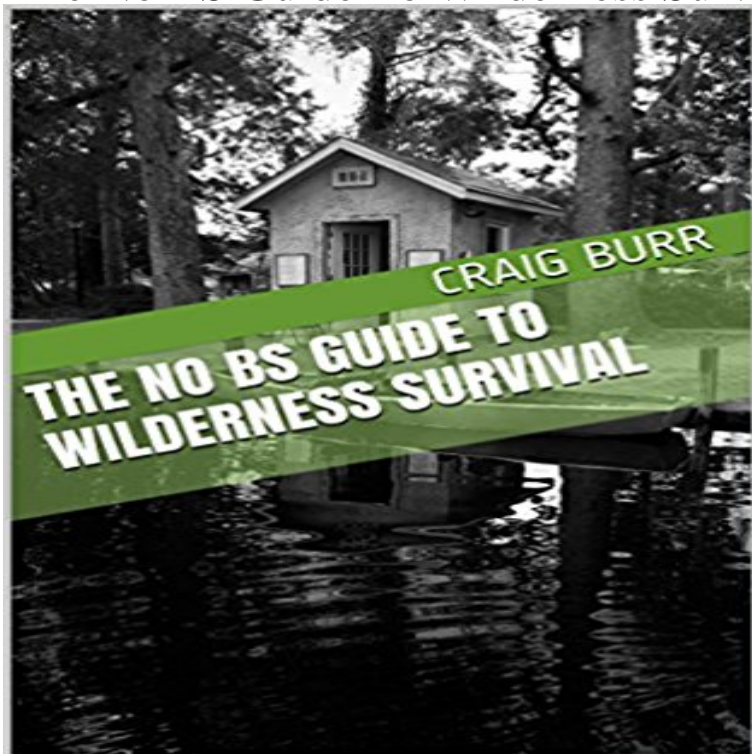


The No BS Guide To Wilderness Survival



There are a few different things that being in a survival situation can do to a person. It can bring out the very best in us or bring out the terror or foolishness. You will have seen some of the television shows that show survival as leaping in to huge rivers, dangling from cliffs and eating various animals raw. This could not be further from the truth. The idea of this book is to prepare you both physically and mentally for any survival situation that you may find yourself in. These can be scary times for the unprepared but by following the information in this book and remaining calm during any situation, you will always have the upper hand. Introduction

Chapter 1 Are you a Survivor 1. The Survival Mindset 2. Nutritional Needs 3. Fitness Chapter 2 Basics 4. Clothing 5. Footwear 6. Basic Survival Kit 7. Sleeping Bags 8. Ropes and Knots Chapter 3 Into the Wild 9. Choosing a tent 10. The Importance of Shelter 11. Building a Shelter 12. Natural Shelters 13. Camp Fires 14. Starting a Fire 15. Finding Dry Fuel in Wet Woodland Chapter 4 Finding Water 16. The Importance of Water 17. Collecting Water 18. Water Purification 19. Carrying and Storing Water Chapter 5 Finding and Preparing Food 20. Edible Plants 21. Edibility Test 22. Wild Nuts 23. How to Tell if a Bug is Edible 24. Making Fishing Equipment 25. Making Fishing Nets and Traps 26. Preparing Fish 27. Preserving Meat in the Wilderness 28. Hunting and Trapping Food Chapter 6 Moving On 29. Finding Direction 30. Using a Map and Compass 31. Reading the Skies 34. Crossing Water 35. Building a Raft Chapter 7 Signalling 36. Basics of Signalling 37. Signalling Methods Chapter 8 First Aid 38. Controlling Bleeding 39. Treating Shock 40. Dealing with Breaks and Sprains 41. Treating Burns 42. Hypothermia 43. Dehydration 44. Bites and Stings

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