



Wilderness Survival For Dummies

Cameron M. Smith, John F. Haslett

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Wilderness Survival For Dummies Cameron M. Smith, John F. Haslett **Your one-stop guide to surviving and enjoying the Great Outdoors**

Want to know how to stay alive in extreme situations? This practical, accurate guide gives you all the expert, field-tested tools and techniques you need to survive. Whether you find yourself lost in the woods, adrift on a life raft, bitten by a snake, or needing shelter in cold weather, this hands-on resource teaches you how to stay safe (and sane), find rescue, and live to tell the tale!

- Know the basics of survival — perform life-saving first aid, make fire and shelter, and find water and food
- Manage your emotions — cope with panic and anger, get the "survivor's attitude," and foster cooperation and hope with others
- Increase your chances of rescue — signal for help and navigate using a compass or the sky
- Practice expert survival methods — tie essential knots, craft your own weapons and tools, and make natural remedies
- Gain wisdom for water emergencies — stay afloat when your ship or boat sinks, avoid dehydration and starvation, and make it to shore

Open the book and find:

- Common survival scenarios you may encounter
- Tried-and-tested advice for individuals or groups
- The items you need to stay alive
- Basic orientation skills
- Ways to keep warm or cool
- The best methods for building a fire in any environment
- What you can (and can't) eat and drink in the wild
- True stories of survival

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Paul Eastman:

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