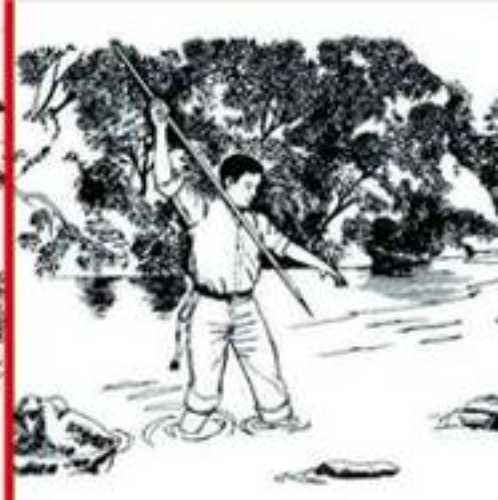




**ESCAPE**



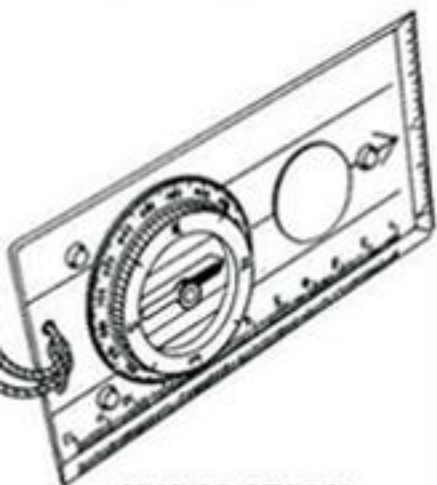
**EVASION**



**SURVIVAL**

# **THE COMPLETE SAS SURVIVAL MANUAL**

**Barry Davies, BEM**



**NAVIGATION**



**SHELTER**



**SELF-DEFENSE**

---

---

# THE COMPLETE SAS SURVIVAL MANUAL

**Barry Davies, BEM**



Skyhorse Publishing

Copyright © 2011 by Barry Davies

All Rights Reserved. No part of this book may be reproduced in any manner without the express written consent of the publisher, except in the case of brief excerpts in critical reviews or articles. All inquiries should be addressed to Skyhorse Publishing, 307 West 36th Street, 11th Floor, New York, NY 10018.

Skyhorse Publishing books may be purchased in bulk at special discounts for sales promotion, corporate gifts, fund-raising, or educational purposes. Special editions can also be created to specifications. For details, contact the Special Sales Department, Skyhorse Publishing, 307 West 36th Street, 11th Floor, New York, NY 10018 or [info@skyhorsepublishing.com](mailto:info@skyhorsepublishing.com).

Skyhorse<sup>®</sup> and Skyhorse Publishing<sup>®</sup> are registered trademarks of Skyhorse Publishing, Inc.<sup>®</sup>, a Delaware corporation.

[www.skyhorsepublishing.com](http://www.skyhorsepublishing.com)

10987654321

Library of Congress Cataloging-in-Publication Data is available on file.

9781616082826

Printed in China

# CONTENTS



## 1 CAPTURE

15-22

TREATMENT BY THE ENEMY • AN EARLY ESCAPE



## 2 ESCAPE

23-38

WALLS • FENCES • TUNNELS • LOCK-PICKING • ESCAPE  
TOOLS AND PERSONAL ITEMS



## 3 EVASION

39-52

BASIC RULES • PURSUIT BY DOGS • HUMAN TRACKERS



## 4 SURVIVAL

53-76

SURVIVAL ASSESSMENT AND PLANNING • CLOTHING AND HYGIENE  
A SURVIVAL KIT



## 5 FIRST AID FOR SURVIVAL

77-100

PRIORITIES OF FIRST AID • FRACTURES • SPLINTS • CONCUSSION AND SKULL FRACTURE  
BURNS FROSTBITE AND HYPOTHERMIA • BITES AND STINGS • DANGERS FROM THE SEA



## 12 FOOD FROM THE WATER 217-228

ANGLING



## 13 NAVIGATION 229-248

HEADING • NAVIGATION WITHOUT A COMPASS • ASTRAL AND LUNAR NAVIGATION  
TRAVELLING THROUGH HOSTILE TERRITORY



## 14 SEARCH AND RESCUE 249-256

SIGNALLING • SEARCH PROCEDURES



## 15 SURVIVAL AT SEA 257-264

USING A DINGHY • WATER • MARINE HAZARDS



## 16 SELF DEFENCE 265-274

BASIC RULES • FEAR • AVOIDANCE TACTICS • THE BODY'S WEAPONS • THE BODY'S  
DANGER AREAS • COMBAT TECHNIQUES

## INDEX

# INTRODUCTION



This is my second book on survival; the first was published in 1987. In it I draw on a wealth of experience, all of which was gained through my involvement in survival training as a member of the SAS. During my 18 years with the regiment I was privileged to spend two years as a survival instructor at the International Long Range and Patrol School (ILRRPS) in southern Germany. There, while teaching survival techniques to pilots and special forces of many nations, I had the opportunity to expand the very principles of survival that I had myself been taught earlier. The best source of new ideas proved to be my favourite course: the one covering pilots' escape and evasion.

The moment I left the SAS I started a business manufacturing and marketing survival items for the general public. This new venture brought me into contact with BCB International Ltd, a Cardiff-based company with worldwide renown for its expertise in the field of survival. With BCB I have had the chance to develop many

innovative products that have helped the company to reach its present position as the world's largest survival equipment specialist. One such product was the new camouflage stick now used all over the world, including by the British Army. My connection with BCB remains strong, especially in the area of research and development.

This background, combining the SAS and BCB International, has led me to study survival techniques in every part of the world, from the steaming jungles of the Far East to the frozen wastes of Canada and the burning heat of the Sahara. And yes, I have tested most of the techniques described in this book. I can report that, depending on terrain, weather and the availability of equipment, many work well the first time, while others need practice. However, the main problem for the survivor is not one of equipment, and it is the same whether you are a soldier or a civilian. It is a matter of your will to do something about your predicament.

Learn to deal with a survival situation by first of all recognizing it for what it is: nature's challenge.

The early chapters of this book cover escape and evasion, and although these are primarily of interest to military personnel, there is much here that the civilian survivor can benefit from. Dog evasion techniques may prove very useful, and if you find yourself contained by an electric fence you will be able to determine whether or not it is live. However, these two examples and the many other survival techniques described are offered to the reader in the hope that he or she will use them judiciously and appropriately. Anything that has a bearing on your safety and well-being deserves careful thought before it is undertaken. Moreover, in practising survival skills in the wild, be sure to treat the countryside with the respect due to it. For example, there is no need to pick wild plants unless you intend to eat them. Likewise, minimize cruelty to animals by setting traps and snares only when absolutely neces-

This means not during training sessions, but only when the need is real. And always, before setting up a training survival camp, seek permission from the landowner if applicable.

The chances of survival are always good — as long as you stay calm and think clearly. To stay alive you need certain basic requirements — air, water, food, health and shelter. But to rise to the challenge of survival in a hostile environment you also need knowledge, imagination and practical skill.

Finally, never forget that should you find yourself in a survival situation, whether as civilian or soldier, help will always be available, and rescue agencies will come looking for you. Use the knowledge contained in this book to help them find you, and to remain alive until they do.

# 1

---

---

## CAPTURE

TREATMENT BY THE ENEMY

AN EARLY ESCAPE

PSYCHOLOGICAL EFFECTS OF CAPTURE



'Survival situation' is a term that is often used very loosely. Basically, however, it implies that something, usually unplanned, has happened, so that you find yourself in a totally unknown and unexpected environment from which there is no immediate prospect of extrication. If you are a captured soldier, your life may be under threat. Your physical state and your exact location at the time of being taken prisoner will determine to a large extent your reaction to finding yourself in this kind of survival situation. Being captured by the enemy ranks as one of the most frightening experiences a soldier ever faces. The immediate fear of the unknown and the looming threat of death, or at best a severe beating, play havoc with the military prisoner's emotions. And the complex, seemingly insoluble nature of your predicament fills your mind with a sense of isolation and abandonment.

### TREATMENT BY THE ENEMY

In modern warfare, even when the conflict takes place on a large scale, the number of captured soldiers is quite small compared with corresponding figures for the Second World War. As a result the treatment of prisoners of war has changed. In some cases these smaller numbers of men are nowadays treated to a more rapid and harsh treatment, while the typically greater ratio of guards to prisoners has tended to make escape ever more difficult.

However, the one fundamental thing on which any prisoner of war from the Western world can rely is that he will not be forgotten. The treatment of POWs is regarded as among the highest of priorities by any civilized government. And all steps are taken to

establish contact, ensure the prisoner's well-being and finally administer his release and safe return home.

To be captured is not a dishonour - it is simply one of those unavoidable acts of war. Where men are sent into battle on land, or are engaged in aircraft sorties, operating deep behind enemy lines, the risk is always present. Although capture is sometimes inevitable, if there is even a faint chance of avoiding this fate, then that opportunity must be seized.



The prisoner of war cannot expect to be treated in any set way by his captors, despite all the words and laws governing the treatment of POWs. Various factors will determine the prisoner's fate. For example, if a large number of prisoners have been taken, then the organizational demands of the situation may result in a lessening of ill treatment of the individual. But if an individual, say a pilot, is captured, then his captors may seek revenge, or at least use him as a symbol of this, by subjecting him to a beating. The prisoner's treatment will also depend on the professionalism of his captors. Professional troops normally act in a restrained and responsible way, whereas local militia are likely to be more crude in their approach.

The prisoner of war must be prepared to encounter some hostility from his captors, and the intensity of their reaction to him will be directly related to one or more of the following factors:

- Which side is winning the conflict
- The number of alleged atrocities carried out by forces fighting on his side
- A bombing mission by his forces that has or may have inadvertently killed innocent civilians.

This last act will be seen as a war crime and attributed to the individual prisoner. From the perspective of his captors, he is the enemy personified,

*Being captured by the enemy is one of the most frightening experiences a soldier faces. The best insurance against this is to grab even the slimmest chance of*

and therefore responsible for all the actions that have been carried out by his own comrades.

### AN EARLY ESCAPE

It is every soldier's duty to attempt to escape at the first opportunity. The closer the prisoner of war is to his own lines, the greater his chances of success. At such times he will know where his own troops are located, he will still be fit (unless he has been wounded), and he may well still have some of his equipment. However, a POW who has been captured close to the forward edge of the battle area must remember that the danger of being shot while trying to escape will be very high. Heavy concentrations of armed men in an acute state of tension will make escaping dangerous, and unless there is a good chance of success, it is unwise to risk provoking front-line combat troops.

Always watch out for the opportunity to escape during transit deep behind enemy lines. Escape is possible by all modes of travel: on foot, in a road vehicle, boat or train or by air. Stay alert, take advantage of

diversions such as air strikes by friendly forces, or when the guards are sleeping. Even if the possibility of escape is not immediately obvious, the POW should collect any useful items and information that may aid his escape at a latter date.

You will find in this book a wealth of detailed information on practical escape, evasion and survival techniques, and with the help of these you can come through most survival situations. In recent years, great advances have been achieved in the design and manufacture of

*Evading capture when behind enemy lines demands an alert state of mind and a readiness to take advantage of diversions such as air strikes by friendly forces.*



# ESSENTIAL SURVIVAL TRAINING FROM THE BRITISH SAS

While you may never be trained by the elite British Special Air Service (SAS), Barry Davies's expert guidance will make you feel like you have. When in a harrowing situation, Davies, a widely respected specialist on SAS techniques and training, explains that the main problem is often not one of equipment, but the lack of will to do something about the predicament. With this extensive manual, you'll learn everything you need to know to keep yourself alive, from first aid and navigation to acquiring life-saving essentials like food, water, and shelter.

With more than 350 full-color illustrations, Davies shows you how to avoid capture and how to escape and get rescued should that evasion fail. He even includes self-defense tactics. For military personnel and civilians alike, this manual is easy to understand and will provide you with the ability to rise to the challenge of surviving in a hostile environment. *The Complete SAS Survival Manual* could save your life!

**BARRY DAVIES** spent eighteen years in the British Special Air Service, serving around the globe. He participated in the storming of the hijacked Lufthansa plane at Mogadishu in 1977 and was awarded the British Empire Medal. He is also the author of *The SAS Self-Defense Handbook*.



Skyhorse Publishing, Inc.  
New York, New York  
[www.skyhorsepublishing.com](http://www.skyhorsepublishing.com)

Cover design by Adam Bozarth  
Printed in China

ISBN-10: 1-61608-282-8  
ISBN-13: 978-1-61608-282-6



9 781616 082826

5 1 4 9 5