To be included in website:

Home page with introduction and navigation menu

Title: World Exploration

Sub-Title: Welcome to our site!

Introduction: There are many places to explore on our great planet. There are a variety of different climates, landscapes and cultures. This website is designed to give you a snapshot of the different regions of the world. There are also travel tips included. Unfortunately, sometimes problems do arise we have offered a few survival tips as well.

Climate

Sources:

Climate Interactive:

<http://oceanservice.noaa.gov/education/pd/oceans_weather_climate/media/climate_zones.swf>

Googke,com: Google Images

Tropics, Dry, Moderate, Continental and Tundra (each has 2-3 sub-categories)

Include: Map, Pictures, Description, and examples:

Tropics: The tropics are located near the Equator generally between the 25 degrees north and 25 degrees south latitude. The topics have warm to hot temperatures year round. There are two types of tropical regions, wet and wet and dry. The wet tropical regions are generally hotter and more humid. They also receive more rainfall averaging between 70-100 inches of rain per year. The wet tropical areas are where the jungles are located which have rain year-round. While the tropical wet and dry areas also known as tropical savannahs have wet and dry seasons during the year. Countries with tropical climates include Brazil and Indonesia.

Desert: The desert is very dry, receiving little to no rainfall throughout the year. Deserts or arid regions as they are sometimes called generally have hot simmers and mild to cold winters depending where they are located. There is so little water in these areas that only certain plants and animals can survive. Semi-arid or steppe as they are sometimes called are also deserts. However, they receive slightly more rain and have less extreme temperatures than arid regions. Examples of deserts include the Sahara and the Gobi. Many sub-arid regions are located next to deserts.

Moderate: Moderate climates are divided into three categories: Mediterranean, humid sub-tropical and marine west coast. Mediterranean climates have warm to hot dry summers and mild rainy winters. They are found near the coast of continents and within 30 to 45 degrees of the equator. Humid subtropical climates also have hot summers and mild winters. However, they differ from the Mediterranean climates because they have rain fall throughout the year. These climates are typically found in continental interiors or in the southeastern coastal areas between 25 and 40 degrees from the equator. The final sub-group of climates in this group is called marine west coast. This sub-climate type is located on the west coast of continents where the weather is heavily influenced by the ocean and wind. The temperature is warm during the summer and mild during the winter with rainfall year-round. Moderate climates are found in the Southeastern and Western United States, Mediterranean Coast and other areas around the world.

Continental: There are two sub-groups under this category. This first is humid-continental. Humid-continental climates typically consist of mild to hot summers and cold winters, sometimes receiving heavy snowfall during the winter months. During the summer these areas can receive a significant amount of rain occasionally bringing severe storms. Minneapolis and Chicago have this climate type. The other sub-category is called subarctic. This climate type consists of short, cool summers and long, very cold winters. There is snow on the ground for much of the year. Most of Canada and Russia have this climate type.

Other: There are three other climate types. The first is tundra. This is similar to subarctic in that there are short, cool summers and long, cold winters. There are two important distinctions. First the tundra is typically dry and also there is permafrost on the ground year-round. The tundra is located in places north of the Arctic Circle including northern Alaska. The second climate type is the ice cap. The ice cap is located in Antarctica and Greenland. The ice cap consists of below freezing temperatures year-round with little precipitation. The third category consists of highlands. The highlands are located in mountainous regions where the temperature and precipitation varies depending on location.

Travel Tips:

Wilderness Travel Tips:

Source: <http://wanderlustandlipstick.com/wandertips/adventure-2/tips-for-wilderness-travel/>

Wilderness travel is solitary, demanding yet it can bring you some of the most spectacular natural views you will ever see. This can make it seem ideal for many seasoned travelers looking for a new way to experience the world. However, before you head off on a wilderness adventure, be sure to keep a few things in mind. Wilderness travel presents obstacles that you may never have faced, so be sure you know what you’re getting yourself into before you head off on the trek of a lifetime!

**Know Your Technology**

For the most part, your cell phone and tablet won’t work if you get too far out from civilization. However, if you’re going to be out of the usual range of communication, look into personal locator beacons (PLBs) and satellite messengers. PLBs send an emergency distress signal if you need help, where satellite messengers allow you to send very basic messages from backcounty areas without any cell coverage. Depending how far from civilization you plan to be, both of these kinds of devices may prove to be life savers. Additionally, you may want to bring along a GPS to keep track of your location.

**Prepare and Prepare Again**

The most important thing to do if you are planning a wilderness trip is to make sure that you prepare. Make sure that you know the area you are planning to travel as well as you possibly can. This means knowing how long it will take you to get from point A to point B, and how much food and water you will need to carry, as well as being aware of any potential hazards. Too many travelers have been stuck in the middle of their day’s planned hiking trek without food or water. A little extra planning will keep you on track and having a good time.

**Educate Yourself**

There are some basic wilderness survival tips and tricks that you should know before setting off on your trip. Learning how to make a fire, for example, and how to do basic first aid will make you feel more secure and safe. Even knowing the best place to sleep or take cover during a storm could save your life. Additionally, try to learn how to identify a few edible (and a few poisonous) plants that grow where you are traveling. You never know when it could come in handy!

Source: <https://www.rei.com/learn/expert-advice/ten-essentials.html>

Packing the Ten Essentials whenever you step into the backcountry, even on day hikes, is a good habit. True, on a routine trip you may use only a few of them. Yet you’ll probably never fully appreciate the value of the Ten Essentials until you really need one of them.

The original Ten Essentials list was assembled in the 1930s by The Mountaineers, a Seattle-based organization for climbers and outdoor adventurers, to help people be prepared for emergency situations in the outdoors.

In 2003, the group updated the list to a “systems” approach rather than listing individual items (for example, map and compass now fall into the Navigation “system”.)

The updated "systems" approach made its debut in The Mountaineers’ seminal text on climbing and outdoor exploration,[Mountaineering: The Freedom of the Hills](https://www.rei.com/product/811865) (The Mountaineers Books), now in its eighth edition.

## Updated Ten Essential "Systems"

1. Navigation (map and compass)
2. Sun protection (sunglasses and sunscreen)
3. Insulation (extra clothing)
4. Illumination (headlamp/flashlight)
5. First-aid supplies
6. Fire (waterproof matches/lighter/candles)
7. Repair kit and tools
8. Nutrition (extra food)
9. Hydration (extra water)
10. Emergency shelter

## Classic Ten Essentials

1. Map
2. Compass
3. Sunglasses and sunscreen
4. Extra clothing
5. Headlamp/flashlight
6. First-aid supplies
7. Firestarter
8. Matches
9. Knife
10. Extra food

## 1. Navigation

Map and compass are now viewed as 2 components of a navigation system. Add a wrist altimeter, toss in a GPS and, well, you can see how the systems approach to the Ten Essentials can easily total more than 10 individual items.

A topographic map should accompany you on any trip that involves anything more than a short, impossible-to-miss footpath or frequently visited nature trail.

A compass, combined with map-reading knowledge, is a vital tool if you become disoriented in the backcountry. Have high-tech GPS receiversmade compasses obsolete? No. A compass weighs next to nothing and does not rely on batteries. So even if you rely heavily on a GPS for navigation, a traditional compass is an indispensable backup. Note: A compass equipped with a sighting mirror can also be used to flash sunlight to a helicopter or rescuer during an emergency.

Shop REI’s selection of [compasses](https://www.rei.com/c/compasses) and [GPS receivers](https://www.rei.com/c/gps).

An altimeter is a worthwhile navigational extra to consider. It uses a barometric sensor to measure air pressure and provide a close estimate of your elevation—information that helps you track your progress and determine your location on a map.

Shop REI’s selection of [altimeters](https://www.rei.com/c/altimeter-watches).

## 2. Sun Protection

Sunglasses are indispensable, and you’ll need extra-dark glacier glasses if you’re planning prolonged travel on snow or ice. All sunglasses sold at REI block 100% of ultraviolet light (UVA and UVB)—a key function of quality lenses. UVB rays, the rays that can burn your skin, have been linked to the development of cataracts.

Shop REI’s selection of [sunglasses](https://www.rei.com/c/sunglasses).

When choosing sunscreen, health experts advise choosing 1) a formula that offers a sun protection factor (SPF) of at least 15, though SPF 30 is recommended for extended outdoor activity and 2) one that blocks both UVA and UVB rays.

Depending on many factors (time of day, sweat and more), you should reapply as often as every 2 hours. And don’t overlook SPF-rated lip balm.

Shop REI’s selection of [sunscreen](https://www.rei.com/c/sun-protection).

Lightweight, synthetic sun-protection clothing comes with an ultraviolet protection factor (UPF). Your activity level (and resulting perspiration) and the temperature are the factors that will determine if you choose to wear pants or shorts (or long sleeves vs. short sleeves) while outdoors. You'll still need sunscreen for your face, neck and hands.

## 3. Insulation

Conditions can abruptly turn wet, windy or chilly in the backcountry, so it’s smart to carry an additional layer of clothing in case something unexpected prolongs your exposure to the elements.

The authors of Mountaineering suggest this strategy: “Extra clothing should be selected according to the season. Ask this question: What is needed to survive the worst conditions that could be realistically encountered on this trip?”

Common options include a layer of underwear (tops and bottoms), an insulating hat or balaclava, extra socks and a synthetic jacket or vest.

## 4. Illumination

Headlamps are the light source of choice in the backcountry because they allow hands-free operation, they’re small and lightweight, and they have long battery life.

Many headlamps offer a strobe mode. It’s a great option to have for emergency situations; headlamps offer their longest battery life while in strobe mode.

Flashlights and packable lanterns also have value. Some flashlights cast very powerful beams and are useful for signaling during emergencies.

Always carry spare batteries. Every member of a backcountry party should carry his or her own light.

Shop REI’s selection of [headlamps](https://www.rei.com/c/headlamps) and [flashlights](https://www.rei.com/c/flashlights-and-lightsticks).

## 5. First-aid Supplies

Pre-assembled first-aid kits take the guesswork out of building your own kit, though many people personalize these kits to suit individual needs. Any kit should include treatments for blisters, adhesive bandages of various sizes, several gauze pads, adhesive tape, disinfecting ointment, over-the-counter pain medication, pen and paper. Nitrile gloves also deserve consideration.

The length of your trip and the number of people involved will impact the contents of your kit. It's also a good idea to carry some sort of compact guide to dealing with medical emergencies.

Shop REI’s selection of [first-aid kits and supplies](https://www.rei.com/c/first-aid).

## 6. Fire

Matches headed into the backcountry should be of the waterproof variety, or they should be stored in a waterproof container. Take plenty and ensure they are kept dry. Convenience-store matchbooks are often too flimsy and poorly constructed to be trusted for wilderness use. Mechanical lighters are handy, but always carry some matches as a backup.

Firestarter, as the name implies, is an element that helps you jump-start a fire. The ideal firestarter ignites quickly and sustains heat for more than a few seconds. Candidates include dry tinder tucked away in a plastic bag; candles; priming paste; heat “nuggets” (chipped-wood clusters soaked in resin). Even lint trappings from a household clothes dryer can work.

Shop REI’s selection of [firestarters](https://www.rei.com/c/fire-starters).

## 7. Repair Kit and Tools

Knives or multi tools are handy for gear repair, food preparation, first aid, making kindling or other emergency needs. A basic knife should have at least 1 foldout blade, 1 or 2 flathead screwdrivers, a can opener and (though some people will call this a luxury) a pair of foldout scissors. The more complex your needs (if, for example, you are leading an inexperienced group), the more options you may want in your knife or tool.

If you carry a self-inflating mattress, consider bringing a repair kit for it. If you’ve had to endure a punctured pad deep in the backcountry, then you know it’s an item worth carrying.

Here’s a classic tip for carrying the basics of a poor-man’s repair kit: Wrap strips of duct tape (the universal fix-it product) around your water bottle or trekking poles so you can repair who-knows-what in the backcountry.

Shop REI’s selection of [camp tools](https://www.rei.com/c/multi-tools) and [repair kits](https://www.rei.com/c/repair-kits).

## 8. Nutrition (extra food)

Always pack at least an extra day’s worth of food. It can be as simple as a freeze-dried meal, but it's even better to include no-cook items with long storage times: extra energy bars, nuts, dried fruits or jerky.

The process of digesting food helps keep your body warm, so on a cold night it’s smart to munch some food before bunking down—just don’t leave animal-attracting leftovers inside your shelter.

Shop REI’s selection of [food](https://www.rei.com/c/food).

## 9. Hydration (extra water)

Mountaineering suggests always carrying at least 1 water bottle and a collapsible water reservoir. You should also carry some means for treating water, whether it is a filter/purifier or chemical treatment.

When beginning extended travel, consult your map and try to identify possible water sources. Try to resupply at the last obvious water source before beginning a stretch of unpredictable water availability.

Shop REI's selection of [water bottles and treatment options](https://www.rei.com/c/water-bottles-and-treatment).

## 10. Emergency Shelter

Shelter is a new component in the updated Ten Essentials, one that seems targeted at day trippers. (Most overnight wilderness travelers already carry a tent or tarp.) The thinking is, if getting lost or injured leaves you stranded in the backcountry, something is better than nothing if you have to deal with wind or rain. Options include an ultralight tarp, a bivy sack, an emergency space blanket (which packs small and weighs just ounces), even a large plastic trash bag.

Shop REI’s selection of [emergency gear](https://www.rei.com/c/emergency-and-survival).

## Beyond the Top Ten

Here are a few other add-ons to consider:

Insect repellent: Your most effective options are: lotion or spray repellents containing DEET or picaridin, and/or clothing that has been treated with permethrin.

Whistle: For summoning help, it will outlast your vocal chords.

Ice axe: For crossing snow fields.

Personal locator beacon (PLB): A PLB can help search-and-rescue workers find you in an emergency.

Communication device: Two-way radios, a cell phone or a satellite telephone can add a measure of safety in many situations.

Signaling device: As noted earlier, some compasses come with sighting mirrors. If yours does not, consider taking a small mirror to signal rescuers in an emergency.

Knowledge: Having items in your pack has no value unless you understand how to use them. As one search-and-rescue leader told us, “People talk about the Ten Essentials, but the most important essential is between your ears.”

Travel Health and Safety

World Health Organization

Source: <http://www.who.int/ith/precautions/travel_related/en/>

Key factors in determining the risks to which a traveller may be exposed are:

* mode of transport
* destination(s)
* duration and season of travel
* purpose of travel
* standards of accommodation, food hygiene and sanitation
* behaviour of the traveller
* underlying health of the traveller.

Destinations where accommodation, hygiene and sanitation, medical care and water quality are of a high standard pose relatively few serious risks to the health of travelers, except those with pre-existing illness. The same is true of business travelers and tourists visiting most major cities and tourist centers and staying in good-quality accommodation. In contrast, destinations where accommodation is of poor quality, hygiene and sanitation are inadequate, medical services do not exist and clean water is unavailable may pose serious risks for the health of travelers. This applies, for example, to personnel from emergency relief and development agencies and to tourists who venture into remote areas. In these settings, stringent precautions must be taken to avoid illness. Travel warnings from governmental sources should be taken seriously; they are likely to have implications for travel and for travel insurance.

The epidemiology of infectious diseases in the destination country is of importance to travelers. Travelers and travel medicine practitioners should be aware of the occurrence of these diseases in the destination countries. Unforeseen natural or man-made disasters may occur; outbreaks of known or newly emerging infectious diseases are often unpredictable. New risks to international travelers may arise that are not detailed in this book but will be posted on the WHO web site which should be regularly consulted. Similarly, up-to-date information on safety and security risks should be acquired from authoritative web sites.

The mode of transport, duration of visit and the behavior and lifestyle of the traveler are important in determining the likelihood of exposure to infectious diseases and will influence decisions on the need for certain vaccinations or anti malaria medication. The duration of visit may also determine whether the traveler is subjected to marked changes in altitude, temperature and humidity or to prolonged exposure to atmospheric pollution.

Understanding the purpose of the visit and the type of travel planned is critical in relation to the associated travel health risks. However, behavior also plays an important role; for example, going outdoors in the evenings in a malaria-endemic area without taking precautions to avoid mosquito bites may result in the traveler becoming infected with malaria. Exposure to insects, rodents or other animals, infectious agents and contaminated food and water, combined with the absence of appropriate medical facilities, makes travel in many remote regions particularly hazardous.

Whatever their destination or mode of travel, it is important that travelers should be aware of the risk of accidents under the influence of alcohol or drugs and, mainly, in relation to road transport or the practice of sports.

## WHAT SHOULD YOU DO IF LOST OR STRANDED???

Do you know the difference between "lost" and "stranded?" Lost is not knowing where you are nor which way you should go. Stranded is [usually] knowing where you are but no one else seems to know where you are. Now according to most survival books, websites and search & rescue (SAR) teams...

**RULE # 1** - Before you take off and go anywhere you should tell someone **(a)** where you are going and **(b)** what time you will be back or be arriving at your final destination. Just in case you don't make it back or to your final destination within a certain time a search and rescue (SAR) party will know where to start looking for you.

**RULE #2** - Should you become lost or stranded in a disabled vehicle or you're a survivor of a plane crash, it's best to remain with the vehicle or plane. As it will be easier for a SAR party to find you in a stationery position than to look for a moving person or a group of people who have no idea where they are going.

But if there's no vehicle or plane and you are on foot and you have no idea where in the hell you are or which way you should go. Then again, it's best to stay where you are as it will be easier for a SAR party to find you in a stationery position then to try to look for you wandering around aimlessly not knowing where in the hell you are going.

But if you broke RULE # 1 - Failed to tell someone where you are going before you took off.. Then you can skip RULE # 2 **and proceed directly to RULE # 3** - **DON'T PANIC & LOSE YOUR HEAD, S.T.O.P !** **S** top moving, sit down and relax, **T** hink where you may have screwed up, **O** bserve your surroundings and try back tracking a little bit to see if you can recognize the terrain. And if you don't, sit down, take a deep breath and admit to yourself... "Well it looks like I'm lost, what should I **P** lan to do next?"

Well for starters you should listen up for signs of civilization. Such as listening for sounds of vehicles, trains, church bells, factory noise, etc that will give you a general sense of direction as to which way is civilization. But if you don't hear anything, then look around and proceed to the nearest and highest piece of ground and from there look for buildings, towns, church steeples, roads, railroad tracks, fences, power lines, telephone lines, etc that will lead you back to civilization. If there's no high ground then climb the nearest and tallest tree.

|  |
| --- |
| But again if you don't see or hear any signs of civilization but you see a stream, creek or river, then follow that instead. As it will not only provide you a source of water for drinking but will most likely lead you back to civilization or to some trails or roads that will get you back to civilization. |

But should you be on the move and you don't see or hear anything that can help guide you back to civilization and the weather starts to change, the temperature begins to drop and or darkness is quickly approaching. Then it's best to stop and stay where you are for the night and begin building a shelter and getting a fire going before it's too late than to risk getting wet, cold and not seeing where you're going. And as you read on you will not only learn from me how to build a shelter and start a fire but to survive, thrive and to teach others how to do it too.

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