Study on the outstanding problems and countermeasures of survival on plateau

Xingwei Wang, Lue Deng
Hailiang Zhou, Lixiong Chen, Hong Xie, Weiping Bu, Heqing Liu, and Yongchang Luo

Instituion of Aviation Medicine, Beijing, CHINA

Abstract

Objective To study the problems of survival on the Tibetan plateau.

Methods 2 male volunteers conducted a surviving experiment on the Tibetan Plateau by themselves, using parachutes, survival equipment and flying suits.

Results The survival experiment was sustained 72h and was successfully accomplished. The 2 volunteers survived at 5237m for 18h first, and then to 4742m for 54h. During this period of time each volunteer had about 800ml water and 100g hard bread on average. Hypoxia was serious above 5000m and the time of staying at that height should be as short as possible, and oxygen must be supplied for them when the volunteers went down to a low survival site. Warm sleeping bag was very necessary for survival since the temperature was very low in the windy night. Water was much more important for metabolism than foods because of the drought in Tibet. The mobile phone signal was very feeble, and might be obstructed by mountain ridge easily. So it was difficult to communicate with others.

Conclusion Special measures must be taken for survival on plateau. In addition to the usual survival equipment that is normally expected for survival situations (e.g. cold resisting articles such as warm sleeping bag and enough water), this study indicates that it is also advisable to carry an emergency oxygen supply in the survival pack and that special attention must be paid to the inclusion of satellite communication equipment and location instruments.

References

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