

## WINTER SURVIVAL

### Do you know the Survival “Rules of 3”?

A person can survive:

- 3 minutes in freezing water
- 3 hours in extreme cold
- 3 days without water
- 3 weeks without food



If you're lost in the wilderness in winter, what should you do? The first three hours can make the difference between life and death. Of course, the first rule of survival is be prepared. You shouldn't even think about taking a winter trip without emergency gear. This includes a first aid kit, a knife and a shovel, a flashlight, a tarp, flares, and waterproof matches. Make sure to have some high protein foods like granola bars and trail mix.

The biggest challenge in winter survival is to stay warm and dry until help arrives. Dress warmly from head to toe. Wear at least four layers of clothing. The layers keep pockets of warm air close to your body. Be sure to wear a hat that covers your ears – even when you're sleeping. Nearly half your body heat can be lost through your head.

If you do get lost, try to find a shelter until help arrives. If you're lucky, there will be trees nearby to protect you from the wind. You can create a simple shelter by digging a shallow pit near the base of a tree. Line the pit with pine branches and cover it with a tarp. Tree branches can also be used to start a fire. The fire will help keep you warm and melt snow or ice for drinking. It will also create a signal for help.

In any survival situation, think of the letters STOP: Stay - Think - Observe - Plan. Stay where you are, as long as it's safe. You are much more likely to be found if you stay in one place. Look around to see what will help you stay warm and dry. Don't panic. Make a plan while you're still thinking clearly. Careful planning, proper gear, and a clear head might just keep you alive.



## BEFORE READING

Did you know a person can only survive 3 hours in extreme cold? What should you do if you're lost in the snow? This reading reminds you to STOP – Stay, Think, Observe and Plan. How do you think each of these actions could help you survive?

## DURING READING

As you read, think about which facts are most important. Put a checkmark in the margin beside the key ideas.

## AFTER READING

**Some things to think about:**

1. What is the biggest challenge to winter survival? What are three things you can do?
2. Why is it important to “stay” where you are if you're lost?
3. What things should you look for when you “observe”?
4. Can you think of any survival tips the author has left out?
5. **The Magic of Three:** Putting ideas in groups of three is a technique authors often use. How many places has the author used this technique of “threes”?

### **Something to do: Make an Outline**

An outline is a tool for summarizing a text (or planning your own piece of writing).

Use the organizer on the next page to summarize the key ideas in this passage.

**Topic Sentences** Some informational paragraphs have *topic sentences*. The topic sentence of a paragraph tells what the rest of the paragraph is about. Often, it's the first sentence in the paragraph, but not always. Look at the first paragraph. It's all about the things you need to get ready before you go on a winter trip. So the topic sentence is the third sentence: “*The first rule of survival is be prepared.*”

Before you make your outline, try highlighting the topic sentence in each paragraph.

**Note:** there might not be exactly 3 key facts in every paragraph. If there are only 2 important ideas, just write 2. If there are more than 3, use the back of the page.



PASSAGE TITLE:

\_\_\_\_\_

Paragraph 1 Topic Sentence: \_\_\_\_\_

Key Details: 1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

Paragraph 2 Topic Sentence: \_\_\_\_\_

Key Details: 1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

Paragraph 3 Topic Sentence: \_\_\_\_\_

Key Details: 1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

Paragraph 4 Topic Sentence: \_\_\_\_\_

Key Details: 1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

