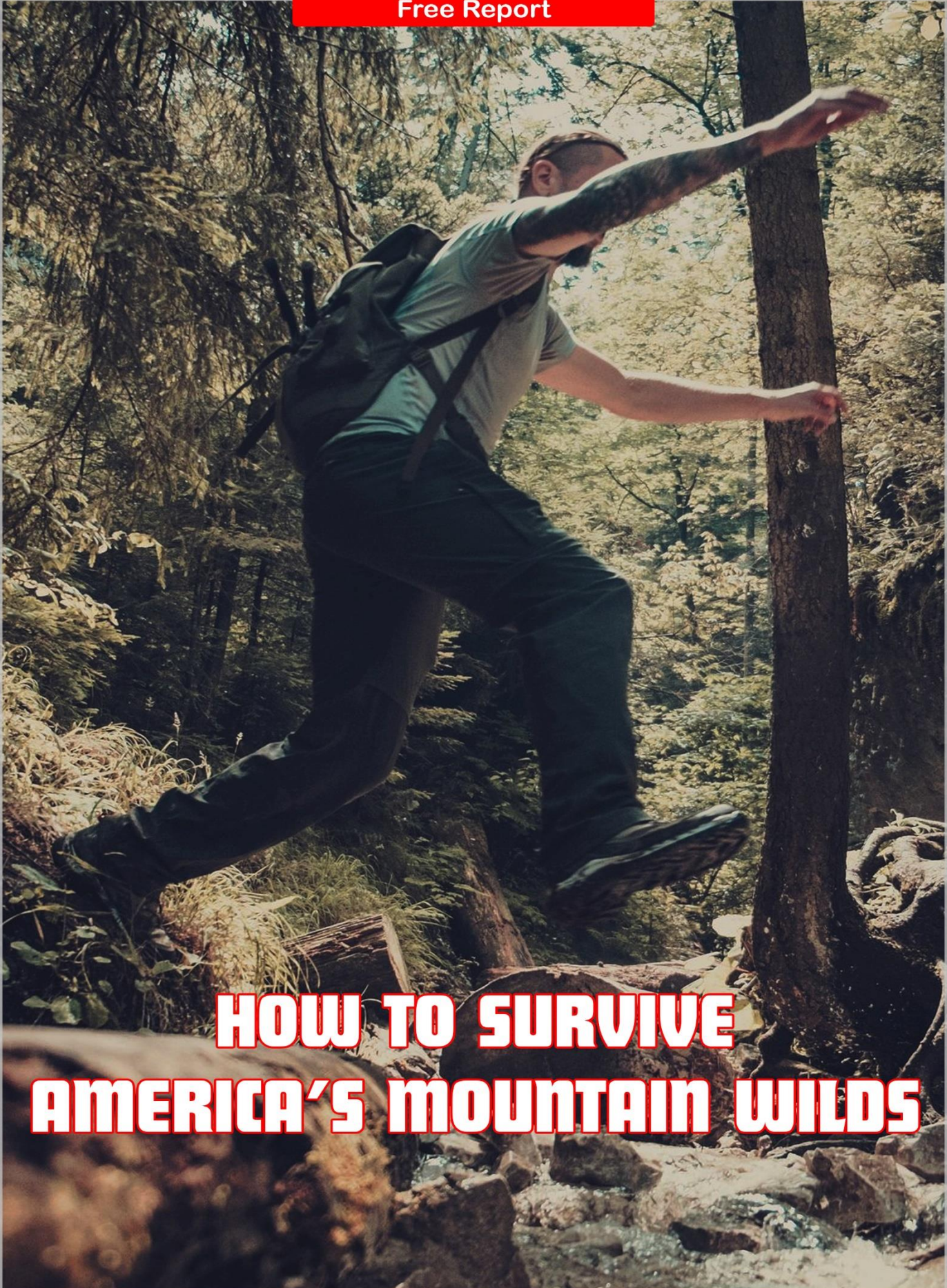


SEPTEMBER 2016
Free Report



HOW TO SURVIVE AMERICA'S MOUNTAIN WILDS

SURVIVAPEDIA
Uncommon Wisdom For Dangerous Times

Dear Friend,

The expression 'head for the hills' is as old as time. Dating back to the Hebrew Bible. Because even back then, bugging out made sense. Either as a defensible hideaway, or a permanent retreat.

Even today, the poster boys for survival are the mountain men. Individuals who prospered on their skills alone. But like all things, life was more difficult than it seemed, and it took years of experience just to avoid being killed by the cold, hunger or predators.

And back then, good marksmanship was its own reward. It kept you well fed, secure, and the furs you caught could make you a fortune. No mountain man, traversing the wilderness would ever dream of neglecting his survival skills, especially wherever foul weather and isolation could leave them trapped and starving.

That's why we put together this all-inclusive guide, no good bugout would be complete without.

P.S.: Remember that sharing is caring, so share this info with your friends that might benefit from this experience!

Alec Deacon

Survivopedia.com

Table of Contents

Table of Contents	2
DISCLAIMER.....	4
Always Pack and Choose Partners for Success.....	6
Make Sure Others Realize You Might Need Help.....	7
Things to Do When Hiking.....	8
How to Manage Getting Lost.....	9
How to Plan Your Escape.....	10
Think	10
Observe.....	10
Plan.....	10
Quick Tricks to Get Off the Mountain.....	11
Finding Your Way Off the Mountain With a Map and Compass.....	12
Skills You Need to Survive in the Mountains.....	13
Dealing With Injuries.....	13
Tips for Building Your Shelter.....	15
Building a fire.....	15
Collecting drinking water	16
Trapping animals.....	17
Useful Firearms for Hunting and Protection.....	17
Do You Know the Mountains?.....	18
Things to Know About Mountain Terrain	18

What You Can Expect From Mountain Weather 18

Wind and Precipitation Patterns 19

Lightning 19

Essential Equipment 20

Walking and climbing ropes..... 20

Ice ax 20

Assorted anchors 21

Walking poles..... 21

Carabiners..... 21

How to Walk in the Mountains..... 22

Moving Across Ice and Snow 24

How to cross crevasses..... 25

 Using a snow bridge to cross a crevasses 25

Stopping Your Fall Down a Snowy or Icy Slope..... 26

Avalanches 27

 Factors That Can Cause Avalanches..... 27

 Types of avalanches 28

 How to Survive an Avalanche..... 29

 Rescuing someone else 30

Resources.....31

 Survivopedia Articles on Outdoor.....31

DISCLAIMER

THE INFORMATION CONTAINED IN **“How to Survive in America’s Mountain Wilds”** IS MEANT TO SERVE AS A COMPREHENSIVE COLLECTION OF STRATEGIES THAT ARE ONLY RECOMMENDATIONS BY THE AUTHORS, AND READING THIS EBOOK DOES NOT GUARANTEE THAT ONE’S RESULTS WILL EXACTLY MIRROR OUR OWN RESULTS.

THE AUTHOR OF **“How to Survive in America’s Mountain Wilds”** HAS MADE ALL REASONABLE EFFORTS TO PROVIDE CURRENT AND ACCURATE INFORMATION FOR THE READERS OF THIS COURSE. THE AUTHOR WILL NOT BE HELD LIABLE FOR ANY UNINTENTIONAL ERRORS OR OMISSIONS THAT MAY BE FOUND.

THE MATERIAL IN **“How to Survive in America’s Mountain Wilds”** MAY INCLUDE INFORMATION, PRODUCTS, OR SERVICES BY THIRD PARTIES. THIRD PARTY MATERIALS COMPRISE OF THE PRODUCTS AND OPINIONS EXPRESSED BY THEIR OWNERS. AS SUCH, THE AUTHORS OF THIS GUIDE DO NOT ASSUME RESPONSIBILITY OR LIABILITY FOR ANY THIRD PARTY MATERIAL OR OPINIONS. THE PUBLICATION OF SUCH THIRD PARTY MATERIALS DOES NOT CONSTITUTE THE AUTHORS’ GUARANTEE OF ANY INFORMATION, INSTRUCTION, OPINION, PRODUCTS OR SERVICE CONTAINED WITHIN THE THIRD PARTY MATERIAL.

WHETHER BECAUSE OF THE GENERAL EVOLUTION OF THE INTERNET, OR THE UNFORESEEN CHANGES IN COMPANY POLICY AND EDITORIAL SUBMISSION GUIDELINES, WHAT IS STATED AS FACT AT THE TIME OF THIS WRITING, MAY BECOME OUTDATED OR SIMPLY INAPPLICABLE AT A LATER DATE. THIS MAY APPLY TO THE **“How to Survive in America’s Mountain Wilds”** AS WELL AS THE VARIOUS SIMILAR COMPANIES THAT WEHAVE REFERENCED IN THIS EBOOK, AND OUR SEVERAL COMPLEMENTARY GUIDES. GREAT EFFORT HAS BEEN EXERTED TO SAFEGUARD THE ACCURACY OF THIS WRITING. OPINIONS REGARDING SIMILAR WEBSITE PLATFORMS HAVE BEEN FORMULATED AS A RESULT OF BOTH PERSONAL EXPERIENCE, AS WELL AS THE WELL DOCUMENTED EXPERIENCES OF OTHERS.

NO PART OF THIS PUBLICATION SHALL BE REPRODUCED OR SOLD BY ANY ELECTRONIC, MECHANICAL OR OTHER MEANS WITHOUT THE WRITTEN PERMISSION OF THE AUTHORS. ANY AND ALL REQUESTS FOR SUCH PERMISSION SHOULD BE SENT BY TO support@survivopedia.com.

COPYRIGHT 2015 SURVIVOPEDIA™, **“How to Survive in America’s Mountain Wilds”**



How to Survive in America's Mountain Wilds

Many people find themselves wishing that they could spend the rest of their lives in the mountains. Perhaps this is why many people choose these places to go on vacation regardless of the time of year.

While there is much to see and enjoy in a mountain setting, there are also some dangers that you must be aware of, especially if you get lost. Even if you are a seasoned mountain hiker, you may still get lost and need to know how to survive until you get back to civilization. The following guide is meant as an introduction to how to survive in the mountains so that you can increase your chances of getting home quickly, easily, and safely.



What You Need to Stay Safe

Always Pack and Choose Partners for Success

Before you go into the mountains, it is very important to make sure your backpack contains all the necessary supplies for routine travel as well as if you become lost or injured.

Make a detailed travel plan and make sure that each person traveling with you has a copy of it. This plan should also include meeting points in case something happens that causes you to get separated from the group.

Aside from having first aid supplies, one or more people in the group should be trained in how to handle medical emergencies. It will also be helpful if this person knows how to use natural medicines.

Try to travel with at least 2 other people. It is not advisable to travel alone.

Everyone in the hiking party should have their own backpack equipped with basic survival supplies. This should include a compass, map, mirror, small first aid kit, whistle, flashlight, a fully charged cell phone or satellite phone (with emergency phone numbers), and bright colored material to attract aerial rescuers.

It is important to always bring food or water with you even through it is only a day hike.

Each member of the party should have a compact water filter system and water purification tablets.

Bring an emergency blanket and a tarp to help you stay warm.

Pack the correct clothing for the time of year. If it is cool or cold, then pack clothing that can be worn in layers to put on or take off as necessary.

Bring the correct type of gear for the time of year. This could include snowshoes, cross country skis, insulated boots, or ice grippers for the boots.

If you are going to be in snow country, be sure to pack your emergency beacon and emergency airbag. When activated, the airbag will give you more buoyancy, which helps to keep you on top of the avalanche.

Make Sure Others Realize You Might Need Help

Planning your route through the mountains does more than give you a clear idea of the terrain you will be traveling through. Your plans are a key survival tool. Copies should be left behind with someone that you trust.

The best plans are:

- Made well ahead of time and compared with detailed trail maps.

- Include information from professionals who have traveled in the area about the route and what to expect. This includes landmarks in the area and what dangers to be on the lookout for.
- Always check the weather forecast for the area you plan to hike in, plus the time of the sunrise and sunset. This information will help you gauge expected temperature changes so that you have enough time to setup camp or gather materials if needed.
- Where you might go or be if you are in an emergency situation or cannot travel.
- Clear time frames for when you will be leaving and when you are expected to come back.
- Information on what rescue groups are in the area in case you do not return as expected. If you don't return at the expected time, this will make it easier for the person you left plans with to initiate a rescue mission.

Things to Do When Hiking

Every so often, look behind you. This will help you remember what the route looks like on the way back home.

Look for landmarks and try to locate them on the map. It will help you later.

Take some photos of the route you have taken. Include pictures with your hand pointing in the direction to go when heading back home. Try to include landmarks located near the trail.

If you become concerned about not being able to find your way home, make some arrows on the ground with loose rocks or branches. Be sure to destroy them on the way home.



How to Manage Getting Lost

Even though you may have hiked along happily for several hours, there is going to be a moment when you realize that you aren't where you thought you were. Regardless of how you got lost, it is important to take the following steps:

- First, DO NOT PANIC!
- You must stop, stay calm, stay put, and make your plan.
- Sit down, eat and drink something. This will calm you down and give you a chance to make a plan.
- Panicking can only make it worse for you. The last thing you want to do is go thrashing around further away from a viable trail or deeper into the mountain wilderness. If it is getting late in the day and you are in a safe area, it may be best to make camp and get a good night's rest before starting again in the morning.

- If you feel you are lost do not start running or walking faster than your normal pace. If you do, you risk the chance of falling in the mountainous terrain.
- Never split from the group or split the group up. If you do the rescue party will be looking for two groups of people instead of one.

How to Plan Your Escape

After you have regained your composure and come to terms with being lost, use the following plan of action to get yourself out of mountains safely:

Think

- How did you get here?
- What land marks should you be able to see?
- What was the direction of travel?
- What was the last known position where you were sure you were on the right trail?

Observe

- What does the terrain look like?
- Where on the map dose it looks like that?
- What is the sun's location in the sky?
- How long before sunset?
- What is left in the supply inventory?
- How long will the supplies last?

Plan

- Never move from this area until you have a plan.
- Based on your observations and thinking, come up with workable plans, and then use the best one.

- Even though phones may not work deep in the mountains, you may be lucky enough to have coverage. If you can get a signal, call for help. The person answering may tell you how to get back to a main road safely, or they will arrange for someone to come and help you.
- Try to signal to other hikers in the area by blowing a whistle three times (this is the international distress signal.)
- If you are trying to signal to aircraft, try using a mirror, put on bright colored clothing, or arrange objects to spell out HELP or SOS in an area where someone in a plane or helicopter can spot them.
- If you are carrying a flare gun, shoot a flare when an approaching aircraft is coming towards you. When the flare is seen, the aircraft will circle you to let you know that you have been spotted.

Quick Tricks to Get Off the Mountain

If you are able to travel, pick a direction and keep moving. It does not matter which direction. Just keep moving straight until you reach running water. Here's why:

- In the mountains, communities are located around water supplies. Finding a river or creek and following it may lead you to a small town. Always follow the water downstream. At some point you are going to cross a road or a road junction. Following the water downstream will also eventually take you back to more populated areas.
- If you're hiking above the treeline in the mountains, follow cairns and blazes to get you down the mountain.

Finding Your Way Off the Mountain With a Map and Compass

A topographic or 3D map is the best map to carry. Use it with the compass to do the following:

- Look for two prominent objects that you can identify on the map. These can be mountain tops or a cliff that stands out in the countryside.
- Hold your compass level and point it's direction of travel arrow (RED) at the first object.
- Move the bezel so the red arrow inside it aligns with the needle.
- Find the object on the map and put the long edge of the compass on it.
- Then rotate the map until it's orienting lines align with those inside the compass bezel, Carefully trace the line created by the edge of the compass on the map. You are somewhere along this line.
- Repeat this process with the second object. Where these two lines intersect is your exact position.
- Once you find your location on the map and you have double checked it, you are no longer lost. All you need to do is use the map and compass to plot your way back home. For added assistance, navigate to a stream or river and follow that down so that you don't get lost again.



Skills You Need to Survive in the Mountains

If in the event your short day hike turns into a multi-day disaster, it is to your advantage to have the following skills:

- How to start a fire.
- Build a shelter.
- Find or secure safe drinking water.
- How to determine what is and what is not safe to eat.

- Signal for help.
- Hunt, trap, or fish for food.
- How to cope with freezing temperatures, blizzards, and other severe weather conditions. With each increasing foot of latitude, temperatures fall and so does your chance of surviving if you don't know how to stay warm. Even if it is summertime in the foothills or valleys, you may still have freezing temperatures on the mountain tops. No matter how warm you may think it will be in the mountains, keep extra layers of clothes on hand, plus heavier gear. Pack them in vacuum bags if you need to compact them for easier travel.
- Manage your breathing in higher elevations (especially if you aren't used to thinner air or are a bit out of shape).

Dealing With Injuries

If someone is injured in your party the best thing to do is to stay put and signal for help. Look for a sheltered spot to keep you out of the rain and wind before it gets dark. Depending on the temperatures and the situation:

- To avoid hypothermia put on more clothing to help you stay warm.
- Use the tarps and emergency blankets to make a tent to sleep in.
- Don't sleep near bodies of quickly moving water. The noise might make it hard to hear the rescuers.
- Carefully start a controlled fire for warmth and to help signal your location to rescuers.
- Hang colorful items from the backpacks on trees and bushes to help rescuers find you.
- If you feel confident enough after some rest, try to retrace your footsteps to find the path you were on yesterday.

Tips for Building Your Shelter

If you are going to stay in place to wait for rescue, it is very important that you make a shelter for yourself and others in your party. The shelter should shield you from the wind, rain, and the cold temperatures.

- First look for a shelter location with good visibility so that you can spot rescue planes or vehicles.
- To make a good simple shelter, place large branches diagonally against a fallen tree. Then cover them with many layers of small sticks, pine boughs or other vegetation.
- If there aren't any fallen trees to build a basic frame with, dig a trench and cover the top with branches and other vegetation.
- If there is snow on the ground, you can make a snow cave. Do not forget to leave ventilation holes in the top and sides of the snow cave, and survey them often to make sure they are not closing up from snow melting or shifting. Without these holes there is a chance that you and your party will smother from the lack of oxygen. Always be on the lookout for new falling snow, as it can easily close off the doorway and the ventilation holes.

Building a Fire

Knowing how to build a fire and the proper use of fire is a key to your survival in the mountains.

Fire provides warmth, safety against certain mammals and biting insects, improves nutritional value of cooked foods, and enables activities to take place after daylight.

- The first thing you must do is clear a spot for the fire.
- Next, dig your fire pit and line it with as many rocks as you can. The purpose of lining the pit with rocks is so that you will have a radiant source of heat when the fire goes out.

- Collect a large amount of fire wood to last the night. This will reduce the risk of falling, encountering animals waiting outside the fire area, or getting lost as you search for more wood. If you are above the timberline, you will have to descend back to below the timberline to collect your firewood.
- If you have them, use matches to start your fire. If you don't you may have to use a magnesium fire starting kit, concentrated sunlight, or the bow method to start a fire.
- Try to keep pine branches or other greenwood available next to the fire pit in case you need to signal any rescuers in the area. Heavy black smoke from these materials can be seen by rescuers miles away from your present location.

Collecting Drinking Water

You must have about 1gallon of water a day or you could risk getting dehydrated.

- If you have a water purification filter system like the Water Straw, you will not have to boil the water for drinking. Just sip the water through the straw. This system is much easier than boiling water and removes pathogens and other nasty thing that can make you sick or kill you.
- Streams and creeks are quite common in the mountainous regions, but you must still boil the water for three to five minutes to kill any pathogens.
- Snow and ice are also good water sources, but you must still melt the snow and boil the water before drinking.
- If you don't have a fire, try collecting morning dew on the grass with a cloth or plastic bag.
- You can also gather leaves, place them and a clean cup in a hole, and put plastic over the pit to gather the condensation. You can safely drink the water from these sources without boiling or treating it.

- It is very important to avoid dehydration, which can happen faster than expected in mountainous or snowy terrain.
- To remain safe from dehydrating, drink at least 3 to 6 quarts of water daily.
- Always carry your water bottle upside down in subzero temperatures. The water at the top will freeze first, but you will still be able to drink from the lower end.

Trapping Animals

In a survival situation it is possible to use pits, dead falls, or snares to capture or kill animals for food, clothing, or making primitive tools.

- Pits are deep holes dug into the ground with sharpened wooden spikes facing upward at the bottom. The pit is covered with small branches and leaves. This trap is usually placed in a game trail to be most effective. When the animal tries to walk across it, the vegetation gives way and the animal falls on the spikes and dies.
- Dead falls are made by balancing a log or other heavy objects on sticks. By moving a stick the object will fall on the animal and kill it.
- Snares are traps that use cord or wire in the loop that is connected either to a pulled down branch or is suspended at head level on a game trail. When the animal goes through the loop the forward pressure releases the pulled down branch and the animal is snapped up into the air killing it. If you use the snare just hanging over the trail. The animal will go through the loop tangle in it, and die.

Useful Firearms for Hunting and Protection

When I go hiking in the mountains, I carry a 44 Mag Smith and Wesson revolver and my take down AR-7 survival 22 caliber rifle. Both of these weapons can be used for hunting or protection against dangerous animals, or thieves.

- The 44 mag revolver has enough power to safely take down most deer, elk, or bear.
- The 22 caliber AR-7 survival rifle is good for hunting all of America's small game animals and birds. In a pinch it could be used to defend you against humans at close distances.

Do You Know the Mountains?

Things to Know About Mountain Terrain

Mountains are usually split by the snow line. Below the snow line, the terrain usually contains loose stones and other rocky debris, grassy slopes, forest areas, and firm ground at the bottom. Above the snowline, the conditions are far more barren and extreme. There usually is heavy snowfall and ice covering the ground as well as extreme winds.

In mountainous terrain there are many dangers. Snow and ice are dangerous because they can cause slips and falls. They can also cause avalanches and tumbling slabs of ice. You are also likely to find that it is hard to find a good hand grip and hand holds as you try to climb on the ice and snow. Crevasses hidden under the ice and snow can give way when too much weight is placed upon them; and represent some of the greatest dangers to hikers.

On snow free mountains, falling rocks pose serious danger, especially on slopes with loose stone coverings or crumbling ridge lines. Other dangers, heavy rains and extreme temperature changes can cause rock slides to occur. Smooth stones, or those covered in grass or moss can be very slippery and treacherous. All mountain soil can be extremely loose and is prone to giving way under foot without warning.

What You Can Expect From Mountain Weather

Mountain weather conditions can be unbelievably hazardous. It is possible to change from a beautiful sunny day to driving rain or even snow storms in just a few short minutes.

In the mountains there are three main weather elements you must always be prepared to deal with: severe cold, high winds, and rain. At higher altitudes, rain can quickly change to snow and whiteout or blizzard conditions. The snow or rain can soak through your clothes very quickly, and the wind and cold will suck the heat and life out of any individual. The wind chill factors can drive the actual temperatures much lower even on sunny days, and create very dangerous conditions.

Wind and Precipitation Patterns

The danger in mountain winds is at its greatest on summits and across ridges. This is due to wind speed increasing with height. Wind speed can place a major drain on energy as you try to stay balanced.

As weather systems rise up the mountain slopes on the windward side, they cool as they move, and produce rain, sleet, or snow. This extremely bad weather can cause dense fog, whiteouts, or blinding heavy rain or snow storms.

The leeward side of the mountain usually suffers from the rain shadow effect. Here the drier air runs down the other side of the mountain causing little or no rain or snow. This occurs because almost all of the moisture was deposited on the windward side of the mountain.

Lightning

Another great danger in the mountains is lightning. The following are few precautions to take to lessen the chance of being struck by it:

- If caught in a thunderstorm avoid summits, vertical cliffs, expose ridges, lone trees, and gullies with running water.
- Leave wet ropes and metal equipment at least 50 feet from your shelter.
- To protect yourself from lightning, sit with your knees drawn up against your chest. This is the best position for surviving electric currents traveling momentarily passing through

the Earth. This occurs when the lightning conducts out from the point of impact to other conducting objects nearby.

Essential Equipment

The following 5 types of mountaineering equipment will keep you safe and alive when used correctly.

Walking and climbing ropes

- Walking ropes are used for light climbing duties, fording rivers, and making a physical link with one another in low visibility conditions.
- A walking rope has a breaking strain of about 2000 pounds. Because of the low breaking point of a walking rope, it should not be used for vertical climbing.
- Proper climbing ropes should have a breaking strain point of at least 4000 pounds.
- If you do not have a proper vertical climbing rope, you can use two walking ropes as a double rope in an emergency.

Ice ax

The ice ax consist of a head, a shaft, and the spike. The shaft should have a rubberized coating to aid in better gripping the shaft and a leash at the end of the shaft to to help you keep hold of the ax in case you drop it.

An ice ax is used for the following:

- Support
- Stability
- Braking during falls. Is a technique to slow down and stop a person when sliding down a slope.

- Digging and probing the conditions of snow and ice.

Assorted anchors

Mountaineering anchors are extremely useful for crossing difficult mountainous terrain when using belaying and rappelling techniques.

A good mountaineering shop can give you a good assortment of the best anchors to use in your planned travel area. Most importantly, they can teach you how to use these tools correctly.

Walking poles

Telescopic walking poles are an excellent tool to enable safe movement and energy conservation in the mountainous either on dry ground, icy, or snowy conditions.

These poles also enable greater stability when crossing uneven or rubble covered ground.

Carabiners

Carabiners are lightweight metal links which are used as a connector between climber's ropes and pieces of equipment. Like anchors, they come in a huge variety of strength, configurations and methods of operations.

Before buying carabiners, you will need the advice of expert climbers or mountaineers about which ones are best to use in the travel area. Be sure that you understand operational differences between locking and unlocking your carabiners.

On your mountaineering trip, be sure to carry at least 20 to 25 different types of carabiners.



How to Walk in the Mountains

Thinner air, temperature changes, and other mountain features tend to require more endurance than expected. Wasted movements result in wasted energy, fatigue, and the greater likelihood of accidents. It is very important to have good walking form so that you reduce the risk of injury or becoming overtired.

If there is no snow on the ground, or you are below the snow line, walk with small steps at a steady pace. Place the sole of the boot flat on the ground and keep your body weight balanced over the feet

On steep mountains, or when descending, traversing is often a better option than walking straight up. Traversing is basically using a zigzag movement up the slope that allows the legs to

avoid the full stress of the incline. At the end of a traverse, step off in a new direction with the uphill foot. This helps to keep you from losing your balance and falling down.

For short distances uphill, travel keeping your toes pointed outwards. This is known as the herringbone step. It gives you greater stability when climbing up the mountain.

During descents always keep your back straight with your knees bent, and keep your weight centered. Not doing this will cause you to fall down the mountain.

When walking on grassy slopes, place your foot on the upper side of each clump of grass. This will give you some support, but don't rely on it. The grass could give way and send you rolling down the mountain.

When hiking on rocky slopes, don't kick rocks down the hill because it can start a dangerous rock fall.

Don't jump up and down, as jumping can cause the ground to give way under you.

When walking on slopes, always keep your heel down and watch where you put your feet.

Step on the top and on the uphill side of a rock if you slip. The rock beneath may brace your foot and keep you from sliding down the hill.

If the steepness of the slope requires you to use both hands and feet, try to keep at least three points of contact with the slope.

For safety, when climbing on all fours remove any rings, bracelets, or other jewelry that might get caught in the rock slope.

For climbing scree slopes, kick in with the toe of your upper foot to make a step.

When descending a scree slope, walk down the slope with your feet in a slightly pigeon-toed position using a short step.

Always rest frequently to keep up your physical and mental strength.

Moving Across Ice and Snow

Moving through ice or thick heavy snow can be an exhausting process and should be avoided if possible. If you must cross snow it is to your advantage to rope members of the party together for safety. When your party is roped together it is important that you walk in single line.

Stepping in the leaders tracks will make it easier. Because this type of travel is mentally and physically demanding, the leader should be changed regularly.

And here are a few more tips:

- Always assess the type of snow and the terrain you are about to cross.
- The most stable type of snow is the early morning snow because nighttime temperatures have hardened it.
- South-facing and west-facing snow slopes have a hardened surface late in the day after the surface has been exposed to the sun and then refrozen.
- East facing and north-facing slopes are frequently soft and extremely unstable.
- Slopes that have debris such as trees, vegetation, and rocks provide for a more stable footing when traveling upwards in deep snow. Traversing is the easiest way of doing it.
- Start by kicking your toe into the snow to make a solid footing.
- Never attempt to walk on the slippery surface of hard snow.
- Walk slowly in small even steps. To walk across hard snow, you should be wearing crampons to ensure you get maximum grip.
- When descending a snow slope, thrust the heel of your boot hard in the snow to make a flat step. This kicking action may require some force on hard packed snow.
- If the slope is very steep, face the slope and go down backwards step by step. Use the toe of the boot instead of the heel to dig a step.

- Maintain an anchor by using your ice ax.

How to Cross Crevasses

As a rule of thumb you should try to avoid crossing over crevasses, although you can sometimes jump over narrow ones. Going around them could be a lot safer. If you must jump them, use the following information on how to do it correctly so you will not fall into them.

- If you choose to jump crevasses, take off all thick heavy clothing and equipment before you attempt the jump.
- Pack down the snow at the edge of the crevasse to make a solid take off point.
- Be sure you know exactly where the opposite edge of the crevasse really is before making the jump.
- As you land on the other side, fall forward and dig into the ground with your ice ax.

Warning: Not all crevasses are visible. Keep an eye open for irregularities in the snow such as dark patches or dips which could be covering a crevasse.

Using a snow bridge to cross a crevasses

- Use Extreme caution if you are forced to use a snow bridge to cross a crevasse.
- The lead person should probe the immediate area closely. Making sure the snow is both deep and strong.
- Tie a rope to the lightest person of your group and send them across first.
- If the ice bridge holds, then send each person over one at a time. Each person should walk in the solid tracks made by the first person.

- Cross narrow or weak bridges by slithering on your stomach. This helps to distribute the body weight over a broader area.
- If the ice bridge breaks and someone falls into the crevice, the rest of the team should drop backwards and down on their haunches, and dig their heels into the snow to stop the fall.
- Pass a rope down with a loop on it so the dangling person can put a foot in it and prevent the other rope tied to him from causing breathing problems.
- Pull the individual out of the crevasse as quickly as possible.
- The temperatures will decrease and a lower in the crevasse and can cause hypothermia very quickly.

Stopping Your Fall Down a Snowy or Icy Slope

If you slip on the snow and the ice. There are two basic techniques that are used to brake and slow down your fall.

Braking without an ice ax

Spread eagle position

- To brake yourself during the slide, adopt a spread eagle position .
- Dig in with your heels to help slow you down and stop you.

Push out from the slope method

- Roll over onto your front.
- Then push out from the slope with your arms.
- Next dig in with your toes and hands.

Braking with an ice ax

- Grip the ice ax diagonally across your body.
- Then turn over onto your stomach.
- Dig the ax pick into the snow.
- Next push down with your full body weight.

Avalanches

Avalanches can occur at any time of the year, but are mostly common during the winter season. They are caused when a surface slides over a harder base layer of snow, ice, or smooth ground. Wet snow is the most dangerous type. Water acts to lubricate while making the snow denser, heavier and more likely to slide. The best way to protect yourself against avalanches is a careful reading of the landscape and climate to alert you of danger areas so that you can avoid them.

Factors That Can Cause Avalanches

The ground surface

- Avalanches are common on smooth grassy slope areas or on hard flat rocky surfaces due to the lack of holding friction.
- An area that has many trees and large rocks usually have a low chance of an avalanche.
- Areas that have a history of avalanches will usually have them again.

Slope gradient

- Slopes between 20 degrees and 50 degrees pose the greatest risk of avalanches.
- The steeper the slope, the greater the chance of an avalanche.

Cornices

- These are the overhanging masses of snow forming on the crests of ridges or other angled mountain features.

- Cornices can break off and trigger an avalanche.

Snow type

- Loose snow underneath compacted snow can increase the the risk of an avalanche.
- Check the underlining snow with a snow ax shaft to check it's quality.
- If you notice a sudden softening in resistance beneath the surface, the risk of an avalanche is high.
- Light snow and dry snow can also increase the chance of an avalanche.
- A sudden heavy snow that doesn't have time to compact and become stable.

Wind speeds

Wind speeds greater than 15mph can set off avalanches.

Temperature changes

- Subzero temperatures.
- Sudden and extreme temperature changes between day and night can trigger avalanches.
- The warmer temperatures of spring can trigger avalanches.

Types of Avalanches

There are three basic types of avalanches:

- Wet slab avalanches are the results of snow mix with water.
- Hard slab avalanches are formed by huge chunks of snow which break off from a compacted sheet.
- Soft slab avalanches consisting of powdered snow.

How to Survive an Avalanche

If you are caught in an avalanche:

- The first thing you do is drop your heavy backpack and other heavy equipment which might slow you down.
- Once the avalanche hits, try to move to the side of the avalanche. This area has less downhill pressure than the center does.
- To help you stay on the top of the snow, try using a crawl stroke swimming action or deploy your avalanche airbag and activate your emergency beacon. This helps to keep you on the surface and keeps you from being driven down by the snow.
- Try to keep your mouth tightly shut to keep snow and other debris from going down your throat.
- If the avalanche is made from powdery snow, cover your nose and mouth with clothing.
- Avalanches are much stronger than the average human. If you are caught by an avalanche wait until it settles before trying to rescue yourself.
- If you get buried, your goal is to get to the surface.
- Make a breathing space in front of your face. Don't waste valuable air by shouting for help.
- It is very easy to become disoriented from being tumbled in the snow, combined with the darkness. Do not panic as you figure out which way to the surface.
- To find out which way is up or down, use gravity to show you the way. Let some spit drift freely from your mouth. The direction the spit drips is the opposite direction to the surface. If you are not too far down in the snow, dig slowly until you break free. If you are

too deep to dig yourself out, lay quietly with no movement and try to use as little air as possible until rescued.

Rescuing Someone Else

Trying to rescue someone else that has been buried by an avalanche it is not an easy task. There may be some distance between where they were hit and where they are actually buried.

- First mark the person's position where the avalanche hit them.
- Work downwards from this point to try to find the place of burial.
- Sometimes a trail of personal belongings may indicate the direction in which the person was swept away.
- Gently probe through the snow with an ice ax shaft or other pole.
- The more people helping in the search the better.
- Do not send anybody for assistance that is more than 15 minutes away. The buried individual is likely to suffocate in that amount of time.
- On finding the victim dig them free and immediately clear their mouth and airways of snow and other obstructions.
- Give artificial respiration if they are not breathing. This must be done before fully removing them from the snow.
- When the trapped person is stable, Get them to an emergency room to get checked over.

In conclusion, hiking and winter sports are a great way to enjoy the mountains. In time of need, mountain areas may also look like good bug out locations. Learning how to survive in the mountains can save your life and also give you an additional place to include in your prepping plans.

Resources

Survivopedia Articles on Outdoor

[How To Survive A Wildfire](#)

[The Four Major Mistakes Made In The Wilderness](#)

[Here's How Easy It Is To Die In The Wilderness](#)

[15 Tips For Surviving Journeys Through The Wild](#)

[5 Survival Hacks That Could Save Your Life In The Wild](#)

Other Resources

<http://www.secretsofsurvival.com/survival/surviving-in-the-mountains.html>

<http://www.fitclimb.com/profiles/blogs/100-survival-tips-for-staying>

<http://www.buzzle.com/articles/how-to-survive-in-the-mountains-when-you-are-alone.htm>

<https://www.youtube.com/watch?v=tIMXdZKhsLQ>