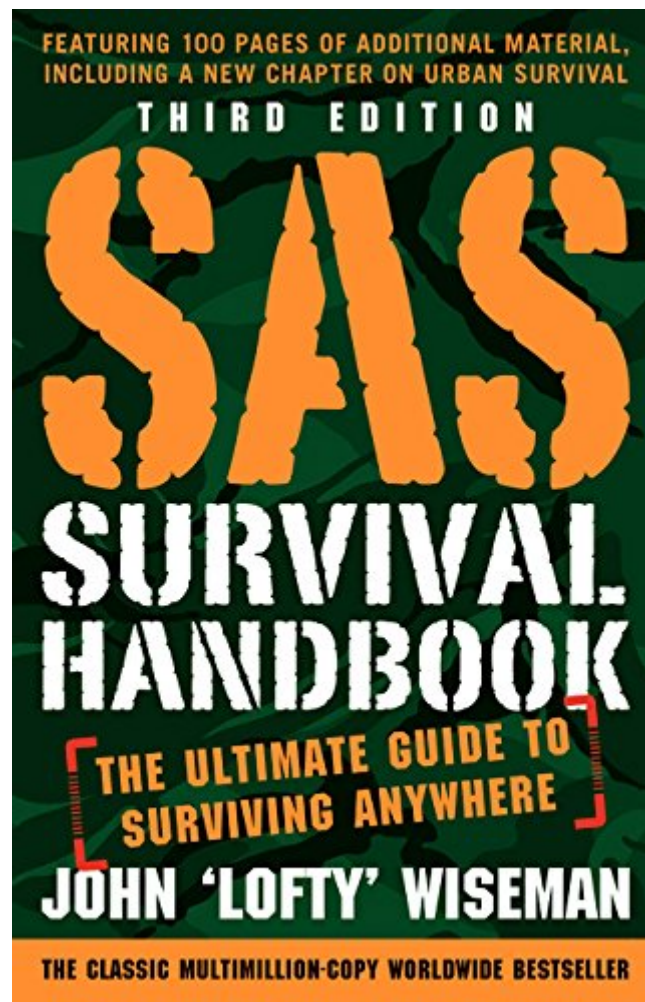


SAS Survival Handbook, Third Edition: The Ultimate Guide to Surviving Anywhere PDF



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SAS Survival Handbook, Third Edition: The Ultimate Guide to Surviving Anywhere by John 'Lofty' Wiseman ISBN 0062378074

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Being prepared: Understanding basic survival skills, like reading the weather, and preparation essentials, such as a pocket survival kit.

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Food: What to eat, what to avoid, where to find it, and how to prepare it.

First aid: A comprehensive course in emergency/wilderness medicine, including how to maximize survival in any climate or when injured.

Disaster survival: How to react in the face of natural disasters and hostile situations—and how to survive if all services and supplies are cut off.

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SAS Survival Handbook, Third Edition: The Ultimate Guide to Surviving Anywhere Review

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