



# LAND AND SEA EMERGENCIES

CFP 222

CANADIAN FORCES HEADQUARTERS

## FOREWORD

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1. CFP 222, Land and Sea Emergencies, is issued under the authority of the Queen's Regulations and Orders for the Canadian Forces, article 1.23.
2. CFP 222 is effective upon receipt and supersedes CAP 361 Land and Sea Emergencies.
3. It is permissible to make extracts from this publication without the consent of Canadian Forces Headquarters.
4. Suggestions for amendments should be forwarded through the usual channels to the Chief of the Defence Staff, Attention Directorate of Operational Readiness Air.

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Commodore  
for Chief of the Defence Staff

## PREFACE

This publication is issued to provide Canadian Forces aircrew personnel and aircraft passengers with methods of survival on land or at sea in the event of an emergency landing or bail out.

The information contained herein is designed primarily to recall survival techniques to those who have been survival trained, but is complete enough to direct those, who have not had survival training, in the correct procedures to follow.

The techniques and procedures outlined are the result of years of experience and trial and are designed to enable the survivor to take care of himself and others for an indefinite period with a minimum expenditure of energy.

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## INTRODUCTION

Survival for an indefinite period is a real possibility in any survival situation regardless of climatic conditions or geographic location. With a little know how, the proper care and use of your survival equipment and a determined will to live, your chances of surviving until rescue arrives are excellent.

This publication outlines in point form the basic principles and techniques of survival. You should read the chapter pertaining to the survival situation you are faced with and apply the principles as contained in that chapter as well as Chapters 1 Psychology and 2 Medical Care.