because it's adjustable - meaning the knot can be loosened or tightened as needed. When tying a hammock, remember it will hang a lot lower once you lie in it.

SO TIE
THE ROPES
TIGHT!



How to tie a Prusik knot?

WHEN RESTING, AIR OUT
YOUR FEET AND MAKE SURE
THEY GET SOME SUN. THE
SUNRAYS DESTROY MICROBES.

