

◆ Foremost Health ◆

Resource Justification

Foundational

Closed Book:

[Colin Towell \(2012\), The Survival Handbook: Essential Skills for Outdoor Adventure; Dorling Kindersley.](#)

Reliability:

- [Colin Towell](#) (03-Feb-2022): Joined the Royal Navy in 1977; later qualified as a Combat Survival Instructor with 22 Regiment SAS. He has taught survival skills to the UK and US Army, Navy, Marines, and Air Force; he has served as the Royal Navy's Chief Survival Instructor; he was Chief Instructor at the US Navy SERE School for three years.

Usability:

- (03-Feb-2022) Scored 4.7 from 342 ratings on [Amazon](#).
- (03-Feb-2022) Scored 4.08 from 146 ratings on [GoodReads](#).

Open Book:

[Boy Scouts of America \(2010\), Wilderness Survival.](#)

Reliability:

- The [Boy Scouts of America](#) (BSA, colloquially the Boy Scouts): According to the [About Page](#) (03-Feb-2022) of their website, they are one of the largest scouting organisations and one of the largest youth organisations in the United States, with about 2.2 million youth participants. The BSA was founded in 1910, and since then, about 130 million Americans have participated in BSA programs. BSA is part of the international Scout Movement and became a founding member organisation of the [World Organisation of the Scout Movement](#) in 1922:

The Boy Scouts of America (BSA) provides the nation's foremost youth program of character development and values-based leadership training, which helps young people be "Prepared. For Life.®" The Scouting organization is composed of approximately 2.2 million youth members between the ages of 5 and 21 and approximately 800,000 volunteers in local councils throughout the United States and its territories.

Since its inception in 1910, more than 130 million young men and women have participated in the BSA's youth programs. More than 35 million adult volunteers have helped carry out the BSA's mission.

Advanced

Closed Book:

[John 'Lofty' Wiseman \(2014\), SAS: Survival Handbook \(3rd ed.\); William Collins.](#)

Reliability:

- [John 'Lofty' Wiseman](#) (03-Feb-2022): Served in the [SAS](#) for 26 years; rose to the rank of Warrant Officer; Head of Operational Research 22 SAS.

Usability:

- (03-Feb-2022) The 3rd edition scored 4.7 from 5468 ratings on [Amazon](#).
- (03-Feb-2022) The 3rd edition scored 4.24 from 4937 ratings on [GoodReads](#).

Open Book:

[US ARMY \(1992\), FM 21-76 Survival.](#)

Note:

- There are more recent versions ([such as one from 2019](#)) available for purchase. As US taxpayers (perhaps indirectly) pay for the production of this survival manual, some defy the copyright restrictions and distribute it freely arguing that it has already been paid for. No position is taken on this issue here.

Reliability:

- This was issued by the US [Department of Defense](#). The US has the [highest military budget](#) in the world and ranks number 1 by the 2022 [Global Firepower Index](#) (03-Feb-2022). The [US Armed Forces](#) have six branches, numerous [overseas military bases](#) and has engaged in numerous [overseas conflicts](#). Therefore, it is very likely that survival manuals published by them and for their soldiers are reliable.

Web Resources:

[Survivor Library](#)

Reliability:

- (03-Feb-2022) Many PDF files covering a vast array of survival skills. Almost all of which are no longer copyrighted. Due to the size of the library and diversity of authors, it is impossible to assess all of them. Hence, this web resource was included for its breadth instead of its reliability.
- According to [duplichecker](#) (03-Feb-2022), it was created on 17-Oct-2013. Given its age, size, and lack of advertisements, it is likely a passion project. Whether this improves reliability or not isn't judged here.