

# In An Emergency



## DO NOT PANIC

### Stop ♦ Think ♦ Observe ♦ Plan

**STOP** - Take a deep breath, sit down if possible, calm yourself and recognize that whatever has happened to get you here is past and cannot be undone. You are now in a survival situation and that means . . .

**THINK** - Your most important asset is your brain. Use it! Don't Panic! Think first, so you have no regrets. Move with deliberate care. Take no action, even a foot step, until you have thought it through . . .

**OBSERVE** - Take a look around you. Assess your situation and options. Take stock of your supplies, equipment, surroundings and the capabilities of fellow survivors . . .

**PLAN** - Prioritize your immediate needs and develop a plan to systematically deal with the emergency. Make a plan. Follow your plan. Adjust your plan only as necessary to deal with changing circumstances.

- PRIORITIES:**
- 1. Medical Care**
  - 2. Shelter & Fire**
  - 3. Signaling & Communication**
  - 4. Sustenance**

Equipped To Survive™ - Immediate Action Survival Plan™ - <http://www.equipped.org/stop.htm>

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