

Wilderness Survival

The Basics

by

Survival Stu



Survival Stu Bio/Credentials:

I have been lost 36 times, which makes me an expert.

Once when I was lost in the desert I survived by; mentally slowing down my heart to use less energy, absorbing moisture from the air through my skin (like a newt), and feeding on microbes in the sand.

Another time when I was lost in the Antarctic, I built a snowmobile out of ice, and rode it 500 miles to a penguin study outpost and safety.

I have compiled this “Complete” Guide to Wilderness Survival, to ensure that you too can survive, should you find yourself lost in almost any environment. This Guide is organized into 7 easy-to-remember topics/sections – Water, Food, Shelter, Fire (and wolves!), Survival Gear, Rescue Signaling, and Self Rescue (wilderness travel).

Survival Tip #1 – Water/Hydration



- If you **any have water with you, drink it all immediately.** There is a good chance you will be rescued before long, so it is pointless being thirsty. Then again you might be thirsty as you are rescued, so **you might want to save your water** for that occasion too. Your choice.
- If you do run out of water, **the trick to finding more in the wilderness is to remember that water always flows downhill.** So find a hill and wait at the bottom until water comes to you.
- I read somewhere that if there is no water available, **you can drink your own pee.** So I always carry a two-liter bottle of urine wherever I go....just in case.



Survival Tip #2 - Food

- **Do not eat bright purple mushrooms.** Once while lost I found and ate some bright purple mushrooms, figuring such a friendly color could not possibly be dangerous. Afterward I spent three hours discussing the differences between the director's cut and the original cinematic release of the movie "Avatar"...with a cricket.
- **Tree bark is an excellent source of nutrition.** It can be prepared by marinating it overnight and then cooking it for 20 minutes in a preheated oven at 900 degrees. Keep a fire extinguisher handy in case the wood catches fire in the oven.
- **Things that should not be eaten based on my personal experience:**
 - Bright purple mushrooms
 - Rocks
 - Chi-Chi's Mexican Restaurant food
 - Live wasps

Survival Tip #3 - Shelter



- Building a shelter is an integral part of survival. A small cottage will be sufficient, unless you have a lot of furniture that you need to put into it.
- Protect yourself from hungry animals by fortifying your shelter. A wall of no less than 6-feet high with a lockable gate should be sufficient. Build your walls out of non-flammable materials, as wild animals will often attempt to gain access by using fire.
- Make friends with large animals such as bears, so that they'll protect you from smaller animals. A bear can easily be befriended by running towards it yelling.
- Materials that are not suitable for building shelters based on my experience:
 - Water
 - Live ants
 - Angry words

Survival Tip #4 – Fire (and Wolves!)



- Building a fire without the use of matches or a lighter is a simple matter. Most forest fires are caused by lightning strikes. So run a steel cable from the top of a tall tree down to a pile of sticks, and then wait for lightning.
- Construct your fire directly next to a group of trees, and stack huge piles of leaves around the edge to serve as wind breaks.
- Wolves are attracted to fire-light, but they have a highly developed sense of smell and they hate the smell of gasoline. So be sure to douse yourself and the surrounding area with gasoline before starting a fire.
- If you do not have gasoline with you and wolves enter your campsite, curling up into a small ball and making a high-pitched sound like a wounded bird will confuse and deter them.
- If you are being attacked by a wolf, do not accidentally grab a snake to fight it off with. Wolves hate that and will only attack harder.
- If you have emergency road flares, tape several dozen of them to your legs. Setting them all off at the same time will allow you to hover above the wolves for several seconds, completely safe from their snapping jaws.

Survival Tip #5 – Survival Gear



- Having the appropriate clothing and medical equipment for any weather condition or emergency situation is a key to survival. For example if you are camping in a cool climate such as the Antarctic, make sure you take along a scarf.
- Watching the movie “Castaway” will give you an idea of what items would be useful, should you find yourself lost for several years. But it does come down to personal preference. If I was Tom Hanks, I would have taken along a television, an X-Box 360, and Megan Fox.
- I read somewhere about a guy who cut his leg while camping, and as he was sleeping a spider laid eggs in the wound. I would rather amputate my leg than have baby spiders hatching in it, so a surgical grade bone-saw is an essential component in any backpack.
- It is always better to preempt these things, so immediately cut off any limbs that receive cuts, scratches, or bites.

Survival Tip #6 - Signaling



- Find some means of alerting rescuers to your whereabouts. If you are lost in a desert, drawing a large S.O.S. in the sand with your water is an effective means of attracting attention.
- Waving your arms at passing rescue planes expends precious energy. So it is better to dig a small hole, lay in it, and cover yourself with leaves to keep warm, relax, and wait for them to find you.
- Use the time you are waiting to be rescued wisely. Sort your DVD collection into alphabetical order. Or fix that broken faucet that you have been meaning to for months, but did not get around to because it involved driving to the hardware store to buy a new rubber washer. Scrap-booking is apparently a fun and satisfying hobby also.
- Having someone else present is good for mental health and survival tasks. The last time I was lost I constructed a person out of mud. I called her Annie. After realizing we had a lot in common, we fell in love. Sadly she disappeared a few nights later during a heavy rainstorm. I searched desperately for her throughout the wilderness for many weeks, but eventually gave up hope. I sought reclusion from the outside world inside a large dam made of tree branches. I lived there for two years with my pain...and a family of angry beavers.

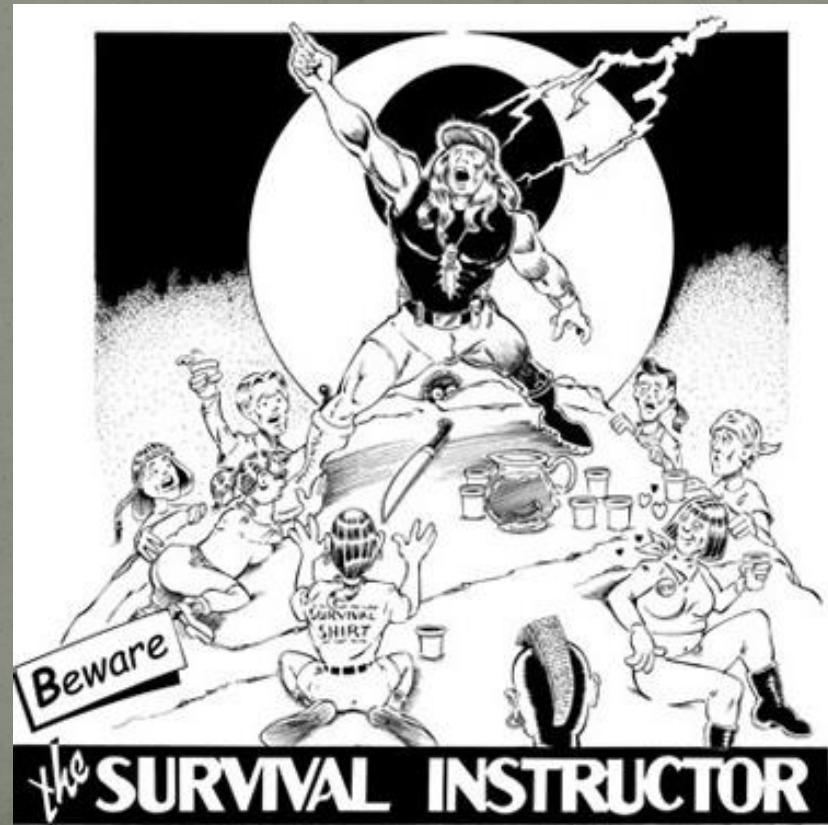
Survival Tip #7 – Self-Rescue



- If you become bored while waiting to be rescued and decide to walk out, it is helpful to have a map. As you have no way of knowing where you might become lost, always carry a map of “everywhere”. Simply marking everywhere on the map that you are “not” will pinpoint where you actually are.
- A simple compass can be constructed by rubbing a small oval pebble up and down on polyester slacks to generate static magneticity, and then floating the pebble in a small pool of water. The pebble will sometimes face North.
- Keeping a collection of rocks in your pocket is also handy for when you come to a stream, as you can use them as stepping or skipping stones. In case of deeper rivers, it is wise to carry a collection of very large rocks in your backpack at all times.
- If the river is too deep to cross by foot, constructing a canoe can easily be accomplished by pouring a mixture of liquid polymer, and setting the agents into a pre-cast canoe mold.
- If you encounter thin, cracking ice over water in your route to safety, proceed forward but make sure your cell phone is charged in case anything goes wrong.

Follow the 7 Survival Tips taught here and
you'll be fine.

Trust me....I'm "***Survival Stu***".



The End!!!

