

Preconception	Reality
I was, for sure, going to run out of air before submerging.	I only felt like I was running out of air once, the first time around. I probably had plenty of air left but I got a little anxious when I was underwater in the SWET for the first time and I could not unbuckle my seat belt.
Taking a big, deep breath before going underwater would be best.	No. Doing that gives you a bigger "shock factor" and actually causes you to want to release it sooner. It's better to take a slightly larger than normal breath.
I wear contacts so 1) the thought of not being able to wear them and not see and 2) the thought of wearing them but losing them had me worried	It was better not to open my eyes underwater. Opening them gets you disoriented, more confusion, more panic AND, in case of an actual accident, it's best not to open them anyway because salt water, leaking hydraulics/oil/fuel, etc can hurt your eyes.
Darkness and effects (such as sound, rain, and wind) would only make things worse.	Actually, they really don't. I ignored them. Because I had my eyes closed the entire time, it really did not matter if it was day time or night time outside. And, once underwater, inside the aircraft capsule, it was fairly dark no matter what. I was so focused on the task at hand, I really only heard the maydays, sirens, etc when we were divided into two groups and it was not my turn. Similar with the other effects (such as rain)... they did not become really noticeable to me until after submerging.
Similarly, I thought the fact that they turned us upside down during most runs was going to really bother me (mostly because water would get in my ears and my nose) and I was concerned I would not know which way was up (out of the water) once	I ignored the first concern. I had too much other stuff to worry about. Not knowing which way was up/out was never an issue. If you relax and let your body take over, it will float and surface.
There is no way one can get the life raft out of the aircraft after crash landing on the water.	Correct. There is too much going on, you're in a nervous, fast moving situation, you're in shock, you have other things to worry about, one doesn't have enough hands, etc. You will only take with you what you are wearing so prior preparation is key. The only way you can have a life raft after crash landing on the water is if 1) you can throw it out before crashing (and, even then, it needs to be fairly close to the crash site because one can't swim too far to get it either) or 2) if another vehicle throws it down.
While you may survive the aircraft crash, you may die before they can rescue you.	Absolutely. It really depends on the situation. We were in a pool with about an 80-degree F water temperature and, during breaks or when we had to divide the groups, some of us got cold. Imagine in the middle of the ocean! Hypothermia can set in fairly quickly. FMI: https://www.survivalfitnessplan.com/dress-cold-water-survival/

Hypothermia will “kick in” in just a few minutes.	It depends on the situation... but the instructor (and subsequent research) said it could be 30, 40, 50 minutes before it would actually happen. There is some hope.
“Gettin’ outta here!” In a panic, the first thing I would have done would have been to release myself from the seat. Then, open a door, break a window, etc.	Wrong! There is no gravity underwater. Quite the opposite... Unbuckling yourself from the seat makes you float and gets you disorientation, makes you lose touch of where you are in relation to your exits, etc. It’s important to remain up right, make deliberate movements, and always hang on to something before exiting the aircraft.
The best way to stay warm by yourself is to hug yourself (put yourself in a fetal position).	Yes, turns out the technical term is HELP (Heat Escape Lessening Posture), but hugging yourself inside a heavy, contractor trash bag can do wonders to increase body heat. We tried it and it was quite unreal the difference it made. FMI: https://www.onthewater.com/wp-content/uploads/2018/02/The-HELP-Position.jpg . Note you can get contract bags in a survival orange color, too (not just black). FMI: https://www.plasticplace.com/42-gallon-contractor-3-mil-33x48-orange-trash-bags .
The best way to stay warm with another person or a group is to cuddle/huddle.	Negative ghost rider! They taught us different techniques that allow us to stay warmer, be more comfortable, give us better visibility, make us more visible, and allow us to move to or from something. The “carpet formation” is great for staying stationary. FMI: https://www.onthewater.com/wp-content/uploads/2018/02/The-Carpet-Formation.jpg . The “chain formation” is great if the group needs to move a short distance. I could not find a picture of this. Apparently, it was invented by Survival Systems themselves.
One of the first things we did before class started was choose a flight suit. They had bright orange and dark blue. I chose a bright orange one because I thought it could be seen under water better and it’s one of my favorite colors.	Blue is actually the easiest color to see underwater. Maybe everybody in the class, but me, knew it before the training because everybody chose a dark blue flight suit. 😊