DIY (Do It Yourself) STRETCHER

Whether it's an emergency, natural disaster, or a hike gone bad, unexpected and serious injuries happen. It could be a rolled ankle, a broken bone, or even dehydration.

Whatever the situation may be, having the know how to DIY (do it yourself) and build a safe stretcher is something that everyone should know how to do. And, with a few essential items – it's easier than you think.

Why is knowing how to build a quick and safe stretcher important? It can mean the difference of having to leave someone behind and get help or getting them and yourself out quickly and safely when seconds count. And, it's not always about people. For many of us at MyUB, we hike and travel with our best friend (dog) who love to hike and explore…having experienced it firsthand, we've seen our dogs enjoy and get injured, (i.e. puncture wound, torn paw-pad, and more). Whether it's your two or four-legged buddy, a stretcher is an essential item.

The purpose of this article provides an overview of building an emergency stretcher. There are several ways and options – here are just a few.

(*NOTE: MyUrbanBunker does not provide medical advice or instruction*. If you have questions on how to recognize serious injuries, consult a medical professional.)

First and foremost, if someone is severely injured and you are unsure – moving them may not be the best choice. Someone with a serious neck, back, or wound injury may need to be triaged by someone medically trained, on the ground, or air-lifted (helicopter rescue). However, if there's no phone coverage, no help close-by, and the potential for someone (or your trail dog) going into shock, every second matters.

Essentials to always have in your bag and on the ready:

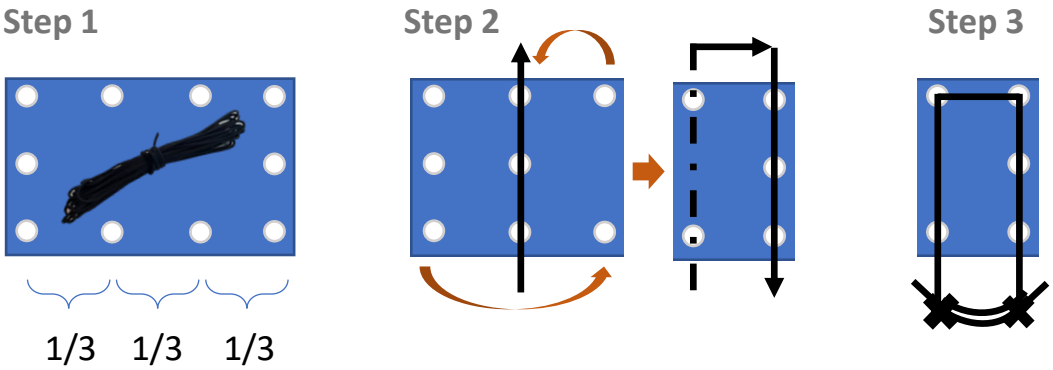
1) First aid kit…always a must have for every possible emergency, sanitizing a wound and more
2) Paracord – 50ft of cord provides, strength and length to frame/support your stretcher
3) Knife – for cutting purposes such as two short poles, sections of tape and personal safety
4) Cover – 6x8ft tarp (or two jackets will do in a pinch or a small roll of duct tape
5) Container and Water Straw – dehydration can be the enemy and always essential for cleaning a wound as you assess how serious an injury may be
6) Thermal Blanket – light and easy to use that's a must have in every bunker bag

Now, let's check out some fast and easy ways to build a DIY stretcher for any emergency.

DIY (Do It Yourself) STRETCHER

TARP & PARACORD STRETCHER

- Essentials: 6x8ft tarp, 50ft of paracord, knife



1. Lay tarp flat and straighten paracord for weaving
2. Fold one side 2/3 across – weave paracord between each hole from bottom to top. Then repeat and weave paracord back down through the holes – both ends of the paracord should now be at the bottom opposite ends where you started
3. Tie ends of paracord, overlap 2 or more times. To maximize strength and support, *flip tarp over* so most of the woven paracord is underneath the person you are carrying out
4. For added stability, you can simply add a pole on each side by sliding it inside on each side

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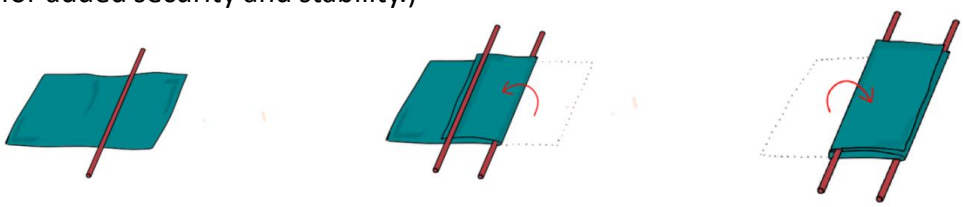
TARP & POLES STRETCHER (Option 1)

- Essentials: 6x8ft tarp and 2 6ft poles or sturdy limbs
- Instructions are similar to above, however, no rope/paracord is needed as the weight of the person being carried should hold the tarp in place. (If you have duct tape, tape each overlap on each side for added security and stability.)



JACKET & POLES STRETCHER (Option 2)

- Essentials: 2 Jackets and 2 6ft poles or sturdy branch limb
- Instructions: Turn both sleeves outside – in, then fully zip or button jacket and thread poles/branches through the sleeves on the inside. If you need more stability use duct tape or cross limbs for support