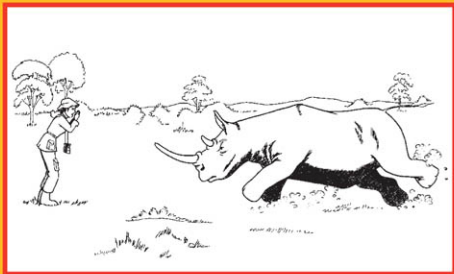
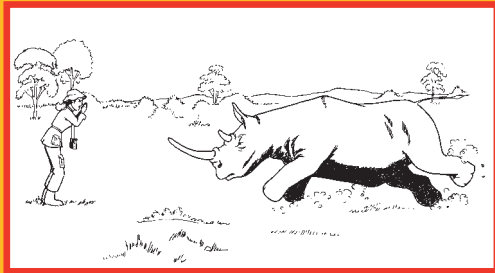


# The WORST-CASE SCENARIO Daily Survival Calendar 2011



A DAY-BY-DAY GUIDE TO SURVIVING A YEAR'S WORTH OF PERIL

# The WORST-CASE SCENARIO Daily Survival Calendar 2011



A DAY-BY-DAY GUIDE TO SURVIVING A YEAR'S WORTH OF PERIL  
By Joshua Piven and David Borgenicht

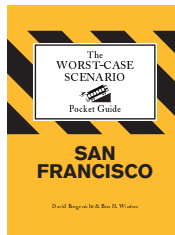
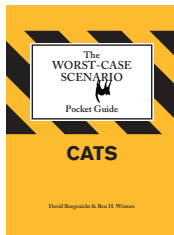
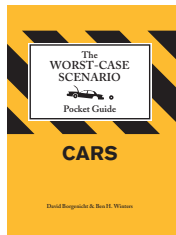


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CHRONICLE BOOKS

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## WARNING:

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To deal with the worst-case scenarios presented in this calendar, we insist that the best course of action is to consult a professionally trained expert. **DO NOT ATTEMPT TO UNDERTAKE ANY OF THE ACTIVITIES DESCRIBED IN THIS CALENDAR YOURSELF.** The information within is meant for education and entertainment, and is not a substitute for the advice of a professional.

**THE AUTHORS, THE PUBLISHER, AND THE EXPERTS DISCLAIM ANY LIABILITY** from any injury that may result from the use, proper or improper, of the information contained in this calendar. We do not guarantee that the information contained herein is complete, safe, or accurate, nor is it the only course of action or a substitute for your good judgment and common sense. We urge you to obey all laws and respect all rights, including property rights, of others.

—The Authors

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## INTRODUCTION

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Once again, we've worked with our team of experts to come up with clear, step-by-step instructions for surviving life's sudden turns for the worse—those basic skills you'll need to make it out alive from virtually any life- or limb-threatening situation. Culled from the pages of our best-selling titles in the Worst-Case Scenario Survival Handbook series, and with hundreds of extra survival tidbits thrown in, the information in this year's daily calendar comes from FBI agents, detectives, stuntmen, survival trainers, safari operators, demolition derby drivers, and many more experts in the situations at hand. At the end of the year, you'll very likely be an expert yourself!

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**SATURDAY, JANUARY 1** New Year's Day  
**SUNDAY, JANUARY 2**

**TODAY'S HERO**

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On January 2, 2007, a construction worker named Wesley Autrey saved a young man who had fallen on the subway tracks in a New York City subway station. Autrey was waiting for a train at the 137th and Broadway station when he noticed Cameron Hollopeter having a seizure that caused him to fall onto the subway tracks. Autrey saw the lights of an oncoming train and quickly leaped onto the tracks intending to pull Hollopeter to safety. Realizing they didn't have enough time to get off the tracks, Autrey threw himself over Hollopeter in a drainage ditch between the tracks. The two men were unharmed when the train passed over them. Nicknamed the "Subway Hero," Autrey was awarded the Bronze Medallion, New York City's highest award for exceptional citizenship and outstanding achievement.

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# MONDAY, JANUARY 3

## TODAY IN SURVIVAL HISTORY

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On this day in 1924, the sarcophagus of Tutankhamen was unearthed in the Valley of the Kings, near Luxor, Egypt. British Egyptologist Howard Carter discovered the three nesting coffins that housed the mummified king. The outer two coffins were made of wood overlaid with gold; the innermost coffin was made of solid gold.

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# TUESDAY, JANUARY 4

## HOW TO TREAT A BULLET OR KNIFE WOUND

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**1 Do not immediately pull out any impaled objects.**

The object may be pressed against an artery or other vital internal structure and may actually be helping to reduce the bleeding.

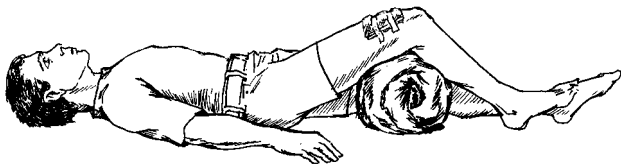
**2 Control the bleeding by using a combination of direct pressure, limb elevation, pressure points, and tourniquets (in that order).**

**3 Immobilize the injured area.**

Splints and dressings help protect from further injury and maintain clots that have begun to form.

**4 Dress the wound, and strive to prevent infection.**

**5 Get medical attention as soon as possible.**



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# WEDNESDAY, JANUARY 5

## TODAY'S HERO

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American explorer and adventurer Zebulon Montgomery Pike was born on this day in 1779. After proving himself in the U.S. Army, Pike was ordered to explore the northern waters of the Mississippi River in 1805 and the Red and Arkansas rivers in 1806. On this latter expedition, Pike attempted to climb the mountain that would later be named Pike's Peak. He then headed south into Spanish territory, in what is now New Mexico, where all of the information he had compiled during his travels was confiscated by the Spanish authorities.

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# THURSDAY, JANUARY 6

## HOW TO ESCAPE FROM A MOUNTAIN LION

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- 1 Try to make yourself appear bigger by opening your coat.**

The lion is less likely to attack a larger animal.

- 2 If the lion still behaves aggressively, throw stones.**

Convince the lion you are not prey.

- 3 If you are attacked, fight back.**

Most mountain lions are small enough that an average-size human can ward off an attack. Do not curl up and play dead.



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# FRIDAY, JANUARY 7

## TODAY IN SURVIVAL HISTORY

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On this day in 2002, the asteroid 2001 YB5 passed by Earth at a distance only twice that from Earth to the moon. Though the approximately 375,000 miles may seem like a large distance by conventional standards, it was considered a “close call” by scientists. The asteroid, falling into the category of a Near Earth Object, was around 1,000 to 1,300 feet in diameter. Scientists estimated that had it hit Earth, the damage would have been equivalent to that of several nuclear weapons being detonated—sufficient to obliterate a medium-size nation.

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**SATURDAY, JANUARY 8**  
**SUNDAY, JANUARY 9**

### **TODAY IN SURVIVAL HISTORY**

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The first day of filming on the set of *Rocky* began on January 9, 1976.

Sylvester Stallone trained for five months to play the role of Rocky Balboa, the “Italian Stallion,” a small-time boxer who survives the mean streets of Philadelphia and earns a shot at the heavyweight championship. Stallone was said to have written the screenplay for the film, which would later win him an Oscar, in less than a week. The Rocky series had four sequels and established Stallone as a household name. *Rocky* was also the first feature-length film to use the Steadicam, a system that stabilizes the camera and makes for an even shot.

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# MONDAY, JANUARY 10

## HOW TO BUILD A SNOW TRENCH

---

**1** Map out a trench so that the opening is at a right angle to the prevailing wind.

You need to find a space just a bit longer and taller than your body when lying down.

**2** Dig the trench with a wider, flatter opening on one end for your head.

A cooking pan or a long, flat piece of wood works well as an entrenching tool.

**3** Cover the top of the trench with a layer of branches, then a tarp or layer of plastic sheeting, then a thin layer of snow.

Make a door using a backpack or blocks of snow.

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# TUESDAY, JANUARY 11

## TODAY IN SURVIVAL HISTORY

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On this day in 1922, insulin was first administered to a human to treat diabetes. Leonard Thompson, a 14-year-old boy, was given the hormone at Toronto General Hospital in Canada. Scientists had long noted the correlation between diabetes and the pancreas, but it wasn't until 1921 that insulin was isolated and extracted from a pancreas, making it usable for treatment. Since 1922, millions of diabetes sufferers have been able to control the disease with the help of insulin.

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# WEDNESDAY, JANUARY 12

## TODAY IN SURVIVAL HISTORY

---

Famous racer Barney Oldfield set a new speed record on this day in 1904, crossing the frozen surface of Lake St. Clair at 91.37 mph.

Oldfield's speed was impressive, especially since the automobile was still a brand-new invention, but his life was the true adventure story.

With cars nicknamed the Blitzen Benz and the Golden Submarine, Oldfield traveled on the barnstormer circuit in rural America, showing off his technical precision with automobiles. He would go on to popularize auto racing among the working class masses.

His status as an outlaw was solidified when he was banned from both the prestigious Vanderbilt Cup races and the Indy Brickyard for holding exhibition races.

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# THURSDAY, JANUARY 13

## HOW TO TREAT A TONGUE STUCK TO A FROZEN POLE

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### **1 Do not pull the tongue off the pole.**

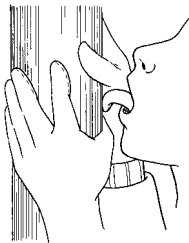
Pulling sharply will be very painful.

### **2 Move closer to the pole.**

Get as close as possible without letting more of the tongue's surface area touch the pole.

### **3 Warm the pole with your hands.**

A tongue will stick when the surface of the pole is very cold. The top few layers of the tongue will freeze when it touches



the pole, causing bonding. Place your gloved hands on the area of the pole closest to the tongue. Hold them there for several minutes.

### **4 Take a test pull.**

As the pole warms, the frozen area around the tongue should begin to thaw. Gently pull the tongue away from the pole. You may leave a layer or two of skin on the pole, which will be painful, but the tongue will quickly heal.

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# FRIDAY, JANUARY 14

## HOW TO JUMP FROM A MOVING CAR

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**1** Pull the emergency brake.

This may not stop the car, but it might slow it down enough to make jumping safer.

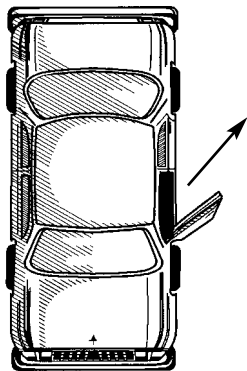
**2** Open the car door.

**3** Make sure you jump at an angle that will take you out of the path of the car.

Tuck in your head, arms, and legs.

**4** Aim for a soft landing site: grass, brush, wood chips, anything but pavement—or a tree.

Roll when you hit the ground.



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**SATURDAY, JANUARY 15** Martin Luther King, Jr.'s Birthday  
**SUNDAY, JANUARY 16**

## **TODAY'S HERO**

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On January 15, 2009, Captain Chesley “Sully” Sullenberger III successfully landed US Airways Flight 1549 on the Hudson River outside of New York City, saving the lives of all 155 passengers on board.

Shortly after the plane took off, a large flock of birds flew into the plane, disabling both engines. Sullenberger swiftly made the decision to attempt an emergency water landing on the Hudson River, an extremely rare and difficult maneuver that few pilots have ever pulled off. The so-called “Miracle on the Hudson” earned Sullenberger numerous awards, recognition, and accolades, including a Masters Medal from the Guild of Air Pilots and Air Navigators, a Key to the City of New York, and an invitation to the inauguration of President Barack Obama.

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# MONDAY, JANUARY 17

Martin Luther King, Jr. Day

## TODAY IN SURVIVAL HISTORY

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On this day in 1950, a team of 11 thieves stole \$2.7 million from the Brinks armored car depot in Boston, Massachusetts. Lifelong criminal Tony Pino choreographed the Great Brinks Robbery with the help of Joe McGinnis. The two monitored the depot for almost two years to time their strike for when the depot was holding the greatest amount of money. They also stole the depot's alarm system plans, returning them before anyone noticed they were missing. When their plan finally went into action, the disguised thieves gathered their loot in 30 minutes without leaving any evidence behind. The gang almost got away with their near-perfect crime until teammate Specs O'Keefe, who had to part with his share to serve jail time, ratted out his partners. Eventually, 8 of the thieves were turned in, but only a small part of the money was ever recovered.

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# TUESDAY, JANUARY 18

## HOW TO TAKE A BULLET

---

### **1 Face the shooter.**

Avoid taking a bullet in your back or the base of your skull.

### **2 Get low.**

Sit with your knees bent, your legs in front of you, your forearms covering your face, and your hands over your head. Keep your hands an inch or two in front of you to absorb the impact of the bullet.

### **3 Wait for the impact.**

You may feel a “punch” sensation or nothing at all.

### **4 Control the bleeding.**

Place firm, direct pressure on the wound to slow blood loss. Tightly tie a belt or narrow strip of cloth several inches above the wound if the bleeding does not stop. Use a tourniquet only as a last resort. Never leave a tourniquet in place more than a few minutes.

### **5 Seek help.**

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# WEDNESDAY, JANUARY 19

## HOW TO PRESERVE A SEVERED FINGER, HAND, OR LIMB

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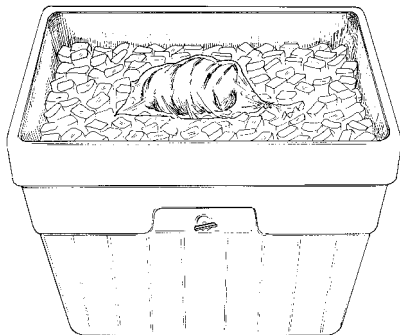
- 1** Gently wash the severed item with water.

Wrap it in a moist clean cloth.

- 2** Wrap it once more in a watertight material (such as a plastic bag).

- 3** Keep it cold, but **DO NOT FREEZE**.

A limb saved in this manner can remain viable for reattachment for up to six hours.



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# THURSDAY, JANUARY 20

## TODAY'S HERO

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Conservationist and author Joy Adamson was born on this day in 1910. Adamson traveled to Kenya in 1937 where she married and lived for the rest of her life. She studied both plant and animal life, but gained greater fame for raising a lion cub whose mother she and her husband, George, had killed in self-defense. Joy and George not only raised the cub but managed to maintain its untamed nature, so that it could be returned safely to the wild where it thrived. Joy then wrote the books *Born Free*, *Living Free*, and *Forever Free*, which detail the life of the rescued cub. The Adamsons also worked toward controlling the poaching of animals.

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# FRIDAY, JANUARY 21

## ESSENTIAL SURVIVAL KNOWLEDGE: GESTURE TO AVOID

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Touching the thumb and index finger to suggest a circle, with the other fingers on the hand fanned out, indicates that everything is okay in the United States. But if traveling elsewhere, the gesture has several other meanings:



- ★ In Brazil, Germany, and Russia, the signal is an insult, indicating a very private orifice.
- ★ In Japan, the sign indicates that you want change in coins from a cashier.
- ★ In France, the OK gesture conveys the concept of something being worthless. When placed over the nose, it means “drunk.”

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SATURDAY, JANUARY 22  
SUNDAY, JANUARY 23

## TODAY'S HERO

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Richard Dean Anderson, the star of the highly celebrated action series *MacGyver*, was born on January 23, 1950. The show, in which Anderson portrayed the title character MacGyver, premiered on ABC in 1985 and ran for seven seasons. The series proved that with a little imagination we can find creative solutions to survive anything, such as disarming missiles with a paper clip or assembling an arc welder out of wire, a battery, and some jumper cables.

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# MONDAY, JANUARY 24

## TODAY IN SURVIVAL HISTORY

---

North Korean patrol boats captured the U.S. Navy intelligence vessel USS *Pueblo* on this day in 1968. The *Pueblo* was on a routine surveillance mission in what the crew thought were international waters when North Korean ships opened fire on it. Surrounded, with no chance of escape, the crew of the *Pueblo* stalled for time in order to destroy classified information. The North Koreans raided the boat, killing one crew member and imprisoning the remaining crew for espionage. After 11 months of incarceration and torture, the release of the 82 surviving crewmen was successfully negotiated, and the men walked to their freedom in South Korea.

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# TUESDAY, JANUARY 25

## HOW TO PREPARE FOR A TRAIN CRASH

---

**1** As the train lurches, get flat on the floor.

**2** Clasp the back of your neck, face down.

**3** If you are in the bathroom, sit on the floor with your back to the engine; bend your knees, clasp your hands behind your neck, and brace for impact.

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# WEDNESDAY, JANUARY 26

## HOW TO SURVIVE IN FRIGID WATER

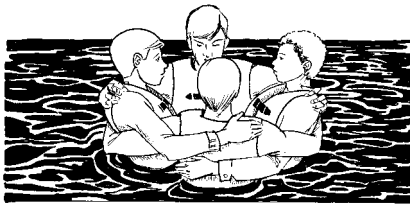
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### **1 Do not attempt to swim.**

Swimming moves cold water over your skin, causing rapid cooling.

### **2 If you have a life vest, put it on and draw yourself into a ball to maintain maximum body heat.**

If there is another person with you, huddle together for warmth.



### **3 If you do not have a floatation device, grab anything buoyant.**

If nothing is available, float on your back or tread water very slowly. If you cannot float or tread water, button up the top collar of a coat or shirt and flap up and down to form an air pocket beneath the fabric.

### **4 Once rescued, look for signs of hypothermia.**

Slurred speech and a lack of shivering are signs of severe body temperature loss. Immediately, but slowly, rewarm your body.

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# THURSDAY, JANUARY 27

## HOW TO SURVIVE A RUNAWAY SLED

### **1 Slow the sled using emergency steering and braking.**

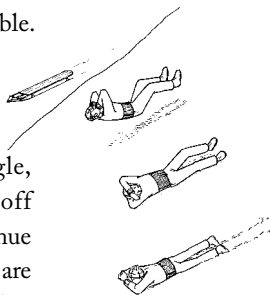
Move the sled side to side to slow it down.

### **2 Redirect the sled.**

Turn the sled onto a course that traverses the hill, if possible.

### **3 Roll off the sled.**

Perform a single, sideways roll off the sled. Continue to roll until you are on your stomach.



### **4 Dig the toes of your shoes into the snow.**

Dragging (if head first) or digging (if feet first) with your toes to slow your descent only works on powdery snow. If you are on hard-packed snow, do not dig your feet while sliding or you risk flipping over.

### **5 Use your hands.**

Dig your hands into the snow in a “dog paddle” position. If you are sliding head first, this will cause your legs to swing around and you will be descending more safely feet first. Avoid running into trees and do not grab stationary objects: An abrupt stop may dislocate a shoulder.

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# FRIDAY, JANUARY 28

## TODAY'S HEROES

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Twins Auguste and Jean-Felix Piccard were born on this day in 1884 in Switzerland. The brothers, both scientists, pioneered ballooning and studies of the stratosphere. Auguste was most famous for his design of a pressurized gondola which could be attached to a balloon; he understood that for a man to survive at extreme heights, he would have to be in a pressurized environment. Jean-Felix helped develop and test a liquid-oxygen converter that would eventually be used in both balloons and aircraft.

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# SATURDAY, JANUARY 29

# SUNDAY, JANUARY 30

## ESSENTIAL SURVIVAL KNOWLEDGE: APPROPRIATE ATTIRE

---

Proper layering is vital to staying warm and dry, especially in mountainous terrain. Wear or carry the following:

★ **A first layer of long underwear (preferably polypropylene) to draw moisture off of your skin.**

★ **A thicker middle layer designed to trap and create warm “dead air” space, such as a down parka.**

★ **A breathable outer layer, preferably a jacket that allows moisture out but not in.**

Dry insulation is the key to your survival if you get lost or experience difficulty. Once you are wet, it is very difficult to get dry.

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# MONDAY, JANUARY 31

## TODAY'S HERO

---

On this day in 1988, Doug Williams of the Washington Redskins became the first African-American quarterback to play in the Super Bowl. After signing with the Redskins in 1986, Williams led them to their 42–10 victory over the Denver Broncos in Super Bowl XXII. Williams' outstanding performance, highlighted by four touchdowns thrown in the first half, earned him the Most Valuable Player title.

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# TUESDAY, FEBRUARY 1

## HOW TO PERFORM THE HEIMLICH MANEUVER

---

**1** Firmly tell the choking person to stand up and stay still.

**2** Hug the person from behind.

**3** Make a fist with one hand and place it in the choking person's solar plexus. Place your other hand, palm open, over your fist.

The solar plexus is the first soft spot in the center of the body, between the navel and the ribs.

**4** Tell the person to lean forward slightly.

**5** Pull your fist in and up.

Use force and a quick motion. This will push out the residual lung gas under pressure, clearing any obstruction in the trachea. Repeat as needed.

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# WEDNESDAY, FEBRUARY 2

Groundhog Day

## TODAY IN SURVIVAL HISTORY

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Details of FBI operation ABSCAM were released to the public on this day in 1980. In one of the more intriguing investigations of corruption known to the public, the FBI targeted 31 public officials in the course of the operation. Posing as representatives from the fictitious Abdul Enterprise, Ltd., FBI agents met with the officials, offering them bribes for considerations and special favors. Four members of the federal House of Representatives and one U.S. senator were convicted of bribery and corruption.

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