



The Priorities of Survival

PLAN-M and the Survival Rule of 3

3 Minutes *without air/oxygen*

3 Hours *without shelter from extreme elements*

3 Days *without water*

3 Weeks *without food.*

To aid us in both planning for any trip outdoors, expeditions and for also in prioritising our tasks in a survival situation in relation to the *Rule of 3* we use something known as **PLAN- M**.

PLAN-M can be used to aid in packing and preparing equipment for a trip or expedition, for siting a camp for your group whilst on expedition or to prioritise tasks in situations when everything goes wrong...

So, what does the acronym **PLAN-M** actually stand for?

Protection:

Clothing & shelter, you could need protection from the sun, wind, cold, rain and biting insects or infectious disease. Some environments such as the high arctic or USA could also include gun or bear spray for natural predators, in some parts of the world protection could also include considering threats from other people – theft/crime/terrorism/Non-Permissive Environments.



Location:

Consider safety from flood, sun, wind, hostile groups or animals. Also consider *widow makers*, avalanche or rockfalls, the availability of resources, chance of rescue – should you stay or move?

Acquisition:

Pre-expedition, think tools – knife/saw/axe/parang, water containers and means of treating/boiling water. During expedition when siting camp or when things have gone wrong, look for source of water, then think about food (both vegetation and animal), fire wood and materials for shelter building,

Navigation:

Do you have a map of your environment? Ensure you have a compass, potentially a GPS unit and the skills to navigate in all conditions. Also consider natural navigation using sun and stars? Can you move away from your camp location and easily navigate back to it? Are you proficient in using your map or GPS unit to a sufficient level if you were required to rely on it?

Medical:

All in the preparation, get high level environment specific training **before** going on an adventure or expedition. Consider medical kits for both personal and group use, medication requirements, local concerns, local infrastructure. Does the region you are travelling to require any specific vaccinations before you depart?