



Spidertracks' Safety & Survival Checklist

Preparing for an emergency

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Are you trained in first aid?

Is your first-aid certification current?

Do you know how to prevent and treat hypothermia?

Do you know how to correctly perform CPR?

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Is your aircraft's first-aid kit comprehensive and complete?

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Have you practiced emergency procedures in your aircraft recently?

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Are you outdoors-competent?

Can you build and light a fire even without the usual tools?

Can you erect a shelter from natural materials?

Do you know how to signal for help?

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Do you know **performance specifics** for your aircraft such as best glide speed and glide ratio?

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Does your aircraft's survival kit contain all the necessary items for your specific needs?

Have you tailored your kit for your common flying environment (i.e. over water or over land)?

Surviving after an emergency

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Is the aircraft safe to be near? If not, are you a safe distance away?

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Is anyone hurt? Administer first-aid care to passengers and yourself, if needed.

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Can the aircraft be used as a shelter? If so, set it up with blankets and keep it warm. If not, build a shelter from natural materials or erect the emergency shelter from your kit.

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Is your clothing appropriate? If not, change into the spare clothing in your survival kit. If your kit doesn't include clothing, use the survival blankets.

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Can you signal for help (using an ELT, ground-to-air signals, arrows, fires, etc.)?

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Have you and your passengers had a hot drink? If not, can you prepare one? You should also be sure you're drinking water.

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Have you and your passengers eaten? If not, do so — but be sure to ration your food.

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Are you maintaining a positive attitude? This is the most important asset in your and your passengers' survival!

If nothing else, remember the **Rule of Threes**, which states how long you can survive for without certain essentials:

Air: 3 minutes

Clothing and shelter: 3 hours

Rest: 30 hours

Water: 3 days **Food:** 3 weeks