# **Escaping Quicksand Safely**

This playbook describes a step-by-step procedure to safely remove oneself from quicksand. It provides guidelines to ensure minimum risk and maximize chances of escape without external assistance.

## Step 1: Stay Calm

Avoid panicking as it can cause you to sink faster. Try to breathe deeply and remain as calm as possible.

# Step 2: **Drop Items**

Discard any heavy items you are carrying to lighten your weight.

## Step 3: Lay Back

Carefully lean back to increase your body's surface area, which helps to distribute your weight more evenly and prevent further sinking.

### Step 4: Free Legs

Slowly and gently move your legs in a circular motion to create a pocket of water around them, which helps to loosen the quicksand's grip.

### Step 5: Backstroke

Use slow and controlled movements to bring your legs up to the surface, like the backstroke in swimming, then float on your back.

Step 6: Stay Horizontal

Remain fully horizontal to keep your body on the surface and prevent

sinking further.

Step 7: Crawl Out

Gradually crawl or roll over the surface towards solid ground using slow and deliberate movements, distributing your weight as evenly as

possible.

Step 8: Clean Off

Once you are out, immediately remove any quicksand from your body

and clothing to avoid extra weight and to prevent it from hardening.

**General Notes** 

**Avoid Sudden Moves** 

Quick, jerky movements can cause you to sink further into the

quicksand.

**Energy Conservation** 

Minimize movements to conserve energy, because escaping from

quicksand can be a slow process and may require a lot of strength.

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