

# Arctic survival manual finished

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The most exciting news from Health Education is the completion of the "IF" and "WHEN" Arctic Survival Manuals. The manuals were researched and written by Carl M. Hild when he was in the Health Education position.

My task, since becoming the Health Educator, was to edit, illustrate and produce the manuals.

The "IF" Arctic Survival Manual is designed as an instructional manual to prepare people for survival situations, "IF" they get into an emergency in the Arctic.

The "IF" manual is divided into five sections, with each section addressing the body, mind and spirit components of

survival. The manual is a cross-section of both the traditional Inupiaq survival techniques and the "approved" ways of staying alive in the cold.

The "WHEN" Arctic Survival Manual is designed to be carried on one's person, so it will be available "WHEN" one is in an Arctic emergency situation. No, we didn't expect people to carry a book around with them all of the time. The most critical information is contained on a folded card that is laminated and is the size of a credit card. So it fits into a wallet, and most people carry their wallet with them at all times.

The "WHEN" manual is to be cut open "WHEN" a person is in an Arctic emergency situation. The information is printed on an International Green card that is also designed to

be used as a signal. So after refreshing one's memory, a person can then use the card as a signal or even as tinder for starting a fire. But read it first! The plastic container can then be used to scrape and collect frost and dew. It can be used to hold and melt small amounts of snow or ice.

The "IF" and "WHEN" Arctic Survival Manuals were made possible by a grant from the Northern Alaska Health Resources Association to the North Slope Borough Health and Social Services Agency. The manuals are available to the public for a nominal charge of ten dollars to cover the printing cost. Anyone who is interested should contact the Health Educator, N.S.B. Health & Social Services Agency, P.O. Box 69, Barrow, Alaska 99723.

