

How to Escape Quicksand?



1: KNOW YOUR ENEMY. Quicksand is a mix of sand or other loose soil filled with water. It's less deadly than movies suggest, and you won't go under as long as you stay calm.



2: MOVE SLOWLY. If you struggle or panic, the sand will trap more air and pull you down. But if you move slowly and gently, you can stay on top of the sand without creating strong suction.



3: LOSE THE EXTRAS. If you have a heavy bag, take it off. The extra weight will make it harder for you to move and get out of the quicksand safely.



4: GET YOUR LEGS FREE. If your feet get stuck, lift them up slowly, one at a time. Moving gently helps release the suction and makes it easier to get free.



5: LEAN BACKWARDS. Lean your body back and spread your arms wide. This gives you more surface area, which helps your body float on the quicksand instead of sinking.



6: GET OUT. When you feel the suction is gone, move your arms and legs gently across the surface. Slide your body toward solid ground instead of pushing straight down.