

## Suggested Answers and Rationale for Lost at Sea Exercise

According to the experts (United States Coast Guard), the basic items needed by a person stranded in the middle of the ocean are, firstly, those that can attract attention and, secondly, those that can help them survive until rescuers arrive. Without signaling devices, there is practically no chance of being spotted and rescued. Moreover, most rescues occur within the first 36 hours, and it is possible to survive without water or food during this period. So, the following is the order of ranking the items in their importance to your survival:

Rank	Item	Rationale
1	Shaving mirror	Essential for signaling during sea and air rescue operations.
2	10-liter can of oil and gasoline mixture	Critical for signaling. This mixture will float on water and could be ignited with one of the \$5 bills and a match.
3	25-liter can of water	Necessary to replace fluids lost through perspiration
4	Case of military rations	Basic food intake
5	20 square feet of opaque plastic	Can be used to collect rain water and provide shelter from the elements
6	10 meters of nylon rope	Could be used to lash people or equipment together to prevent it being washed overboard
7	Floating seat cushion	A life preserver if someone fell overboard
8	Small transistor radio	Of no use without a transmitter. You would also be out of range of any radio station
9	Maps of the Pacific Ocean	Worthless without navigation equipment. It does not matter where you are, but where the rescuers are
10	Mosquito netting	There are NO mosquitos in the midPacific. As for fishing with it? Best to stick with the fishing kit.

## Suggested Answers and Rationale for Survival in the Desert Exercise

According to the experts, the basic items needed by a person stranded in the middle of the Desert are, firstly, those that can attract attention and, secondly, those that can help them survive until rescuers arrive. Without signaling devices, there is practically no chance of being spotted and rescued. Moreover, most rescues occur within the first 36 hours, and it is possible to survive without water or food during this period. So, the following is the order of ranking the items in their importance to your survival:

Rank	Item	Rationale
1	Shaving mirror	Of all the items, the mirror is absolutely essential for signaling your presence.
2	A plastic raincoat (for each person)	By digging a hole and placing a raincoat over it, the temperature difference will extract moisture from urine-soaked sand or cacti/plants placed under the coat. Placing a small stone in the center of the plastic creates an inverted cone allowing moisture to drip, thus collecting a bit more water.
3	2 liters of water per person	To delay the effects of dehydration while waiting to be rescued.
4	A flashlight with 4 batteries	The only quick and reliable night signaling device. Combined with the mirror, it allows you to signal 24 hours a day. It is also a multipurpose item during the day.
5	Red and white parachute	The parachute can serve as both shelter and a signaling device.
6	Folding knife	While not as important as the top four items, the pocket knife can be used to build a shelter and cut cacti or vegetation, among other things.
7	A loaded .45 caliber pistol	The pistol can be used as a short-range signaling device, and the bullets can serve as fire starters. However, its advantages are counterbalanced by its dangers. Impatience, irritability, and irrationality manifest as dehydration sets in. Under these conditions, the availability of such a deadly tool is a real danger.
8	First aid kit	Due to its low humidity, the desert is considered one of the least infectious places in the world. And as blood thickens with dehydration, there is little risk of hemorrhage unless a

		vein is severed. Nevertheless, the kit's materials can be used as rope or to wrap legs, face, and head for sun protection.
9	A book titled "Edible Animals in the Desert"	The group's problem is dehydration, not starvation. Desert animals are rare, and hunting them requires too much energy for the proposed gain. Additionally, protein intake increases dehydration.
10	A bottle of salt tablets	Dehydration increases the salinity of the blood. If salt tablets are ingested, blood salinity continues to rise to dangerous levels and can become fatal.