

- How would you rank survival needs from greatest to least (e.g. air, shelter, water, etc.)? Provide an example scenario with multiple concerns and rank the concerns in terms of what needs to be addressed first.
- In an emergency, what happens to your ability to make good decisions? What does this mean in regards to your need to plan ahead? How can you psychologically enable yourself to survive in an emergency situation?
- Explain how each of the following should be considered in a wilderness emergency: surroundings, physical condition, equipment, senses, location, panic, improvisation, valuing life.
- How does cold weather change how to respond to a survival situation? How can the acronym COLD be used to help you to remember what to do in a cold weather emergency?
- What is the difference between hypothermia and frostbite? How can both be avoided? What are signs that they're occurring? What parts of your body should be covered at all times in a cold weather emergency? What are symptoms of carbon monoxide poisoning? How does it occur? How do you treat it?
- What are emergency items that should always be in your car? What are some tips to prevent a winter travel emergency?