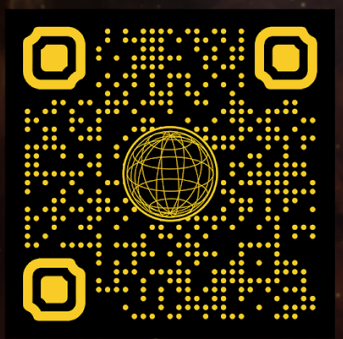




**A HANDBOOK  
FOR AN ENDURING  
COLONIAL LIFE**



# Table of Contents

[Team Mission Statement](#)

[Code of Conduct](#)

[Glossary](#)

[History](#)

[Survival techniques](#)

[Flow Chart](#)

[First aid and health](#)

[Water sourcing and purification](#)

[Cooking techniques and food shortage](#)

[Shelter and infrastructure](#)

[Navigation and orientation](#)

[Communication strategies](#)

[Sustainable energy sources](#)

[Fire Management and Safety](#)

[Team building and cooperation](#)

[Additional resources](#)



**Version:** 0.0.1 (12.10.2023-2200)

## **Team Mission Statement**

Our mission as the Colonial Survival Network (CSN) is to provide support and establish protocols to keep our citizens safe. The CSN's priority is the survival of the human race under any scenario and any emergency. This guide will train you to be able to handle any event no matter the severity and help you be able to empower, unite, and safeguard not only yourself but also your fellow citizens. We strive for a path toward a brighter and safer future for the Colonial citizens amongst the stars.

This guide can be used to help our citizens better handle unprecedented emergencies and unexpected situations. To make effective use of this guide, first identify your emergency or issue and take note of your surroundings. You can then quickly identify the section of this guide most useful to you through the index and safely follow its instructions for the best results. This guide includes information on new protocols, communication techniques, Military and Civilian teamwork and collaboration, emergency preparedness, survival techniques, wilderness survival techniques, resource utilization, farming techniques, and even soil, and water conservation, and so much more.

In this unprecedented and unpredictable time, we urge our fellow citizens to read and study this guide in hopes that it will create a brighter future. We aim to establish a set protocol for every emergency and hereby create the safest environment possible. As we are navigating this unpredictable time, we hope that our fellow citizens will make use of this guide and uphold its importance for the greater good.

## **Code of Conduct**

The Colonial Survival Network (CSN) is built on the value of Integrity First. Our commitment to integrity ensures the safety and security of our citizens. We recognize the importance of honesty, trustworthiness, and transparency in all of our actions. We also promote recognition and appreciation of others through continued trust. These are our defining values and our expectations for others to follow.

### **Integrity First**

Integrity is what we hold above all else. Acting as an individual while wholly understanding what it means to be a team is dire in times of crisis. Being able to understand what is the right thing to do while weighing the pros and cons of those actions requires enough integrity to understand that you may need to make some sacrifices to make it out in one piece. All of this relies on your ability to do the right thing even when no one is asking for you to do so.

### **Trustworthiness**

We must ensure that our members are upholdent to their commitments and responsibilities. Trustworthiness gives a sense of dependability and accountability that our citizens can rely on in any situation. Relying on others makes grave situations just that much easier.

### **Transparency**

With open and transparent communication, we must make sure that our community's best interest is in mind. There is no honor in covering one's own tail when lives are on the line. Any information that could prove useful, should never be withheld even under the assumption that information on that topic may seem obvious or antecedent to one's own reputation.

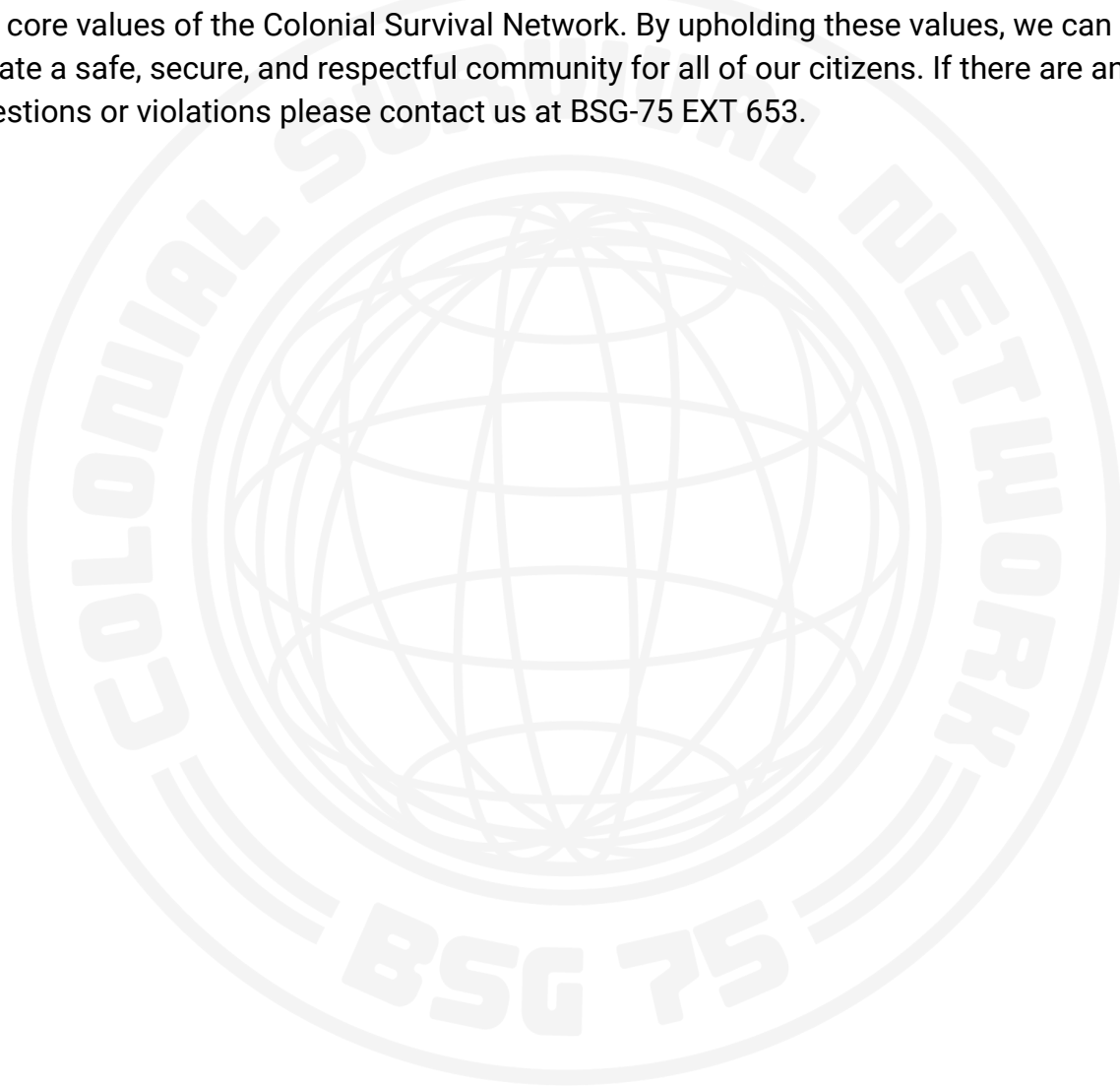
### **Honesty**

Honesty is truly an undervalued trait due to the nature of consequences for doing the wrong thing. At the Colonial Survival Network, it is dire that everyone be honest with the people around them. Withholding information in times of crisis can truly be the difference between life and death. Lying can create a much worse crisis than starting even worse.

## **Recognition and Appreciation**

Above being someone that others can trust, it is also important to be someone who trusts others. Trusting in others' judgment will lead to the development of ideologies. Ideologies form our understanding of the world and can be a huge contributing factor in increased emergency preparedness.

Integrity, honesty, trustworthiness, recognition and appreciation, and transparency are the core values of the Colonial Survival Network. By upholding these values, we can create a safe, secure, and respectful community for all of our citizens. If there are any questions or violations please contact us at BSG-75 EXT 653.



## **Glossary**

To gain a better grasp of this manual, please familiarize yourself with the terms and concepts presented below. Should you encounter any survival-related situations, make sure to consult this glossary for reference. This guide is provided by the Colonial Survival Network (CSN) - A handbook for an enduring colonial life.

### **Filt-Rate Water Device**

A specialized and innovative water filtration device manufactured by "Filt-Rate." This device is designed to effectively remove impurities, contaminants, and particles from the water ensuring water safety and quality.

### **Hydroscopic Rations (HSRs)**

Specially designed rations that possess the unique capability to extract water from the surrounding air. These rations are cooked similarly to Meals Ready to Eat (MREs). This is particularly valuable in arid or water-scarce environments, providing sustenance for individuals operating in challenging settings.

### **Anti-Radiation Medication (ARM)**

A specialized class of pharmaceuticals found in Colonial medkits, ARM is designed to help specific tissues (thyroid gland) block or resist the absorption of harmful radiation. While effective in reducing overall radioactivity absorption, these medications are known to commonly induce nausea as a side effect.

### **Polymeric Radio-asepsis Materials (PRMs)**

PRMs are a type of specialized fabric engineered with advanced polymeric compounds, designed to provide effective protection against radioactive contamination. These materials are formulated to provide robust protection, acting as an impermeable barrier against the infiltration of radioactive particles and other substances.

### **Personal Radio Device (PRD)**

Personal Radio Devices (PRD)'s are a handheld system for communication using radio waves. PRD's will be used for communication between people aboard the galactica to improve efforts for quick and effective communication. They will help the population get information when needed in emergency situations and it is imperative that all people of the galactica keep their PRD on them at all times.

### **Personal Protection Blaster (PPB)**

Personal Protection Blasters (PPB)'s are a small handheld blaster similar to a pistol. PPB's are to ensure that each and every person about the ship is kept safe and to ensure that peace is kept aboard the galactica. Not everyone will receive a PPB, but those that do will need to undergo proper training and handling of the device.

### **Station Explorer for X-ray Timing and Navigation Technology (SEXTANT)**

The SEXTANT is the navigation technology used aboard the galactica, and works much like a satellite uses GPS. It uses X-ray technology to see millisecond pulsars, which are highly magnetized, rapidly rotating neutron stars, which result from the collapse and explosion of a star's core. This new technology will help the galactica navigate through space easier and more efficiently than ever before.

<https://www.sciencealert.com/x-ray-pulsar-space-navigation-nasa-world-first-success>



## History

In a surprising turn of events, a series of memos has exposed the history of the Colonial Survival Network (CSN). These internal communications, previously shielded from public view, provide a captivating narrative detailing the origins, challenges, and triumphs of the organization dedicated to ensuring the survival of the Galactica fleet.

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**TO:** Commander Adama and Executive Officer Tigh, Battlestar Galactica (BSG-75)

**FROM:** Colonial Survival Training, Battlestar Galactica (BSG-75)

**SUBJECT:** NEW SURVIVAL TRAINING

**DATE:** September 15, YR42

In the wake of the recent Cylon attacks, we have determined that a revised military survival training protocol is needed. This memo aims to address current issues and new recommendations to overcome them.

### **Critical Issues, in order of importance:**

**1. The threat of Cylon attack.**

The Cylons are still our primary concern. Since the recent attack, we have lost countless lives. We must prepare both civilians and military personnel for potential future Cylon attacks. We expressed genuine concern since we have heard of the possibility of hidden Cylons among us.

**2. Lack of food and water.**

Since the catastrophic destruction of the Twelve Colonies, food resources are becoming scarce. We must find a way to extend the life of our supplies.

**3. Lack of medical supplies.**

The ongoing war has strained our medical supplies. At our current rate, our medical supplies will be depleted. We must post strict guidelines for use and explore alternative solutions.

**4. Adaptability to new environments.**

As the search for Earth continues, must prepare for the possibility of alternative colonization plans. Venturing into uncharted space may expose us to new and hostile environments.

**5. Possibility of encountering new lifeforms.**

As we continue to venture into uncharted space, we might encounter new lifeforms. This is a significant concern since we don't have IFF.



## **Recommendations:**

### **1. Combat survival training:**

Start conducting regular attack drills to prepare for hostile encounters. Additionally, it is important to educate civilians on self-defense and readiness for potential attacks of any kind.

### **2. Food and water protocols:**

Implementing rationing will help extend the length of our current supplies for a bit of time. We must start foraging, recycling, and actively searching for new food and water sources. Consider designating an area into a garden for food production.

### **3. Medical training:**

Post strict guidelines for medical supply usage. Provide more medical training to be able to provide more care for the wounded. We also need to allocate resources for research into alternative solutions to address supply shortages.

### **4. Scouting training:**

Provide survival skills training including navigation, wildlife identification, and emergency shelter construction. Offer additional instructions for secure communication methods, including encrypted protocols.

### **5. Lifeform protocols:**

Develop protocols for engaging with potential alien lifeforms. We must focus on peaceful communication, assessing intentions, and ensuring crew safety.

We would like your input and feedback on these recommendations to finalize our new military survival training protocol. We must prepare for the most uncertain future.

---

**TO:** President Roslin (Colonial One)

**FROM:** Colonial Survival Training, Battlestar Galactica (BSG-75)

**SUBJECT:** RE: Survival Plans

**DATE:** September 15, YR42

## **Executive Summary**

The vast majority of the Galactica are war refugees, and every individual is more valuable than before. In the Galactica the difficulty of space travel and rough political environments can make an individual feel less important than others. This being the case, we need to question the methods in which we can utilize to empower the people of the Galactica.

## Recommendations

1. What is each person's role in aiding this situation, what can they do during this conflict?
  - Since the population of the Galactica is limited, each individual should identify how they can aid others aboard the Galactica, if at all. The people should know that everyone has an important role, no matter how small the impact.
2. What are the future goals of the Galactica going forward?
  - With the current situation, the mental health of the population aboard the Galactica will be worsening each day, with the stress of space flight and the grim future ahead. A strong goal and sense of direction will be necessary in keeping individuals' hopes high, and motivating them to keep working hard to help out for the greater good.
3. How can we identify the limitations of each individual aboard the Galactica?
  - If an individual is limited in knowledge or ability in one field doesn't mean they lack helpful knowledge or ability in all other situations. We need to create a sense of pride and hope in the people so that they believe there is a brighter future ahead for us. Even if an individual is very young, old, or injured there are contributions they can make, even if it's not the same contributions as others.
4. Which of the individuals aboard the Galactica deserve the civilians' trust?
  - The civilians need to know who to trust on the ship, who among the refugees and members of the military can they look to for aid, accurate information, or even advice? The decisions made by the military often have hidden motives that the citizens wouldn't understand, which can lead to unnecessary resentment towards the military. The military will need to gain the trust of the people in order to have a peaceful environment aboard the Galactica.
5. In this situation, how can we keep our people safe, and what can they do to keep themselves safe?
  - Our people might fight amongst themselves despite working together bringing more benefits to each other. Guiding people on safe practices and how to keep civil with others is important to inform the people of in our survival guide.

## Conclusion

With a conflict between the refugees, the military, and the civilians, it is important to empower the people aboard the Galactica in order to survive. It is important to identify each person as more than just another mouth to feed, everyone should realize the role that they can play in these trying times.

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**TO:** Commander Adama (Battlestar Galactica), and President Roslin (Colonial One)

**FROM:** Combat Survival Training (Battlestar Galactica)

**SUBJECT:** New Command Dynamics

**DATE:** October 11, YR42

## Emergency Preparedness

Emergency Preparedness is essential in both factions of the Galactica, especially when it comes to being prepared for situations such as medical emergencies or in the case of a fire. Emergencies will affect everyone aboard the ship, whether military or civilian. However, the military and civilians will respond differently to these situations and focus on different solutions unless we come together and decide what is best to do together. Both sides need to join together to ensure that protocols are kept and safety is ensured for everyone aboard the Galactica.

Emergency responses need every level of command to be aware of their role and other's roles in emergencies. Each person has a unique part to play in an emergency, for example in the case of a fire: leading others to where they need to go, helping with medical aid, putting out the fire and even just knowing where to evacuate even if you're not aiding others. Every person needs to know their role and where to go in order to efficiently and effectively take care of the emergency.

In the end, Roslin, the president, should have the ultimate authority to make each decision. Roslin will be the one to decide on the protocols to take in each emergency and set them in place for everyone to follow. She is trusted by everyone on the Galactica and does not have ulterior motives that the leader of the military would have, as they are connected to the military. In emergencies, we need one person to trust and make quick decisions so that emergencies can be handled instead of arguing over a solution while the emergency decays the Galactica.

## **Survival Techniques**

The military are trained to survive on their own and keep themselves alive in dangerous situations. However, the civilians aren't similarly trained and thus lack the necessary knowledge and skills to survive on their own in most emergency situations. We need to teach civilians ways to be able to survive and keep themselves alive in emergencies. Those in higher command who already have such skills also need to learn as well, they need to learn to help others and guide them to survival as well as keep themselves alive.

The one who should lead the expedition to ensure survival preparedness should be Adama, the leader of the military. He knows well how to teach survival and how to guide others in survival situations. He is the expert in the area and should lead the charge in ensuring that every citizen has emergency survival skills, as well as higher-ups and military personnel learn how to guide and save civilian lives.

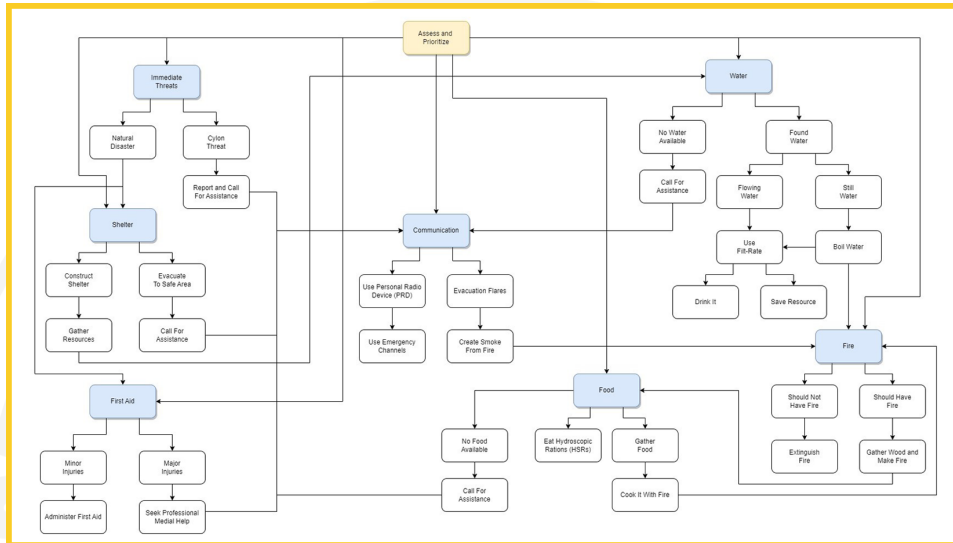
## **Communication Techniques**

The forms and methods of communication need to be established aboard the ship in order to create healthy communication. Communication affects everyone as everyone needs to effectively communicate in order to ensure peace aboard the Galactica. The command and those in the higher ranks need to take responsibility and help establish the form of communication that will best suit the whole population of the ship and stick to the chosen form. In the end, Adama and Roslin need to agree on the forms and methods that will be used and Felix Gaeta will be in command ensuring that they are being upheld. With solid communication techniques, emergencies will also be better manageable and the time to take care of them can be decreased with improved communication.

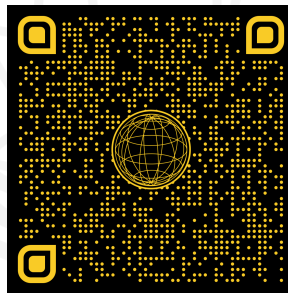
# Survival techniques

In uncertain times, it is essential to equip ourselves with the skills and knowledge to overcome difficult situations. This set of instructions aims to guide individuals in mastering survival techniques and ensuring they are prepared for any scenario.

## Flow Chart



## Interactive Chart



## First aid and health

This manual covers essential first aid techniques, such as treating wounds, performing CPR, and handling other life-threatening medical emergencies. Additionally, it provides tips on maintaining physical and mental well-being during challenging conditions.



# FIRST AID

### Minor Injuries


**Examples:** Cuts, Scrapes, Bruises  
**Assess the Injury:** Examine the extent of the minor injury.  
**Clean the Wound:** Use antiseptic and bandages for protection.  
**Apply First Aid:** Administer appropriate care for the specific injury.

### Major Injuries

**Examples:** Fractures, Severe Bleeding, Head Injuries  
**Assess the Severity:** Determine the gravity of the injury.  
**Call for Help:** Dial emergency services for immediate assistance.  
**Provide Initial Care:** While waiting for help, stabilize the injured person without worsening the condition.

## Water sourcing and purification

Understanding how to find and purify water is essential for ensuring hydration and preventing dehydration-related health issues. This guide outlines various methods for purifying water, including boiling, using Filt-Rate®, and other chemical disinfection techniques.



# WATER

### No Water Available

**Call for Assistance:** In case of emergency or lack of water sources.

### Found Still Water

**Boil Water:** Heat water to kill harmful microorganisms.  
**Use Filt-Rate:** Employ a reliable water filtration device.  
**Determine:** Drink It or to save it as resources

### Found Flowing Water

**Use Filt-Rate:** Utilize the filtration device for clean water.  
**Drink It:** Safe for consumption.  
**Save Resource:** Preserve filtered water for future use.

## Cooking techniques and food shortage

Learning various cooking methods suitable for resource-limited environments is crucial. This section covers techniques such as cooking over an open fire, using makeshift stoves, improvising cooking utensils, and utilizing Hydroscopic Rations (HSRs).



# FOOD



### No Food Available

**Call for Assistance:** In case of emergency or lack of food sources.

### Eat Hydroscopic Rations (HSRs)

**Use HSRs:** Consume specially designed rations that extract water from the surrounding air.

### Gather and Cook Food


**Collect Food Resources:** Gather available food.

**Open Fire:** Basic cooking over flames.

**Makeshift Stoves:** Improvised cooking setups.

## Shelter and infrastructure

This section provides various shelter-building techniques, such as constructing a sturdy tent, using natural materials for insulation, incorporating polymeric radio-asepsis materials (PRMs) to prevent radiation, and ensuring proper ventilation to avoid condensation and mold growth.



# SHELTER



### Construct Shelter

**Choose Location:** Select a safe and suitable area.

**Gather Resources:** Collect materials like tarps, ropes, and sturdy branches.

**Build Structure:** Assemble a basic shelter using available resources.

### Call for Assistance

**Communication:** Use a Personal Radio Device (PRD) or Flare to signal for help.

**Provide Information:** Clearly convey the situation and location.

**Follow Instructions:** Cooperate with authorities and follow their instructions.

### Evacuate to a Safe Area

**Check for Immediate Threat:** Presence of danger in the current location.

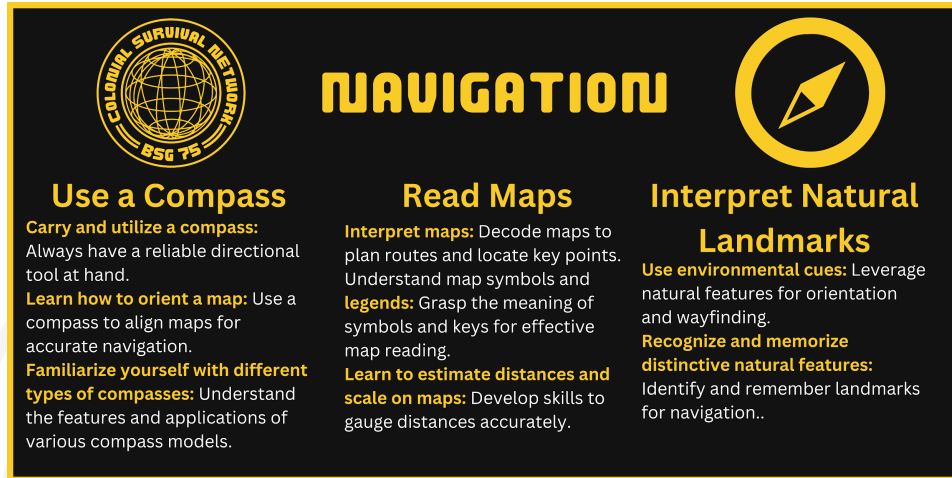
**Assess Situation:** Identify potential risks.

**Identify Safe Area:** Locate a secure spot away from hazards.

**Evacuate:** Move quickly to the identified safe area.

## Navigation and orientation

Techniques such as using a compass, reading maps, and interpreting natural landmarks are essential for navigating complex terrains, finding a way back to safety, and maintaining a sense of direction even in the most confusing situations.



The infographic features a black background with yellow text and icons. On the left is the 'Colonial Survival Network BSG 75' logo. In the center is the word 'NAVIGATION' in large yellow letters. On the right is a yellow compass icon. Below the title are three columns of text:

- Use a Compass**
  - Carry and utilize a compass:** Always have a reliable directional tool at hand.
  - Learn how to orient a map:** Use a compass to align maps for accurate navigation.
  - Familiarize yourself with different types of compasses:** Understand the features and applications of various compass models.
- Read Maps**
  - Interpret maps:** Decode maps to plan routes and locate key points. Understand map symbols and **legends:** Grasp the meaning of symbols and keys for effective map reading.
  - Learn to estimate distances and scale on maps:** Develop skills to gauge distances accurately.
- Interpret Natural Landmarks**
  - Use environmental cues:** Leverage natural features for orientation and wayfinding.
  - Recognize and memorize distinctive natural features:** Identify and remember landmarks for navigation..

## Communication strategies

This section outlines protocols for using a Personal Radio Device (PRD), creating improvised communication devices, and utilizing emergency communication channels.



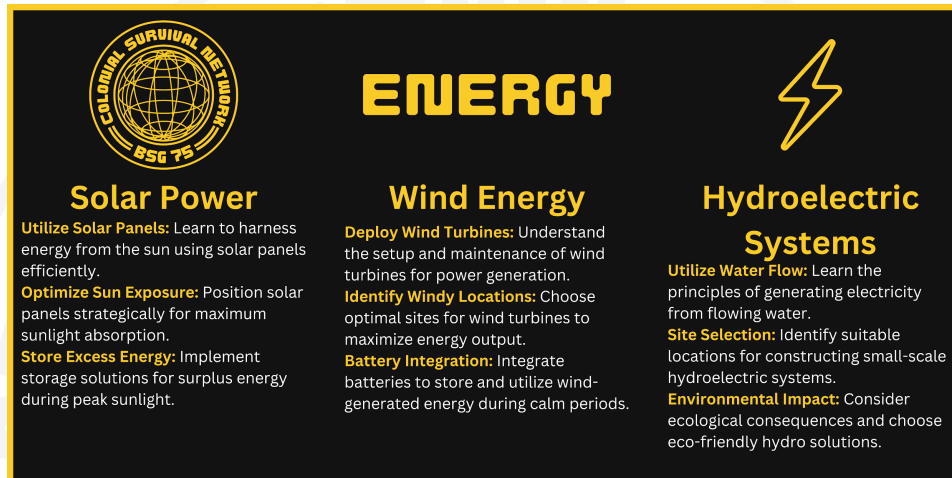
The infographic features a black background with yellow text and icons. On the left is the 'Colonial Survival Network BSG 75' logo. In the center is the word 'COMMUNICATION' in large yellow letters. On the right is a yellow megaphone icon. Below the title are two columns of text:

- Use Personal Radio Device (PRD)**
  - Activate PRD:** Utilize handheld devices for direct communication.
  - Emergency Channels:** Connect through designated emergency communication channels.
- Evacuation Signals**
  - Utilize Flares:** Illuminate the sky for immediate attention.
  - Create Smoke from Fire:** Generate daytime smoke signals.




## Sustainable energy sources

This guide provides methods for generating energy using renewable sources, such as solar panels, wind turbines, and hydroelectric systems within a resource-limited environment. The focus is on effectively managing and optimizing resources for a more sustainable future.



The graphic features a dark background with a yellow border. In the top left is the 'COLONIAL SURVIVAL NETWORK BSG 75' logo. The word 'ENERGY' is written in large, bold, yellow letters in the center. To the right is a yellow lightning bolt icon. Below the title are three columns of text, each with a sub-heading and a description.

**ENERGY** 

**Solar Power**  
**Utilize Solar Panels:** Learn to harness energy from the sun using solar panels efficiently.  
**Optimize Sun Exposure:** Position solar panels strategically for maximum sunlight absorption.  
**Store Excess Energy:** Implement storage solutions for surplus energy during peak sunlight.

**Wind Energy**  
**Deploy Wind Turbines:** Understand the setup and maintenance of wind turbines for power generation.  
**Identify Windy Locations:** Choose optimal sites for wind turbines to maximize energy output.  
**Battery Integration:** Integrate batteries to store and utilize wind-generated energy during calm periods.

**Hydroelectric Systems**  
**Utilize Water Flow:** Learn the principles of generating electricity from flowing water.  
**Site Selection:** Identify suitable locations for constructing small-scale hydroelectric systems.  
**Environmental Impact:** Consider ecological consequences and choose eco-friendly hydro solutions.

## Fire Management and Safety

This section outlines how to handle fire emergencies aboard the fleet. From early detection and evacuation protocols to fire suppression techniques and preventive measures, individuals will learn essential skills to effectively manage and mitigate the risks associated with fires.



The graphic features a dark background with a yellow border. In the top left is the 'COLONIAL SURVIVAL NETWORK BSG 75' logo. The word 'FIRE' is written in large, bold, yellow letters in the center. To the right is a yellow flame icon. Below the title are two columns of text, each with a sub-heading and a description.

**FIRE** 

**Fire Suppression Techniques**  
**Fire Extinguisher Usage:** Learn to operate fire extinguishers effectively in case of small fires.  
**Emergency Blankets:** Understand the proper use of emergency blankets for personal safety.  
**Containment Strategies:** Explore methods to limit fire spread and minimize damage.

**Survival Fire-Making**  
**Gather Firewood:** Learn to identify suitable wood for fuel in survival situations.  
**Fire Starting Techniques:** Acquire skills in creating fire using various methods like friction or fire starters.  
**Safety Precautions:** Understand safety measures when making fires in challenging environments.

## Team building and cooperation

A guide to effective teamwork and promoting cooperation within a group or community is provided. Strategies include building trust, open communication, a sense of unity, encouraging shared responsibility, delegating tasks, resolving conflicts, and working towards common goals.



**TEAM BUILDING**

**Building Trust within Teams**

**Transparency:** Promote openness and honesty for a foundation of trust.  
**Reliability:** Demonstrate consistency and dependability in commitments.  
**Accountability:** Encourage individuals to take responsibility for their actions.

**Foster Communication**

**Active Listening:** Create an environment where everyone feels heard.  
**Clear Messaging:** Ensure precise and unambiguous communication.  
**Feedback Mechanism:** Establish channels for constructive feedback.

**Shared Responsibility**

**Collaborative Decision-Making:** Involve team members in decisions.  
**Mutual Support:** Create an atmosphere where team members support one another.  
**Task Ownership:** Encourage individuals to take ownership of specific tasks.

## Additional resources

A comprehensive list of recommended resources, including books and training programs, offers in-depth knowledge of various survival techniques to expand skills, knowledge, refine skills, and stay updated with the latest developments in the field of survival.

- [Cylon Defense Force](#)