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[Introduction video: why is wilderness survival important?]

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[Understanding and managing panic pdf/video]

[Assessing situation]

[Making shelter]

[Starting a fire]

[Finding drinking water]

[Purifying water]

[Edible plants]

[Poisonous plants]

[Medicinal plants]

[Tracking animals]

[Dangerous & poisonous animals]

[Fishing]

[Making tools]

[First Aid]

[Signaling]

[Hypothermia]

[Hyperthermia]

[Other dangers]

[Information by region]