

INSTRUCTIONS FOR THE USE OF EMERGENCY SUSTENANCE VEST, TYPE C-1



	<i>Page</i>
FIREMAKING	4
HUNTING, FISHING . .	8
FOOD, UTENSILS	9
CLOTHING	12
FIRST AID	15
SIGNALS	16
MISCELLANEOUS . . .	17

Prepared by
**THE ARCTIC-DESERT-TROPIC BRANCH
HQ, AF TACTICAL CENTER**

DISTRIBUTION OF ITEMS IN



Hints on Care

Your life may depend on the vest —take care of it and its contents. Don't lay the vest carelessly on the ground; hang it on a tree branch. Remember that the vest contains a fine instrument—your compass; give it consideration in your handling. Sew up any rips or tears promptly. Keep the vest dry. When traveling, always keep your vest on, even while resting, otherwise you may lose it. The vest is tough—it will stand a lot of rough usage provided you take care of it. The contents of the vest may vary slightly from time to time, due to future improvements, but this booklet will remain standard.

C-1 VEST TYPE EMERGENCY KIT

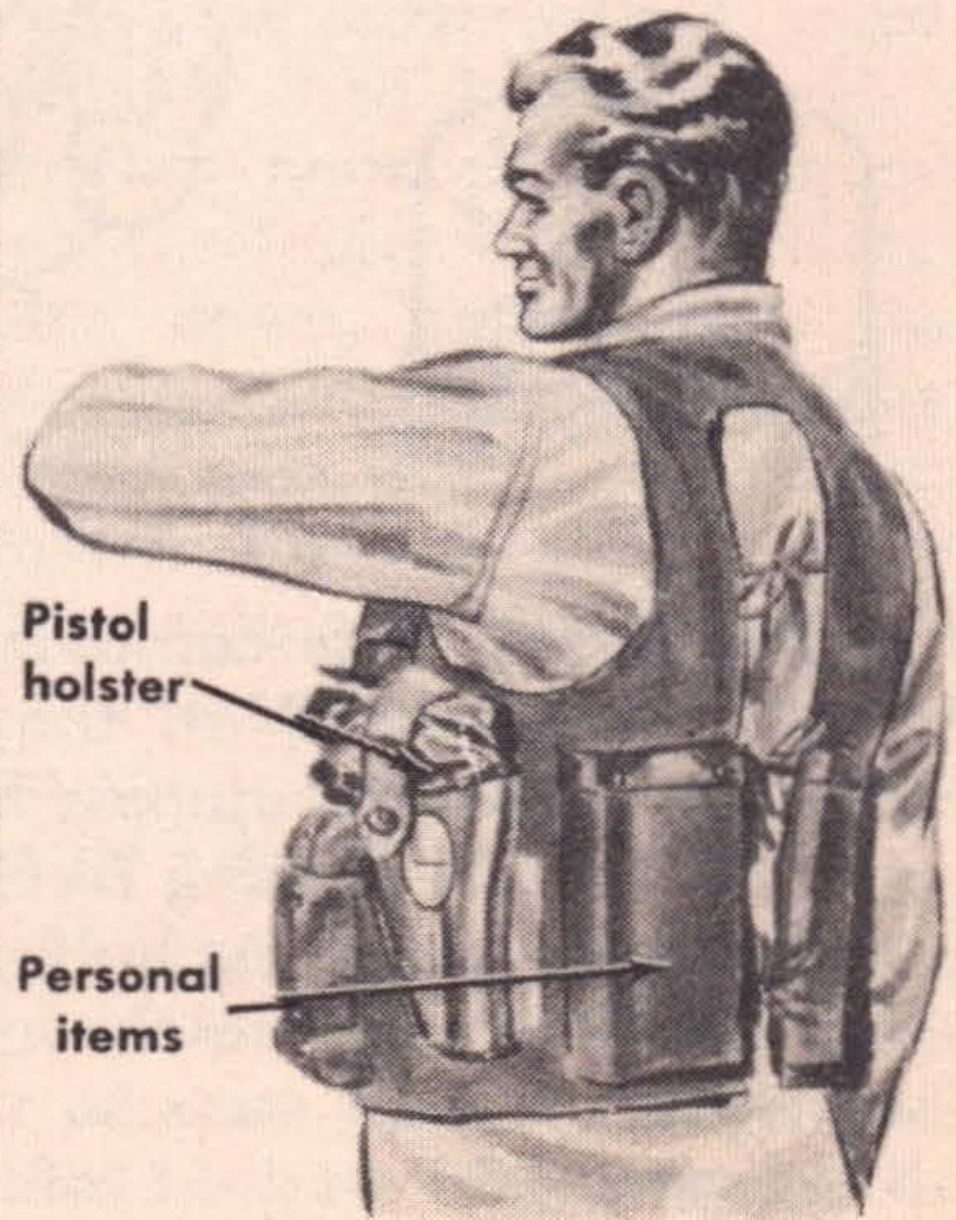


Instr. book, Hat,
Gloves, Gaff assembly

Mosquito headnet,
Bandage, Goggles,
Tissue, Canteen

Hints on Wear

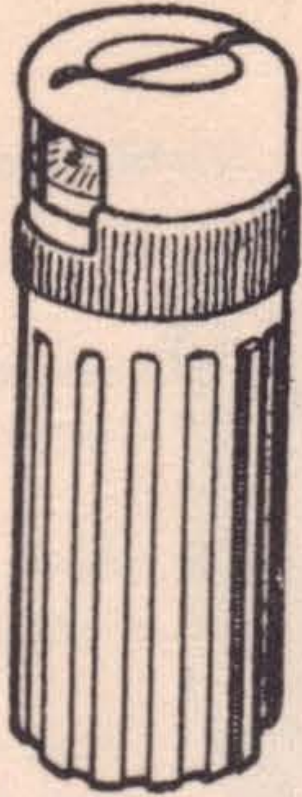
To fit the vest properly, slip it on, button it in the front, and adjust the tie strings at the back until it feels snug. After fitting, it is a good plan to sew the tie strings together permanently to avoid the discomfort of knots pressing against your back. Carry your .45 in the vest holster; you can reach it easily here, and the pistol balances the weight of the items on the right side of the vest. When fitted properly, you can wear the vest all day long without being uncomfortable. Keep all items in their designated pockets; be sure the flaps are buttoned shut. Familiarize yourself thoroughly with the location of each item in the vest.



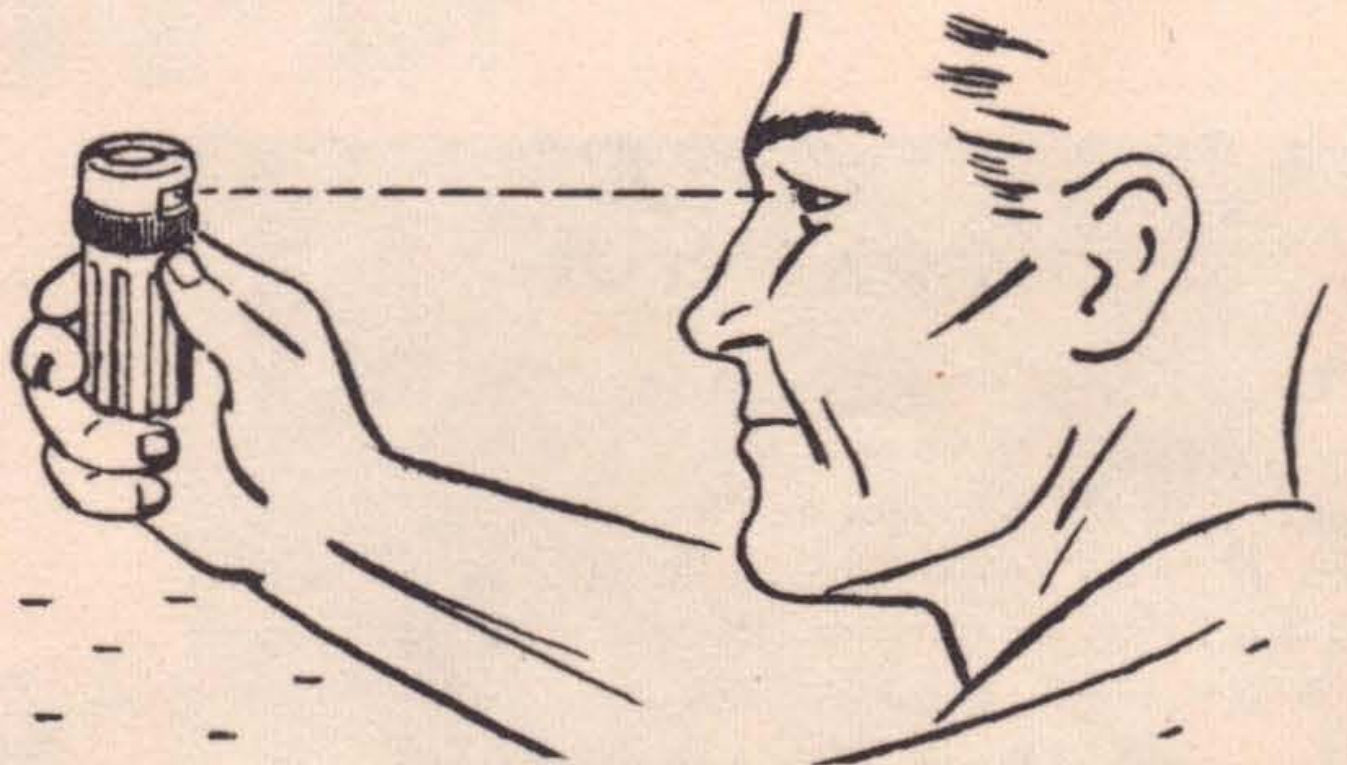
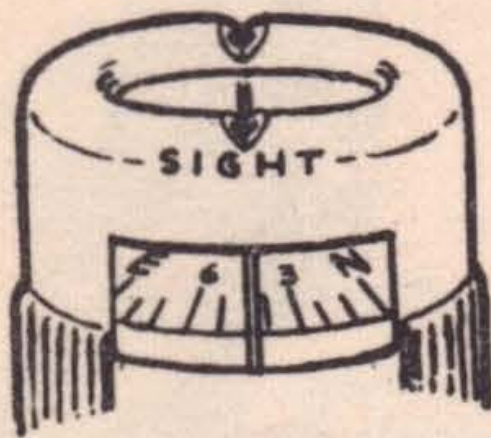
Pistol
holster

Personal
items

WATERPROOF MATCHBOX WITH COMPASS AND FLINT

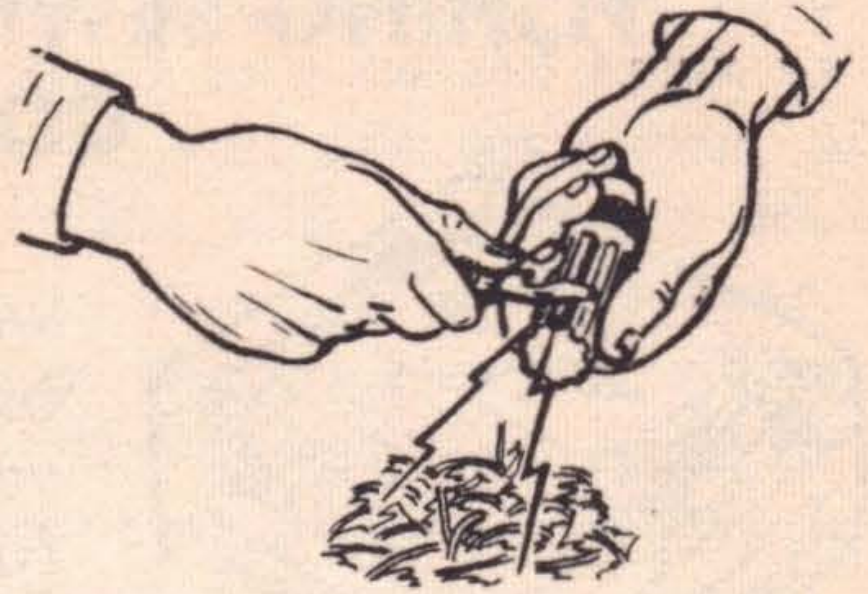


This box contains approximately 40 wooden "strike anywhere" kitchen matches, in two layers. Each match has been cut in half to double your firemaking capacity. The plastic carrying case is waterproof and will float. *Your matches are one of your most precious possessions; guard them as you would your life, especially if you are in the Arctic. Keep the cover screwed on tight to keep the case waterproof, and carry it in a buttoned-up pocket. Conserve your matches; they may have to last you a long time. Don't light cigarettes with them. Use another cigarette, or a blazing brand from the fire.*



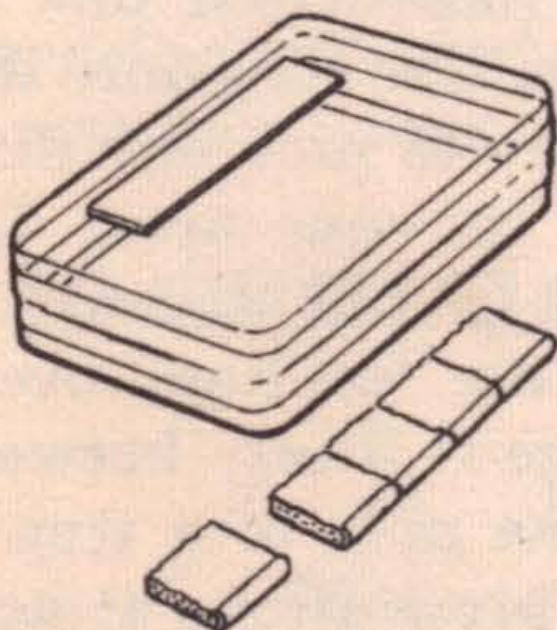
Compass. The compass in the matchbox head is reliable for your purposes. Note that it has luminous markings for use at night. Tap the compass head gently with your finger to be sure the card is floating freely before using. To obtain a rough estimate of direction, hold the compass up to your eye and sight through the notches. It is best to check the compass with the sun and stars to make sure it is working properly. Read pages 53 and 54 of the Survival Manual (page 17) for information on finding direction.

Flint. A strip of flint has been included on the side of the matchbox as an additional means of starting a fire. To use this flint, collect some dry tinder, such as shavings, bark, or tissue paper. Hold the matchbox in your left hand about an inch from this tinder, and strike the flint strip sharply with a piece of steel; the screw driver end of your scout knife is excellent for this purpose. A shower of sparks will cascade into the tinder. Keep striking with short sharp strokes until the tinder ignites. A few gentle breaths will then fan the glowing coals into flame.



Caution: Be sure your tinder is absolutely dry.

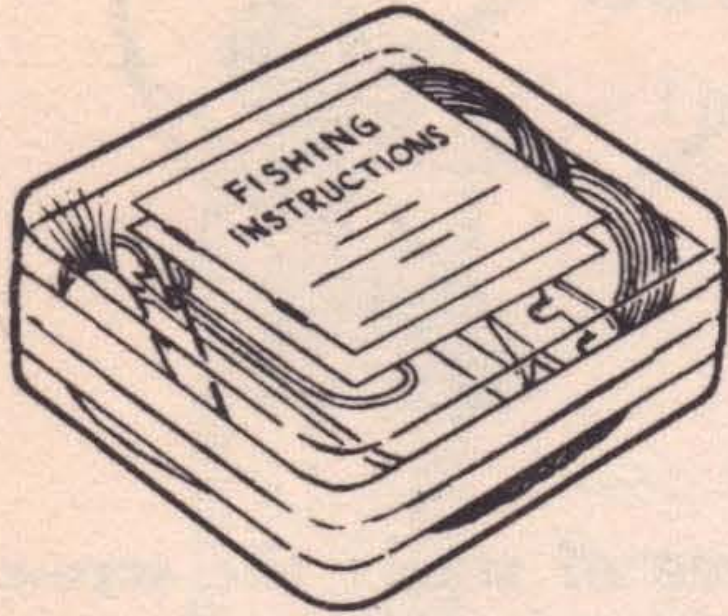
14 FIRE-STARTING TABS



The fire-starting tabs, which resemble square lozenges, are most useful in wet weather; they will burn with a steady flare for 3 to 4 minutes. Hold the tab between your thumb and forefinger with the coated edge down, and scratch this edge on the coated strip that is pasted on the inside of the plastic case which contains the tabs. The tab will light like a match. Place it quickly under the material you wish to burn. The tabs will also supply you with additional matches if your regular supply runs low. For this purpose slice the lozenge into about four strips with your knife, being sure to leave the coated edge on each strip.

Caution: These tabs will light *only* when scratched on the specially coated strip supplied with the case, or on similar "safety" match box strips. Don't cut any tab into more than four strips, or they will crumble and become useless when you attempt to strike them.

FISHING-SEWING KIT, IN PLASTIC CONTAINER



Since fish are found practically the world over, your best chance of eating depends on the skill with which you use your fishing kit. Read carefully the instructions inclosed with it.

General Hints: Before you start unwinding the line, cut a chunk of wood and tie a free end of the line to it. If you reel up your line on the wood as you first uncoil it, you will prevent snarls. Drive the hook firmly into the wood or tuck it under the coils. This will help to prevent the wet line from snarling when not in use. You can then carry this makeshift reel in one of the large pockets of the vest or in your own pockets, ready for instant use. At sea, use the empty plastic box of your fishing kit as an improvised line holder.

Most fish will bite at meat or worms. Use flies only if everything else fails. In choosing your fly, try to pick one that most closely resembles the insects present in your area. Draw it across the water's surface slowly, in a lifelike manner.

If you are camping near water, leave a "set line" overnight. If you have an improvised pole, wedge it firmly between two large rocks or logs. Tie the base of the pole to a tree with a spare piece of line, and as an extra precaution, attach your baited line to the pole in the following manner: Tie the end to the base of the pole. Carry the line up the pole, making half-hitches at intervals of one-third pole-length and tying a full hitch at the tip. If the pole breaks at night, you will not lose your line or your fish. Use the stainless steel leader on a "set line," or a turtle or large fish may chew your line away overnight.

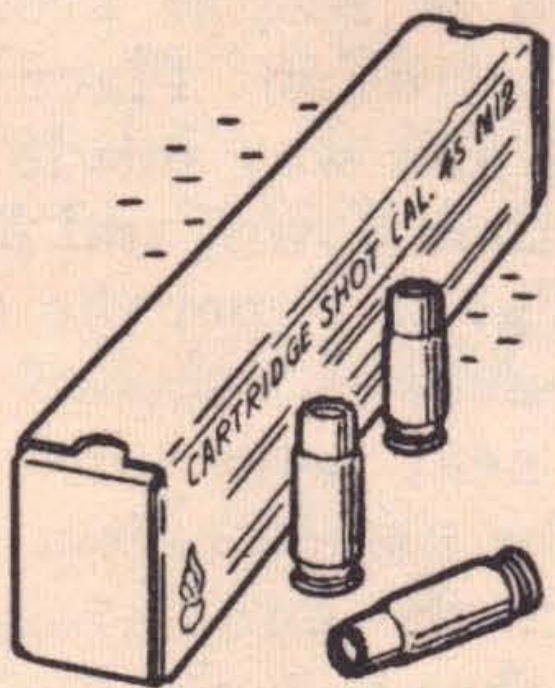
Remember that successful fishing requires a lot of patience. Don't be discouraged if your first efforts fail. Try another place; try again at a different time of day. Be quiet, move slowly. Along the banks of clear-water streams and lakes, keep yourself hidden.

At sea, use all the line you have, and attach the lead weights for sinkers. Throw the weighted and baited hook as far away from the raft as possible. If you are on shore, a stone or heavy weight lashed to the line will add extra distance to your heave and enable you to reach otherwise inaccessible areas. Swing a 3-foot length of the weighted line like a pendulum or sling and release it at the correct moment. Be sure the line is unsnarled before attempting a cast, and attach the free end securely to your raft. If large fish, such as sharks, are around, under no circumstances attach the line directly to your body or you may end up as bait yourself.

By removing the weights and baiting your hook with a small fish, such as a minnow, seagulls and other birds may also be caught with your fishing kit. Pull the bait along the surface of the waves some distance from you in as lifelike a manner as possible.

Sewing Kit. Use this kit to mend torn clothes and equipment, such as your headnet. The safety pins will help to make improvised footgear and other items from canvas or parachute cloth. Extra fish hooks also can be improvised from the pins.

20 SHOT-CARTRIDGES, .45-CAL.



Because small game is usually a main item of a survivor's potential menu, shot-cartridges for the .45-caliber automatic pistol have been included in the kit. Before you use them read carefully the instructions contained in their box. They are single-shot shells only; *don't try to place them in the cartridge clip*. Each shell must be chambered by hand,

fired, and ejected before another can be inserted.

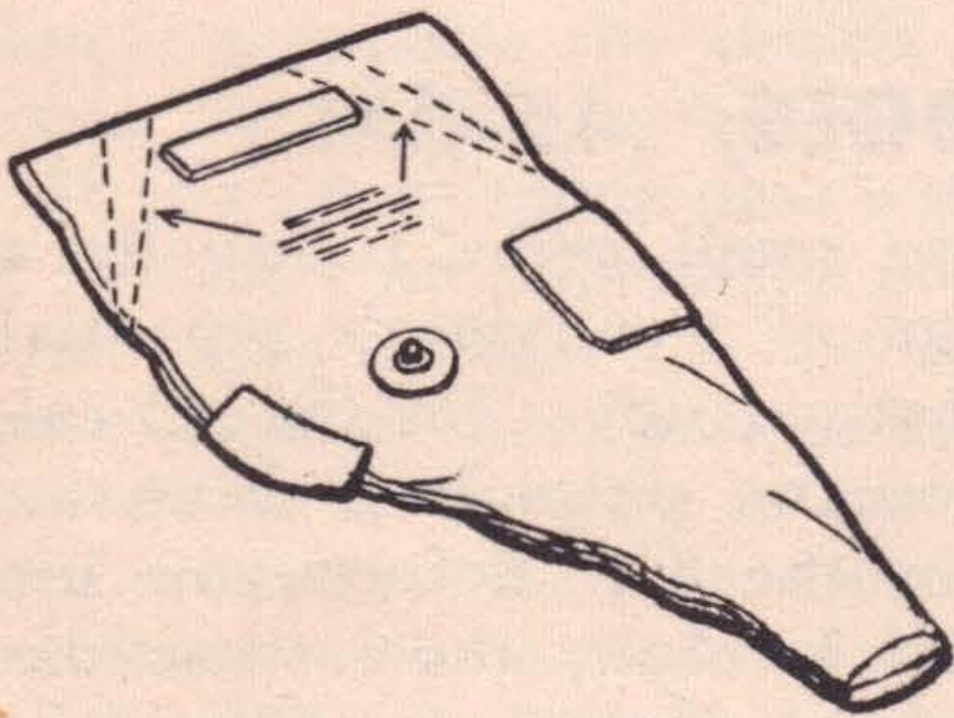
General Hints: Carry three or four of these shells loose in a buttoned shirt pocket for quick use. Don't let them get wet. *Don't shoot at anything over 30 feet away*—your shots

HUNTING & FISHING

will just be wasted. At 45 feet the shot pattern is spread over an area 10 feet in diameter. When shooting at moving birds and animals, always remember to "lead" your target by aiming several feet ahead of the actual object. Rabbits, squirrels, and all kinds of birds can be killed with this cartridge, but you will need patience and skill to stalk undetected within the necessary 10-yard range. It is a good plan to conceal yourself with foliage and try to call the birds by imitating their cries. They have a lot of curiosity; a little patience and persistence is all you need to attract the average bird within range.

Caution: Don't underestimate your distances; remember, 30 feet is only five times the length of a man. Literally "wait till you can see the whites of their eyes" before opening fire. If you have ball cartridges, save them for larger game.

WATERPROOF COVER FOR .45-CAL. PISTOL



A waterproof, transparent plastic sheath has been provided for your .45 automatic. Carry your gun in this cover at all times, especially in the tropics and at sea, to prevent rust and corrosion. Place the weapon all the way inside the sheath, muzzle down, and press the sides flat to expel the air; then fold over the top of the sheath in neat folds until the strap can be passed across and

fastened tight on the snap fastener. Place the gun, wrapped in its weatherproof sheath, in the holster that is built into the vest.

Caution: Don't let any mosquito repellent come in contact with the plastic sheath or plastic canteen (page 11). It will dissolve the plastic and eat large holes in the surface. *This is very important.*

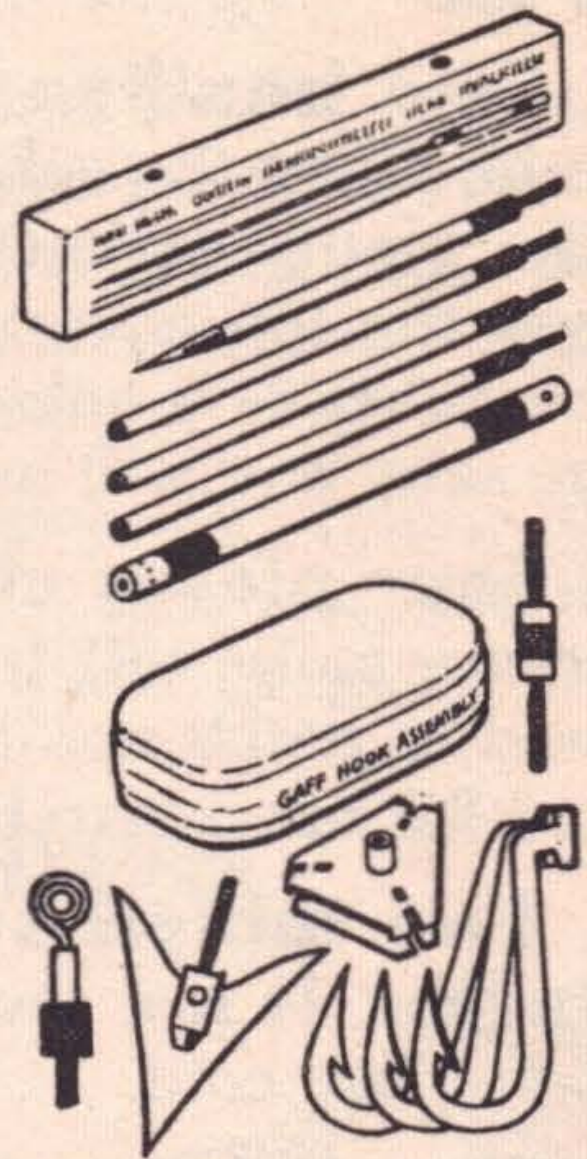
COLLAPSIBLE SPIT AND GAFF

Complete instructions are inclosed with the gaff hook assembly kit. Read them carefully before using it.

General Hints: Use the spit to roast small game, such as squirrels, rabbits, fowl, and fish.

For spearing fish, the length of the shaft may be extended to six or seven sections by using the contents of two or more kits or by the addition of a wooden pole. Be sure the joints are tight to prevent bending and buckling of the shaft. Look for fish swimming alongside of abandoned breakwaters, sand spits, and lagoons. Fish also can be speared from a raft. The spit, with eyelet attached, can be used as a fishing pole if no wood pole is available.

Caution: Don't try to harpoon a shark or other large fish. You will only lose the spear and perhaps upset the raft. Concentrate on fish up to 2 feet in length. Lash the spear securely to your raft with a small piece of heavy fishing line or 'chute shroud line, threading it through the hole in the handle of the spear to form a loop.



2 "PARACHUTE" RATIONS IN TIN CONTAINERS



Each vest contains two tins of emergency rations, complete with can opener and instructions for its use. *Eat the rations sparingly* to supplement your catch of wild game and fish. If eaten alone, each tin will provide minimum nourishment for one man for only one to two days if he is inactive—less if

FOOD & UTENSILS

he is traveling. Remember, however, that the main purpose of your vest is to make it possible for you to live off the land or sea.

Two bouillon cubes—Each cube will make a pint of soup. Chop the cube up with a knife and dissolve in hot water. The empty ration tin makes a good pot for cooking; bend over the top cover of the tin to improvise a handle. Don't eat the cubes raw unless you have plenty of drinking water; they are salty and will increase your thirst.

Four pieces chewing gum—Chewing a piece of gum occasionally will help to relieve thirst. The gum also can be used to patch small holes in rubber rafts, in plastic containers, and for other patching purposes.

Two tablets sugar—Use sugar in your coffee or eat it straight. It is a source of quick energy and heat, particularly if you are cold.

Three cigarettes—Smoke from cigarettes also will help drive away insects. A lighted cigarette held near a tick embedded in the skin will cause it to let go.

Ten halazone tablets for sterilizing water—Use these to purify all your drinking water as directed on the bottle. See also page 27 of the Survival Manual.

Two packages of coffee—One package of the dehydrated coffee will make $\frac{1}{3}$ of a pint of coffee. Pour the powder slowly into boiling water and stir gently until it is all dissolved.

One package assorted charms (12 in a package)—Suck this hard candy at any time; it will provide an increase of energy, and help to relieve your thirst. Always carry a few pieces in your pockets. For refreshment in the Arctic, munch one of the candies with a handful of snow.

Four bars sweet chocolate (1-ounce)—Eat these chocolate bars very slowly; make them last as long as possible. They have a highly concentrated nutritive value. In cold regions, they will quickly restore temporary warmth to a

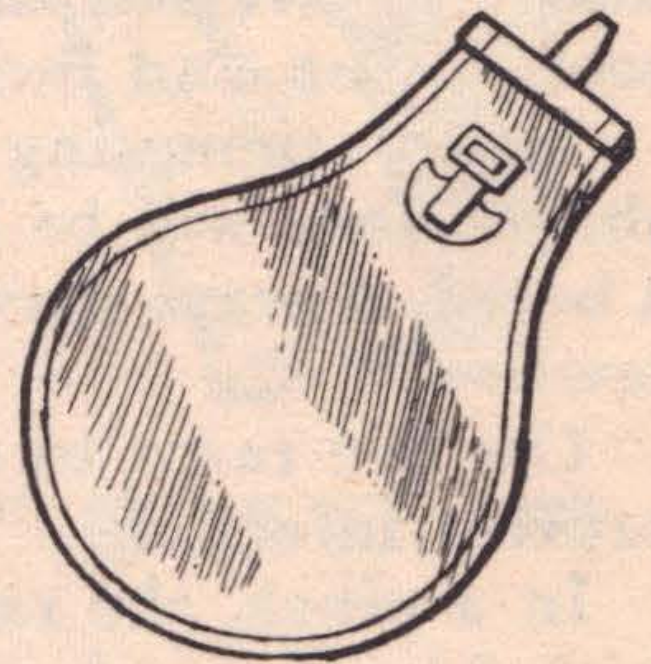
camper who wakes up shivering. Shaved into flakes and dissolved in a pot of boiling water, they make an excellent hot chocolate drink. Add sugar for additional energy.

One dehydrated cheese and cracker bar (1-ounce)—Munch this cheese and cracker bar slowly. It is rich in body-building protein, plus some fats and starches, and takes the place of meat. This bar makes a delicious soup when dissolved in an empty ration tin of hot water.

One small can-opener—To use properly, follow the directions for this handy little gadget. If it gets lost, use the folding can-opener blade on your scout knife (page 18).

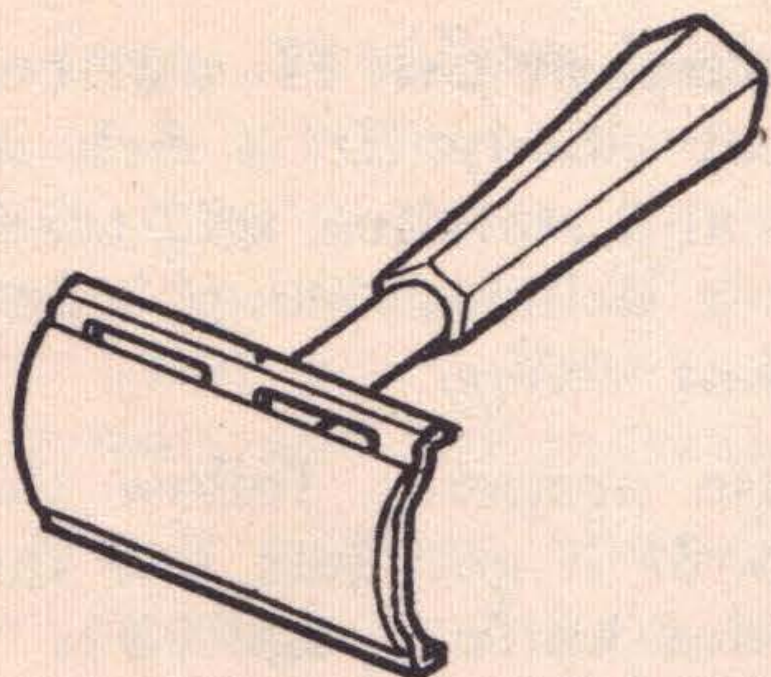
PLASTIC WATER CANTEEN

This plastic canteen will hold 3 pints of water. Fill with good water at the first opportunity. Avoid swampy, stagnant water; try to find a clear running stream or spring, away from habitation. Don't drink any water near native villages. The wide flat neck of the canteen was especially designed to make it easy to fill from shallow streams and pools. After filling the canteen, purify with halazone tablets. (Read carefully pages 26-29 of the Survival Manual (page 17) on procurement and rationing of water.) To carry the canteen, press the neck flat and fold under two or three times. Pull the strap over the fold and fasten it in the buckle on the other side. The plastic bag can be hung easily from the waist by passing your trouser belt through the loop at the back of the bag. The left hip is the handiest place to carry the canteen. Filled with hot water, it makes an excellent heating pad for cold or injured persons.



Caution: In winter, carry the canteen inside your trousers or jacket to prevent freezing. In summer, try to keep it covered or shaded from the sun. Keep the bag away from sharp objects such as knives and buckles which might puncture it.

SAFETY RAZOR



A plastic safety razor and ten double-edge blades are included in the vest equipment. To use the razor, pull out the collapsible handle, screw in the head and insert a blade in the usual way. Use the cake of soap in the first-aid kit as a substitute for shaving cream. Don't forget you have a signal mirror.

General Hints: Shave as often as you can; it will not only improve your morale, but will also help prevent disease. In the Arctic, a heavy beard will soon ice up and increase your chances of frostbite.

When attempting to escape from enemy territory, a clean-shaven face will be much less likely to attract suspicion than a beard. Always shave if you have to enter an enemy-occupied town.

Use the razor to shave hair away from head wounds and prevent infection.

In a pinch, the razor will make an excellent item of barter with friendly natives.

HAT WITH ADJUSTABLE BAND, 2 COLORS (YELLOW ON ONE SIDE, OD ON OTHER)

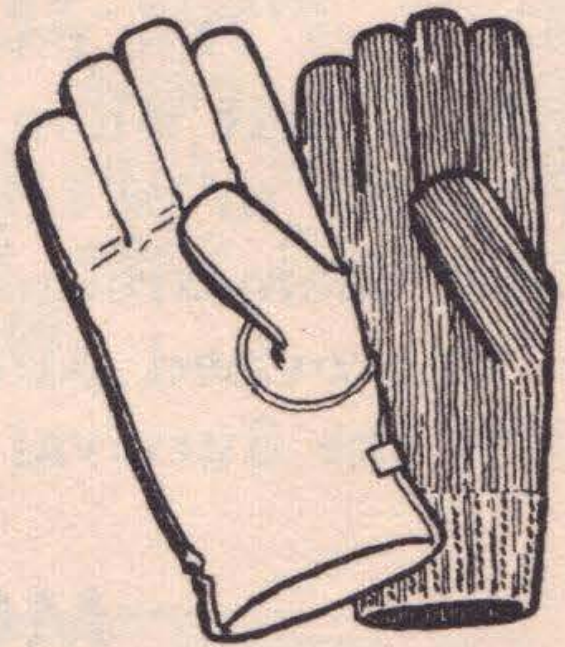
Wear this hat at all times. You may look like a pirate, but it will protect your head against sunstroke, rain, bugs, wind, and spray. Keep the rear brim turned down to prevent rain from dripping down your neck. Wear the OD color on the outside as protective camouflage when stalking game or when in enemy-held ter-



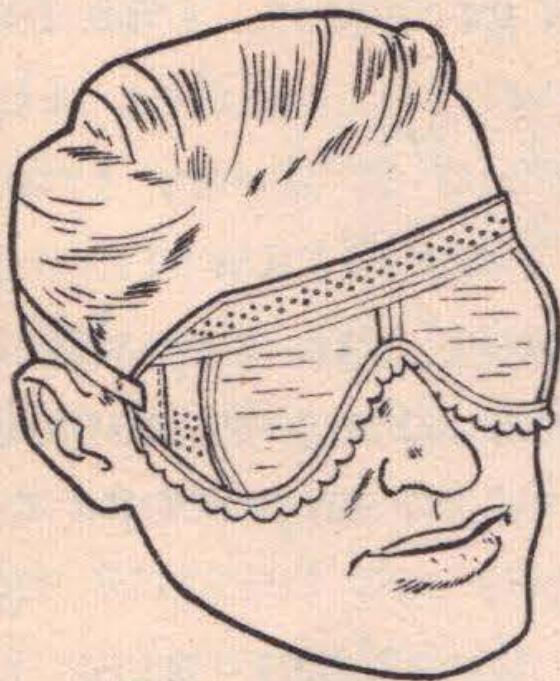
ritory. Otherwise, wear the yellow outside to attract attention of searching planes—yellow has the highest visibility of all colors. Use the hat as a container for berries, roots, mussels, clams, etc, but be sure the OD side is innermost to avoid soiling the yellow side. The hat can be used also to bail out a life raft or to fan a smoldering fire into flame. Don't be discouraged by the large size of this hat; it was made to fit the biggest head in the Army. Adjust it to fit yours by threading the leather band through the loops, and fastening the snaps at the proper interval to insure a snug fit.

GLOVES

Two sets of gloves have been provided—a woolen inner lining and a leather outer shell. Wear both pairs in the Arctic; in the tropics, wear only the leather shells. They will protect your hands against thorny vines, sharp rocks, and insects. Use them to prevent blisters when chopping or doing manual labor. Also wear them around the fire to handle hot utensils. At sea, even wet gloves will keep your hands warmer than none at all.



POLAROID SUN GOGGLES, GREEN, FOLDING TYPE



These goggles are scientifically designed to protect your eyes against the harmful ultra violet rays of the sun. In snow-covered terrain, wear them throughout the daylight hours to prevent snowblindness *even though the sun may be hidden by clouds or haze*. In the desert, the goggles will protect your eyes from whirling sand

and dust and will improve visibility.

At sea, wear the goggles all day long. Rippling water can kick up a million shafts of reflected light that are murderous

CLOTHING

to your eyes. The goggles also will enable you to spot a searching plane in the sky more easily than with your naked eye.

If the goggles fog up from moisture or sweat condensing on the inside, cut some small holes in the sides for additional ventilation. Don't make the holes too large, as side light is almost as dangerous as direct glare.

Caution: Avoid scratching the lenses ; fold the goggles up and keep them in their envelope when not in use. Don't put them in your hip pocket where you might crack them. Be sure the adjustable elastic strap is not too tight. Keep mosquito repellent away from them, or they will literally dissolve before your eyes. Don't wear your goggles pushed up on your forehead or hat when going through trees or dense brush ; they are liable to be scraped off without your knowledge and lost. Carry them around your neck. If you *should* lose them, make an improvised pair out of wood or paper as shown on page 23 of the Survival Manual.

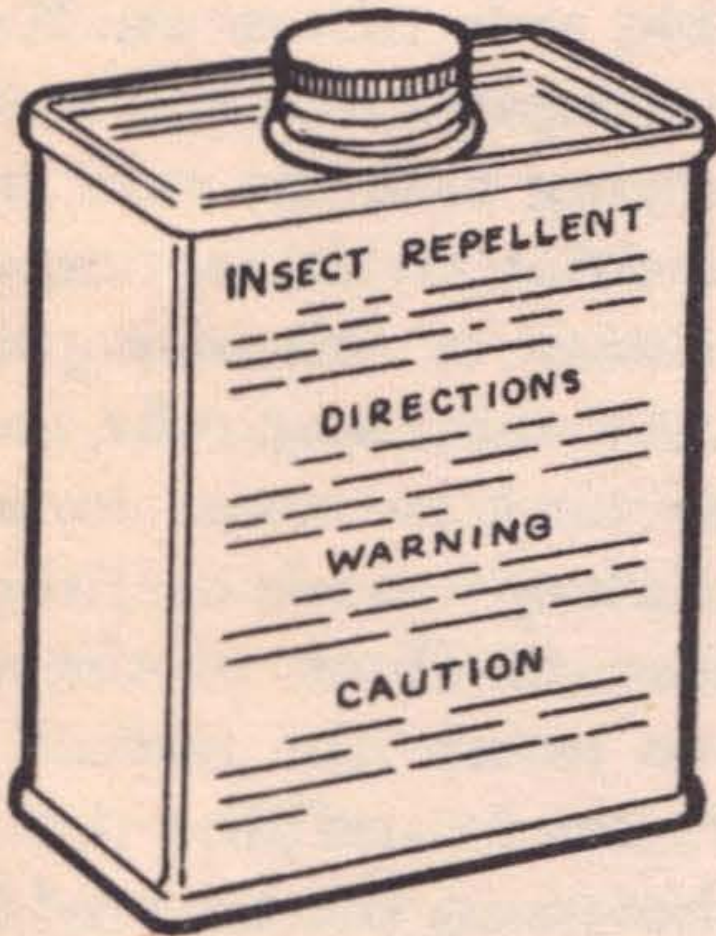
MOSQUITO HEADNET



Wear the headnet at all times in the jungle, particularly at night when the danger of being bitten by malarial mosquitoes is greatest. The hat should be worn under the headnet to hold it away from your face. The drawstrings which pass over the shoulders and under the armpits should be tied tightly to the loops on the headnet.

Wear the headnet also in the Arctic summer, when mosquitoes and other insect pests are even more numerous than in the tropics. Though not disease-bearing, they can be very painful nuisances.

MOSQUITO REPELLENT

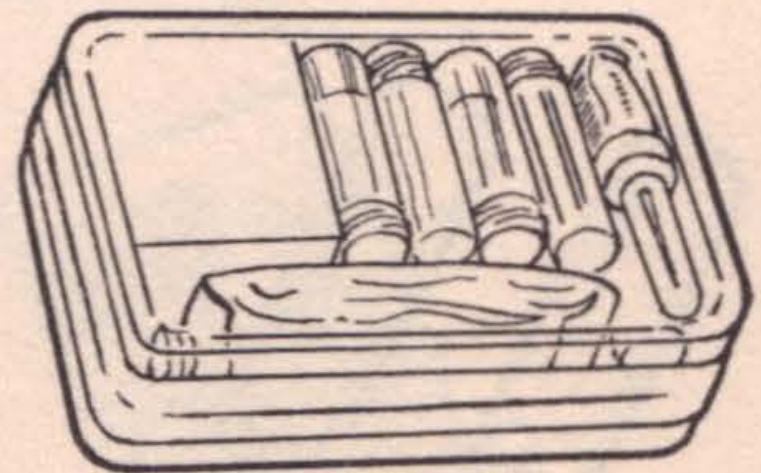


Follow to the letter the instructions printed on the side of the can. This is the best insect repellent known to science; use it freely, especially before going to sleep at night in the tropics.

Caution: *Be extremely careful to avoid getting this repellent on your goggles, canteen, holster, or any plastic article. It contains a solvent that will eat its way through plastic like acid. Keep it away from your eyes and mouth.*

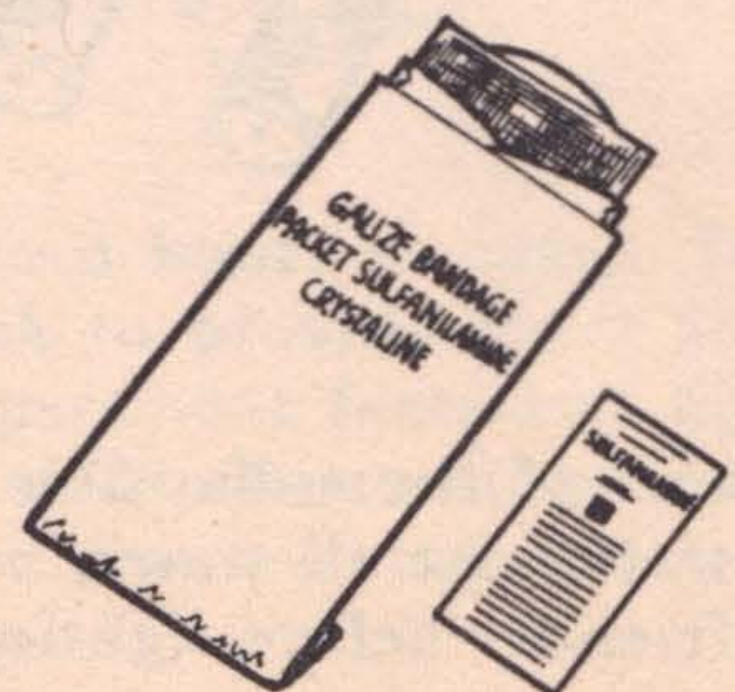
FIRST-AID KIT

A compact medical kit is included in a plastic waterproof case. Complete instructions for its use are pasted on the underside of the case. Thoroughly familiarize yourself with the instructions before using the kit.

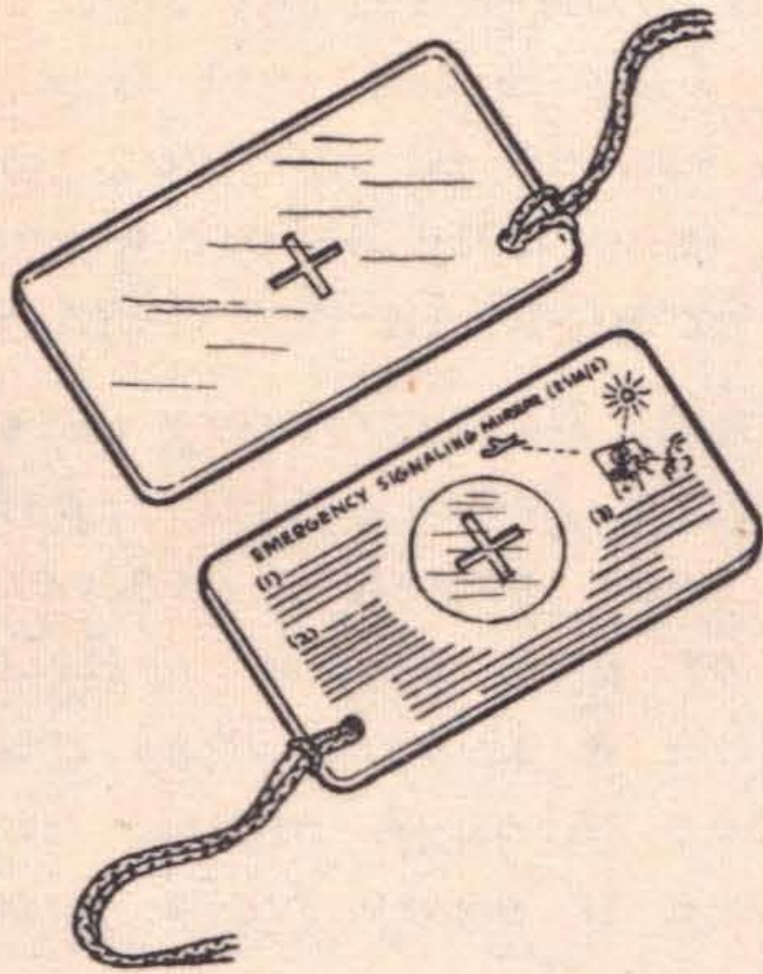


TEN YARDS BANDAGE (WITH SULFANILAMIDE POWDER)

Keep these items dry and in their case until needed. Sprinkle the powder in deep wounds. Wrap the bandage around the wound three or four times, securing it with safety pins. The bandage can be used also as a sling, as a wet compress to relieve snowblindness, or as a strapping for a sprained limb.

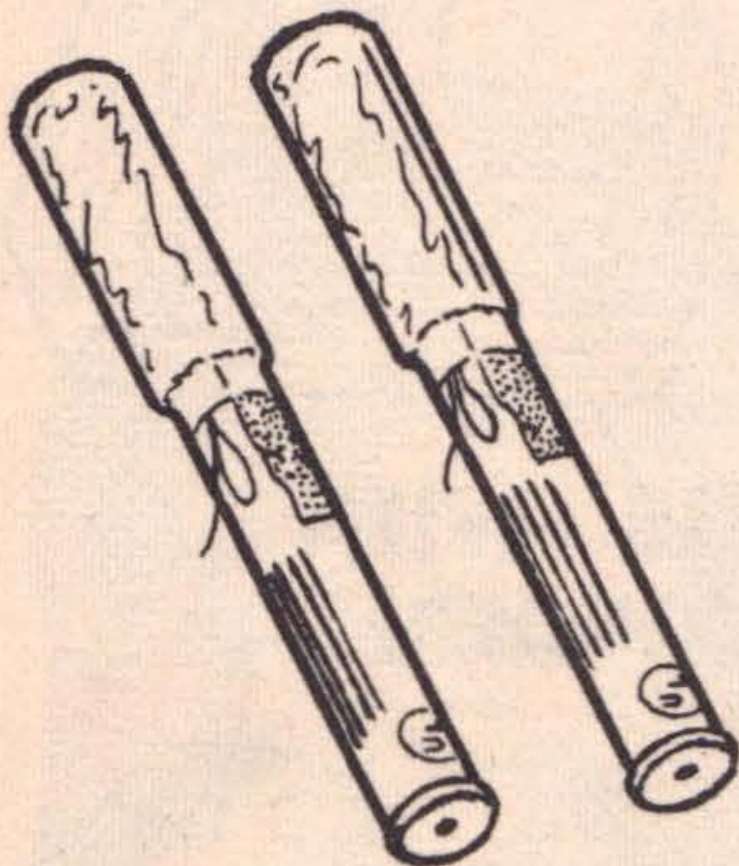


SIGNAL MIRROR, WITH LANYARD



This signal mirror is one of your most valuable aids to rescue. Keep it clean ; the paper envelope makes a useful carrying case. Be sure your mirror is handy at all times, ready to flash the instant a friendly plane is sighted. At sea, loop the cord around your neck or waist to prevent loss. In deep woods or jungle, you may have to climb to the top of a tall tree to use the mirror effectively. Follow carefully the instructions shown on the back of the mirror itself ; practice using the mirror.

TWO FIVE-MINUTE SIGNAL FLARES

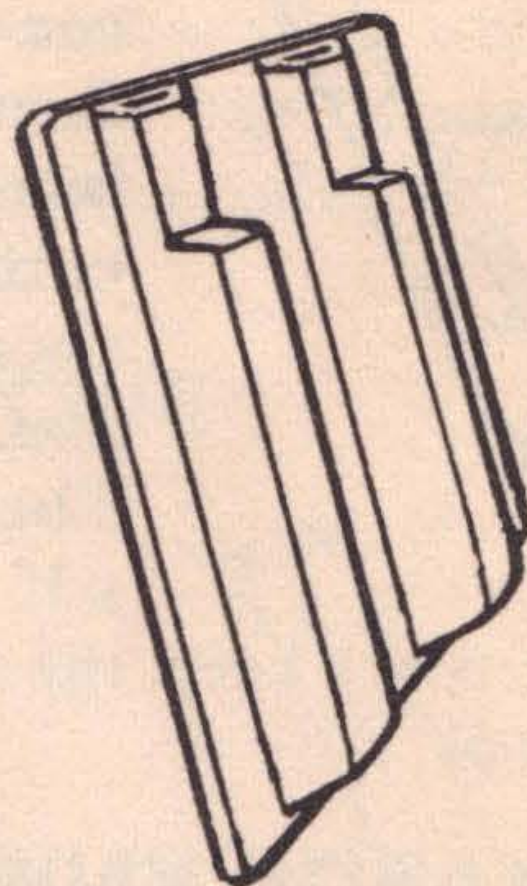


Each of these red flares will burn about 5 minutes with an intense light. Save them for emergencies—use only when help is sighted or heard. To use properly, follow instructions printed on flare handles. The daylight value of flares is limited—smoke from a green wood fire makes a far better signal by day. In extreme emergencies you can use a flare for starting a fire.

Caution: Hold the flares well away from face and clothing as they shower hot sparks over a wide area. In a raft, lash flare to the end of the collapsible spit (page 9) and hold well over the water. At all times, be absolutely sure the searching plane is friendly before lighting the flares.

SIGNAL WHISTLE

This is a small, light, plastic whistle with two penetrating tones. Keep it handy in your shirt or trousers pocket for instant use. Use it for signaling between two or more rafts at sea, for communication between members of your party in the woods or jungle, and to indicate your whereabouts to possible searchers or nearby natives. The whistle will not frighten wild game as much as a shout, and will carry further. Work out short code signals.

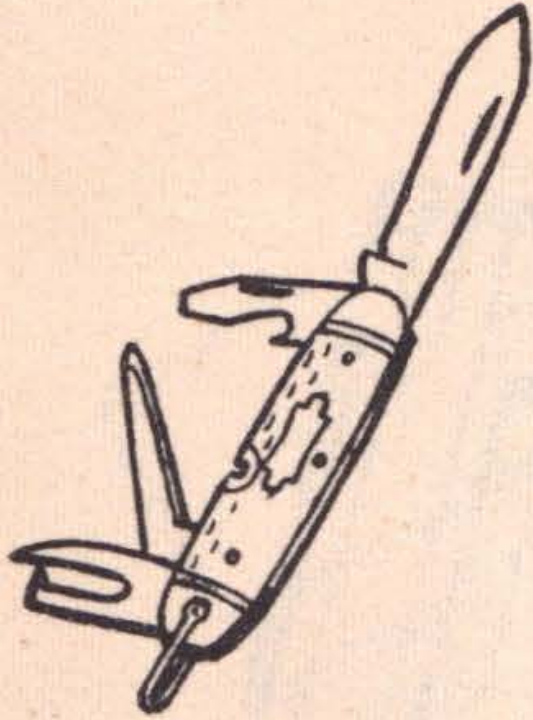


SURVIVAL MANUAL

A compact, concise, and complete Survival Manual, printed on waterproof paper, is included in each kit. Its plainly indexed contents present valuable information, compiled by experts, on all phases of survival in the jungle, desert, Arctic, and ocean. Make it your bible—read it thoroughly—consult it often. In addition, it makes interesting reading that will while away tedious hours in camp. Its last few pages are purposely left blank to provide space for a log of your experiences. Jot down pertinent facts and figures; they will help you at the time, and others will benefit by your detailed notes in the future. Use any unnecessary pages to start a fire in an emergency.

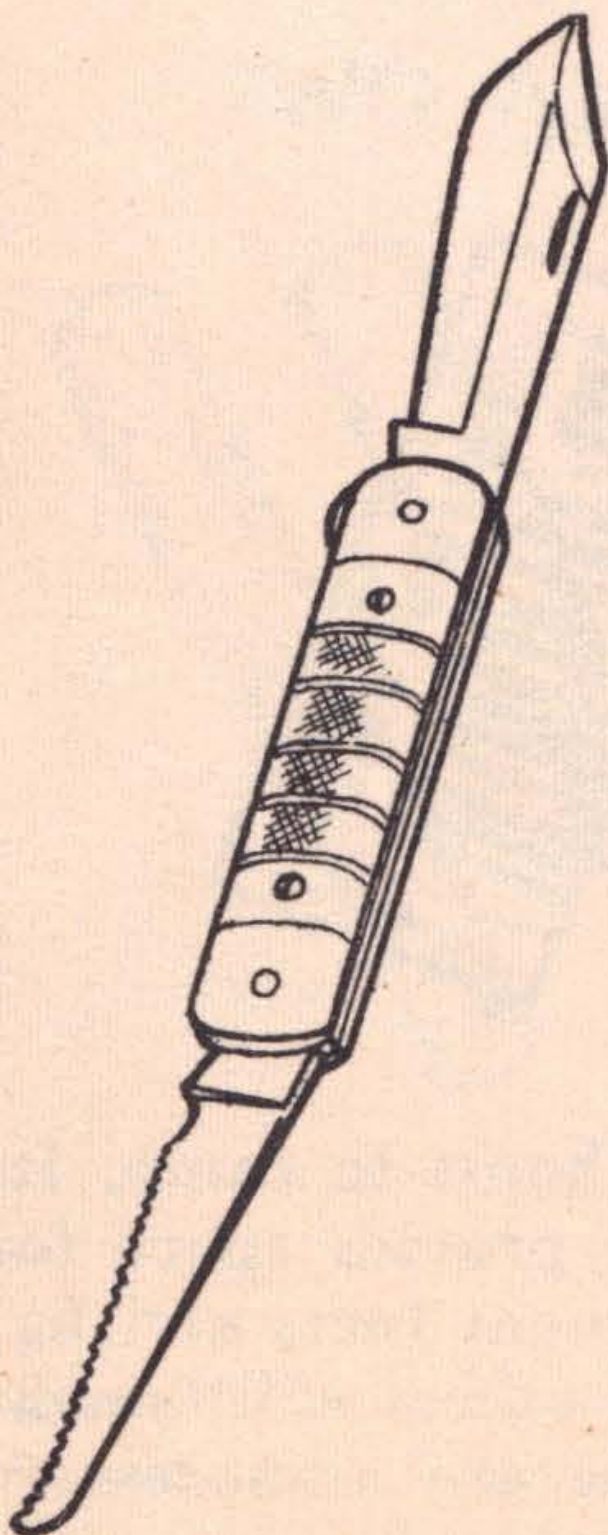


SCOUT KNIFE



Keep this knife in your trousers pocket at all times. Tie it to your belt with a convenient length of fishline or 'chute shroud line to prevent its loss. Use the large blade for skinning, cleaning, and cutting up small fish and game. The can opener will be useful to open the ration tins, if the regular opener fails or is lost. The bottle opener and leather punch are self explanatory. Keep the knife oiled to prevent rust ; keep the blade sharp with the sharpening stone (page 19).

LARGE KNIFE (WITH 5-INCH SAW AND 5-INCH BLADE)



This combination tool will serve you as an axe, machete, saw, and knife. Use the large knife blade for cutting fishing poles and tent supports, and for skinning and preparing good-sized game.

To close the knife blade, grasp the case in your right hand and place your thumb against the semi-circular metal projection at the base of the blade. Push this safety lock to the left, and at the same time pull the blade shut with your left hand.

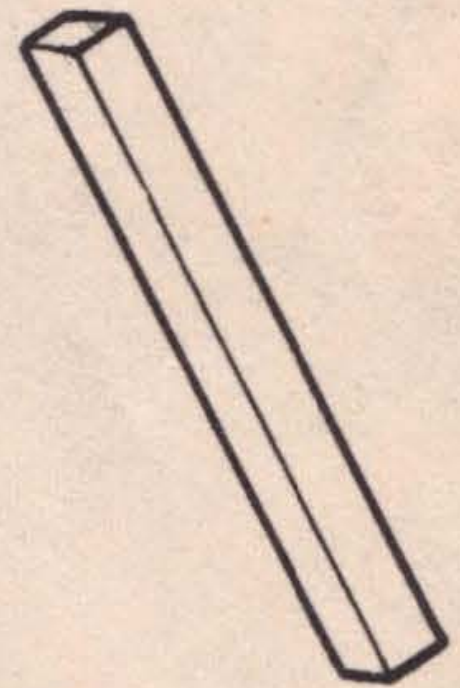
The saw blade will saw small trees and will cut through metal tubing and struts. It is useful also for opening the shells of cocoanuts and turtles. To make sawing easier, smear a few drops of oil (page 19) or a bit of soap from the first-aid kit on the saw blade. This blade opens and closes like a jack-knife.

Caution: Don't carry this knife in your hip pocket ; it may fall out and be lost. Carry it in a buttoned trouser pocket.

Don't try to chop large pieces of wood with the knife blade—you will only ruin the knife and your hand as well. Use the saw to cut large wood. The knife blade can be used as a wedge to split this wood into smaller pieces, using a rock as a hammer.

SHARPENING STONE

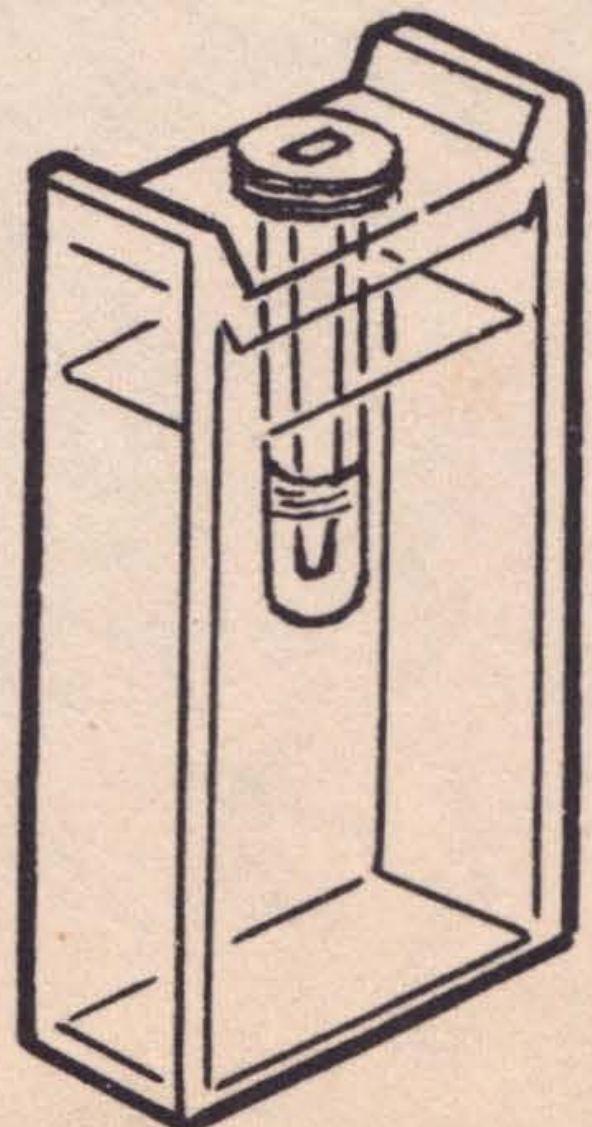
Use this stone to keep a sharp edge on your knife blades, fish hooks, and spearhead. Pour a few drops of oil on the knife blade, and draw it slowly across the stone with smooth, even strokes, using a strong pressure. The blade should be held at an angle of about 30 degrees to the surface of the stone and should be turned over frequently to insure an even edge. If the stone is lost, any flat fine-grained rock will make a fairly good substitute.



OIL CONTAINER

In this transparent plastic container is a supply of light machine oil, suitable for cleaning and oiling your pistol, knives, and other steel objects. To use it, insert the screw-driver blade of your scout knife in the center slot, and unscrew the inverted spout. Mount the spout upright in its correct position, remove the tip, and apply the oil in drops where needed. Be sure to replace the tip tightly when through. Always return the spout to its original inverted position inside the can when carrying it, to prevent breakage.

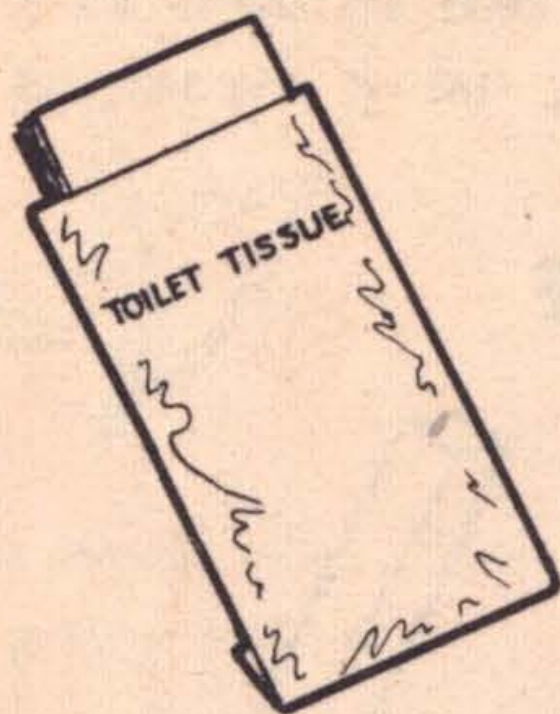
Caution: Use this oil sparingly on



MISCELLANEOUS

the working parts of your gun when the temperature is below zero, or they may fail to function properly. Use the oil freely on metal parts in the wet tropics to prevent rusting.

PACKAGE TOILET TISSUE



Use the toilet paper as long as it lasts—don't resort to leaves or other material. In emergencies you can use the paper to help start fires in rainy weather, for swabbing wounds, for cleaning birds and fish, or for writing notes. Keep the paper in its cellophane container when not in use, otherwise wetness will ruin it.