

SURVIVAL

**A Beginners Prepping Guide
to Survive a Disaster in the
Wilderness**



SCOTT COLTER

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*A BEGINNERS GUIDE PREPPING GUIDE TO
SURVIVE A DISASTER IN THE WILDERNESS*

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INTRODUCTION

Our continued survival is often taken for granted. When disaster strikes we are forced to take responsibility for our own survival – to find our own resources and keep ourselves alive. It would be a safe wager to bet that most individuals do not prepare for the worst, or teach themselves to deal with the adversity posed by potential hazards.

In most aspects and areas of our lives, it is considered sensible and adult to plan ahead. People carefully construct five-year financial plans. Couples consider when they would like to have children and save money towards their pensions. Even as a child and a teenager you must think about what subjects you might want to learn and what career you might want to pursue. Yet the most vital and basic of all future preparations – the skills and items that would ensure our survival if a disaster were to strike, are left woefully neglected by almost everybody. A prepper, however, doesn't think like the rest of the populace – they know that it is wise to learn these skills that other people won't either consider. It is not about surviving a zombie apocalypse, or creating a secret bunker, but recognizing the importance and fragility of your own life. We all want to survive disasters, but only a prepper takes the necessary steps to do so.

By reading this eBook you take the first step from being helpless in a disaster to helpful. This eBook takes you into the world of the prepper, with a specific focus on how to survive in the wilderness.

In the first chapter of this eBook, learn the basic psychology of survival, the mindsets and attitudes you need to develop if you were to even think about surviving the wild. In the second chapter, become acquainted with the various hazards that you may face and how they are classified. In the following chapter, be trained to prepare your very own survival kit, containing the best items to ensure your survival in any situation. Finally in the fifth chapter get to grips with your basic survival skills by learning how to live in the wilderness. Discover how to find water, how to forage for food,

how to build a shelter, how to kindle a fire, how to navigate using natural signs and how to treat injuries and wounds.

CHAPTER 1 – PSYCHOLOGY OF SURVIVAL

STAYING CALM & FOCUSED

All of us have seen people turn manageable problems into full overblown disasters by lacking the calm and clarity to deal with an issue gracefully. On occasion, everyone one of us has probably had a moment where we ‘snapped’, losing our cool and acting in ways that we regret.

Whilst these incidents are looked down upon by our peers, in most circumstances, apart from wasting our time and irritating the people around us, these minor tantrums do us little long-term harm.

However in a disaster situation where you are pressed to the very brink of survival, keeping your mind steady and focused is paramount to getting out of trouble alive. You simply can’t lose your cool – you won’t survive. There are no safety nets.

Therefore to master survival skills, you need to master yourself. Instead of taking the attitude that your emotions are wild, uncontrollable phenomena that cause you to act in irrational ways you need to discipline yourself to effectively manage your emotions.

This isn’t the same as denying your feelings – when you are stressed, you are stressed. When you are angry, you are angry. Nonetheless, you can train yourself to act efficiently during anger or other unhelpful emotions and reach levels of inner focus that penetrate beyond your surface emotions.

Ultimately, the first step to mastering your emotions is to embrace the perspective that maintaining a healthy state of mind is a skill you practice rather than the result of external factors. If you concede that external factors determine your state of mind than when the going gets rough, you will never succeed.

You might as well give up now – you don’t have the grit to go on further. If you think that you are not a victim to your own emotions

than you can start to practice emotional control. Recognize when you are feeling an unhelpful emotion and learn to soothe yourself by cultivating positive emotions and constructive habits to counteract that emotion. If you practice this skill at every opportunity in which emotional discontent arises, eventually you will learn to deal with your emotions skillfully.

In addition to developing emotional calm, a prepper needs to overcome their inherent biases that 'everything will be alright', often called a normalcy bias. Life in modern western society is, for most western people, rather comfortable. Although some of us are unfortunate and suffer from personal tragedies and physical accidents, most pass through the majority of our lives, at least as of yet, with few genuinely life-threatening hazards thrown our way.

The fact that we have reached this current period of time relatively unscathed often makes us ignorant and ill-prepared for the future. People become complacent and arrogant, assuming that because few ill-fortunes have occurred in the past, few or none will occur in the future. If we do face life threatening challenges, most people fail because they never took the time in their comfortable lives to learn how to deal with difficult situations. They do not take an interest in their own fitness, which is essential to any survival situation. They do not learn to manage natural and industrial disasters, even if they are living in geographically susceptible areas.

A prepper however, is different. A prepper looks to the future with an unbiased eye and recognizes the possibility of misfortune. A prepper stockpiles and trains to whatever degree necessary to ensure they can survive when disaster strikes – all because they have the gift of foresight. Never assume everything is going to be alright. Prepare!

SELF-SUFFICIENCY

Another key aspect of the prepare mindset is self-sufficiency. In everyday life, it is not always inherently bad to learn to ask for help

and co-operate with your peers – it entirely depends on the situation and the people involved.

However, in a disaster situation the normal flow of life becomes extremely distorted. The people you are used to relying on – spouses, siblings, friends, parents, authorities and emergency services might all be distanced from you or endangered themselves.

If you are alone in the wilderness, there is no guarantee that you will be able to contact anyone to help you. No police officer to protect you or no doctor to treat your wounds. You have to learn, whenever possible, to deal with your problems yourself. This doesn't mean, however, that you must become an island onto yourself.

Instead take the perspective that in everyday life, you try to fix your problems by yourself first. Stop relying on other people just because you are too lazy to find out the solution or because it is merely convenient. If you *need* help, get help. If you can feasibly and reasonably deal with a problem yourself, deal with that problem yourself, period.

With that being said, a prepper also needs to develop strong interpersonal skills and a willingness to help other people. Following a disaster situation, the ideal scenario would be for the eventual re-establishment of society. If a disaster situation has occurred and you are in a position to help, do so. Don't endanger yourself, but nor be cold and unhelpful.

Furthermore, take an active interest in prepper societies and organization. If genuine widespread disaster occurs, and if the government cannot provide assistance to its citizens, then these societies that have stockpiled resources, that have trained themselves to cope with hazards and maintained technologies that allow for disaster-survival will be one of the cornerstones of re-establishing society. So take an interest.

CHAPTER 2- TYPES OF DISASTERS

FIVE CLASSIFICATIONS OF DISASTERS

The majority of people probably list a few of the most Hollywood popularized hazards such as earthquakes and volcanic eruptions. Yet fewer people are actually aware of the full-range of potential disaster situations. In this chapter become familiar with all the disaster situations you may need to prepare for, their characteristics and how disasters are classified by type. You may wish to research what hazards your country and region may be susceptible to.

[EM-DAT](#) , the international disaster organization classifies disasters into five types.

Geophysical – Events originating from the earth. Examples include volcanic eruptions, tsunamis and earthquakes.

Meteorological – Events caused by short-lived atmospheric processes. Examples include most types of storms and strong wind.

Hydrological – Events caused by the alteration of the water cycle. Examples include floods and the hazards caused by them, such as landslides.

Climatoligcal – Events caused by long-term or macro climate change. Examples include drought, heat wave and other long-term temperature associated hazards.

Biological – Events caused by living organisms and toxic substances. Examples include bacterial and viral disease and infection, as well as types of infestation.

In addition the various environmental hazards, you can also consider various man-made or anthropological hazards such as civil unrest, societal breakdown, nuclear and radiological hazards and biochemical warfare.

Ultimately as a forward-looking prepper, there are many potential threats to be wary of. Research and learn what you may need to deal with, using these classifications as a basis for your study.

CHAPTER 3 – SURVIVAL KIT ESSENTIALS

PRIORITIZING THE ESSENTIALS

During a disaster that forces you and your family into the wilderness, your first priority should be to retrieve your prepared survival kit, which contains the most essential tools and resources to survive any disaster.

In this chapter learn how to prepare such a survival kit, the most crucial components of the survival kit and why such components are useful. You cannot carry everything you would ever need, so great survival kits prioritize the most important survival tools.

To begin, all survival kits should contain a high-quality knife. A knife is the most useful and versatile tool for crafting all manner of instruments from the natural resources you might find – from shelter to weapons. Above and beyond crafting, knives also (obviously) allow you to cut materials that you wouldn't be able to cut otherwise – such as rope and tightly sealed packages that your supplies might be within.

Additionally you should always keep a compass and a map which details the local area. Getting lost in a disaster situation, especially in the wilderness, is a huge survivability concern – this is one of the easiest factors to account for by always keeping a map at hand.

Your next key items should be a first aid kit. This will help you keep small wounds from becoming infected and treat certain fatal wounds. It is hard to overstate just how crucial first aid kits are in any survival situation.

On top of this, you should keep enough food in your survival kit to last for at least three days. This amount of food will give you a small window to begin collecting your own food from nature and can help you survive long enough, for rescue to arrive (providing the disaster situation accommodates for rescue). Similarly, you will want a sizeable flask that can carry a reasonable amount of water, is re-usable and will not leak or break easily.

You will also need to carry a method for starting a fire such as waterproof matches or a flint and steel. Being able to start a fire provides you with warmth, light, the ability to purify water by boiling it as well as the ability to cook. Fire is simply too essential in a survival situation to forget to keep a fire starting source in your survival kit.

On this note, you will also want portable light sources. Keeping a flashlight with several sets of spare batteries is often the most convenient choice.

You will also need additional survival clothing such as gloves and waterproofs to protect you from the weather and the temperature, especially if your local area is prone to harsh conditions.

The final pieces of your survival kit should be a sturdy plastic bag, in which other items can be carried in and kept waterproof, as well as ways to signal distress, such as a whistle and flares. You may also want to consider keeping a tarp, as it can help when building a shelter, keeping warm or collecting water.

To summarize the key components of your survival kit should be:

- A high-quality knife
- A compass and a map
- A first-aid kit
- 3 days' worth of food
- A large flash to carry water
- Waterproof matches and/or a flint and steel
- A portable light source (i.e a flashlight) and batteries/power
- Survival clothing
- Water proof carrier bag
- Flares and a whistle
- A tarp

CHAPTER 4 – SURVIVING IN THE WILDERNESS

WATER SUPPLY

To successfully survive in the wild you must learn how to address your basic needs – your need for food, for water and for shelter. Furthermore you must learn how to create a fire, how to navigate the land and how to deal injuries. In this chapter learn the basics of each of these skills in turn.

Your first priority when surviving in the wilderness should always be to find and maintain a water supply. Your body can last weeks without nutrition from food, but after just a few days without water you can die from dehydration. Furthermore if you do become dehydrated, you can become incapacitated and your cognitive faculties can notably become impaired (preventing you from maximizing your survival potential) long before dehydration becomes fatal. At the end of the day you must recognize the importance of finding water over immediate survival concerns in most wilderness survival circumstances. If you are stranded in the wilderness and need to survive for long periods of time, do not rest or focus on anything else other than finding water – keep looking.

Providing advice on how to find water is inherently difficult because it largely depends on the geological nature of the landscape as well as what type of biome you are considering in your survival scenario. Exploring and providing information for all the environmental possibilities is way beyond the scope of this book, however there are some widespread water findings tricks and patterns that you may be able to employ if you find yourself desperate.

However, there are a couple of preliminary pointers to make first. Whenever you drink water from the environment around you, it is always better to attempt to filter or purify it first. If you have the time and the resources, boiling water is a fantastic way to remove most of the bacteria and other harmful organisms that your water may be hiding. More realistically when your resources and time are limited, you may not be in a position to boil your water, but at

the very least you should attempt to filter it to remove debris, insects and potential parasites. Numerous man-made survival items exist, for the purpose of filtering water, but more crude methods involve filtering water through fabric, or a dense bunch of leaves or bark can be viable too.

Similarly, always prioritize flowing, freshwater such as rivers and gullies over lakes and ponds – flowing water is less likely to contain biological threats that can cause illness, as these bacteria are less likely to thrive in moving water.

With this established, you can now appreciate methods on how to discover water. Your greatest potential ally when attempting to discover water are the flora and fauna around you. If an area is particularly dense with plants and greenery, chances are there a notable source of water is nearby. Similarly, insect swarms and birds will congregate around water sources. Observe the wildlife around you – where it collects, water is bound to be present.

Also bear in mind that water will always flow downhill due to gravity. Search low-lying areas on the horizon for your sources of water.

Water can also be found below the surface in many places, especially if the ground appears regularly wet or saturated. If you can, attempt to dig a hole a few feet down and wait a couple of minutes – water might begin to naturally pool in the space you've created. As a word of caution, if you do find water this way, take extra effort to filter it carefully.

Other ways to find water include collecting it from rain, from dew as well as from snow or ice. For rainwater, lay out any containers you have when it is raining to collect water, making sure you maximize potential surface area. If you have a waterproof material, you can also cover a small hole or ditch with this material as a temporary method to collect water.

You can obviously melt ice or snow to produce water too. However be aware that you should always ensure that you melt the ice or snow first – if the climate is cold enough to support ice or snow,

you cannot risk lowering your body temperature by ingesting your water in a frozen form. Furthermore, a lower body temperature can actually lead to water loss through the skin.

Finally, you can collect water from dew by using fabric to absorb the water from nearby plants and then straining that fabric. Naturally, the best time to collect dew is early in the morning when airborne water has condensed on the surrounding flora, but before the rising sun causes it to evaporate.

FORAGING

Learning how to gather food from the wilderness faces similar troubles to learning how to gather water – the potential food sources available depend largely on the ecology of the local wilderness, other geographical factors as well as the time of year. Owing to this, an exhaustive guide on how to find food is beyond what can be taught within this eBook. If you want to learn how to forage and how to hunt in your local wilderness, it is best to study this in detail separately doing this can point you towards the edible plants and game in your area. Above and beyond location-specific advice however, there are a few trends that tend to be universal.

In any survival situation, you need to learn to avoid potentially toxic plants if you want to forage. If you see a potential edible candidate, try to observe whether you can find any other animals in the area eating the plant. Generally speaking, if birds and other mammals can tolerate a fruit or berry, there are greater chances that you will be able to.

In addition, if you are desperate, you can perform stages of the universal edibility test, a test designed to determine whether any plant can be eaten. In this test, the first instruction is to separate the chosen plant into all components; the roots, the fruit, the leaves, stalk and so on. You do this because certain parts of the plant may be edible whilst others are not. If you are to methodically determine what parts are poisonous or not, you need to test them individually.

Next, you apply these parts to sensitive areas of the skin, such as the wrist or elbow and maintain contact for several moments (fifteen minutes is recommended). If your skin starts to develop a negative reaction, such as burning, swelling or stinging the plant probably isn't safe to eat and you should rinse the area that had contact with the plant.

After this, the following stage is to attempt to boil the plant components. Some toxic plants become edible once cooked, so boiling the plant decreases the chance you will become ill. Even if you do not have the resources or time to boil the plant, you can still perform the rest of the edibility tests anyway – boiling just makes ingestion of an unknown plant a little safer.

Next, rest the plant inside your mouth for several moments. In this stage you are testing for any adverse reaction, just like the previous stage where the plant was applied to the skin. The chemical breakdown of food actually begins with enzymes in your saliva, which can release poisonous compounds from the plant if they are not immediately present upon touch.

Moving on, if the plant seems safe within your mouth, you can now chew it. Do not swallow – simply chew the plant until it is almost liquidated in your mouth and wait again for several moments. If any adverse reaction occurs, spit out the plant and cleanse your mouth with water.

Finally, you can now swallow. You may still become sick, but the following stages have reduced the likelihood notably. In the circumstance where it becomes apparent that you have been poisoned, you must force yourself to vomit and then rehydrate yourself with water.

Whenever you test a plant this way, it is also recommended to control a few other variables. Your stomach shouldn't have eaten for multiple hours beforehand, and you shouldn't eat anything else during or after the test for several hours (to ensure any side effects are due to consumption of the plant).

Overall, just be cautious. As formerly mentioned, the body can survive without food for several weeks. In a survival situation it is best to take your time and slowly and scientifically discover what you can and cannot eat, than to poison yourself by eating multiple plants at once – reducing your chance of survival, and not providing you with any new knowledge.

SHELTER

In regards to building a shelter, effective shelter building progresses through several stages. First you must survey the land around you and find an appropriate area to build upon. This area must be large and wide enough to suit the needs of a human, whilst not being too exposed to the elements, such as plain sparse areas. Exposing your shelter to strong winds or powerful rains will often damage the shelter, or lead it to not provide sufficient protection. The ideal location is somewhere like a low-hanging canopy or underbrush that which guard you from the weather, but where the forest floor is still wide enough to easily pass through and keep supplies.

In addition to this, having a source of water nearby is always preferable. However, on the same vein you must also build your shelter a suitable distance away from water sources – you do not want your shelter to flood or be damp should a water source flood or spread. Always attempt to build your shelter several dozen meters away from a large water source, or only build your shelter close to water if the terrain is formed in such a way that the risk of flooding appears insignificant.

After having discovered a suitable location, you then need to find a natural structure, which you can use as a foundation for your shelter. This is for two reasons – firstly, attaching your shelter piece by piece to an existing object makes your shelter far easier to construct. However the main and most important reason is to give your shelter strength and fixedness. Any structure you build by hand, especially as a novice, will likely be rather less secure than you may wish it to be. By building your structure on a large nearby object, such a felled tree, a rocky overhang or firm tree

low-hanging tree branches, your structure will have more strength than if it were to have no foundation.

It is however possible to make a shelter without additional external support, so do not despair if you are in a wilderness situation and there are no good potential supports in an otherwise promising shelter location.

With this in mind, start the architecture of your structure, attempting to incorporate large, natural objects if possible. You will want to form your tepee structure with reasonably large sticks in a prism shape, using two large sticks of roughly the same size, tied at the top facing in opposite directions as your structure entrance. Then also attach third stick, longer than the previous two, tied to the original two in such a way that when the three sticks rest on the ground, they support each other and stay upright. Preferably you should fix these sticks together with rope or durable vine, but providing sufficient weight, gravity and angle you can do without.

Next finding successively smaller pairs of sticks, attach these pairs of sticks across the longest stick from where the three sticks join to where it touches the ground. This completes the architecture of your shelter.

Finally, you will need to find small twigs and shrubbery to attach to your structure to provide a layer of protection from the elements over the foundational structure you have created. These pieces need to be positioned as such that they will not be blown away or simply fall out of place. It is recommended that you should make a dense-multilayered surface covering to give the best protection.

STARTING A FIRE

In addition to learning how to make shelter, you must also learn how to kindle a fire. The art of producing campfires is not inherently difficult, but there are multiple pitfalls that the ignorant fire-starter can fall into.

Before you can start a fire you need several materials. You need a way to ignite the fire, whether it be matches, or a flint & steel.

Creating a spark or initial flame is possible with more rudimentary methods, such as friction between pieces of wood, but this is actually rather difficult and can take multiple hours of trials and error. Considering you should have an ignition source in your survival kit, it is best to learn to use more modern methods first.

In addition to the material required for ignition, you also need several large logs to use as your primary fuel source once the fire has established and needs to be maintained. Moreover you also need both tinder and kindling, which fortunately can also be found in abundance in every forest. Tinder refers to your initial burning material – it is what you ignite to begin with and use to ignite the larger, harder to burn materials. There are several man-made materials that are rather good tinder sources (such as paper, cloth and cotton). In a wilderness situation, your tinder will usually be dry foliage, grass, pine needles or very small twigs.

As for kindling, kindling is the intermediary between your tinder and your persistent fuel source. It ignites more easily than a large log, but produces a stable and more persistent flame than your tinder. Furthermore it also provides structure for your fireplace, keeping the other materials firmly in place. Your kindling will also be small sticks and twigs, but notably bigger than your tinder.

As a final note on collecting tinder and kindling, make sure the materials you collect are dry. Wetter twigs and sticks, which have more recently fallen from a tree, will be harder to ignite and produce more smoke when burning (which can irritate your eyes and lungs). Your twigs and sticks should snap rather than tear if you attempt to break them; they should be brittle and weigh less than the wetter branches.

The first stage when constructing a fire is to build a space for the fire to occupy. There are two ways this can be achieved. You can either dig a small pit to hold the fire, or collect a dozen or so moderate-size stones and form a ring around the intended location of the fire. Be aware when choosing your fire location that there are no inflammable objects near the chosen fire area – including natural foliage. If a layer of dried leaves and small twigs occupy the forest

floor where you reside, brush away an area of space, using your foot, of at least a couple of meters wide. This will ensure no haphazard sparks ignite the forest around you.

After making your fire pit, put a helping of tinder within it. Next form a tepee-like structure of sticks and twigs over the kindling. Ensure that this structure is relatively small, remains close to the tinder, but there is enough space so that you can access the tinder and the initial flame. So there will be able to get enough air supply to persist. Ignite the tinder, in multiple places if possible, and allow your fire-structure to begin burning. You may need to gently blow on the initial flame to boost its air supply, or alternatively shield it from stronger winds, which may extinguish the flame. Once the kindling has ignited and is starting to burn nicely, add your longer-term fuels such as logs and large pieces of wood to allow the fire to continue burning.

NAVIGATION

The next survival skill that you need to acquaint yourself with is navigation. Whenever you are trying to survive in the wilderness, you will need a method of understanding where you are located. Moving further into the wilderness when you mean to move out of it, losing your camp, or being unable to find society again are all significant survival threats.

Ideally you will have a compass and a map of the local terrain in your survival kit, which you can use to navigate comfortably. Even if these tools are nowhere to be found, there are still more ancient techniques that can help you find your way.

Firstly, the tried and true adage that the sun rises in the east and sets in the west will never do you wrong. Another astronomical marker is the moon. Whenever the moon is in its crescent stages, visualize a straight line connecting the two tips of the crescent. If you are in the north hemisphere, this line will be facing south. Conversely if you are in the South hemisphere, this line will be facing north.

You can also use the wind to navigate, to a certain extent. In windswept areas, observe the trees and see in what direction they have grown – whether the branches all face one way. If they do, you can determine that the predominant winds tend come from the opposite direction. As an atmospheric principle wind occurs when warm air moves towards colder blocks of air. The further north or south from the equator you go the colder the air is. Owing to this, if the branches or growth of the trees all face one way, if you are in the north hemisphere, chance area that direction is north. Conversely, for the southern hemisphere, if all tree growth or branches face one direction suggests the direction they point is south. This is a generalized principle that cannot always be relied upon, but does have some merit.

As always, if you wish to learn how to navigate your local area without equipment, investing in a local guide that can tell you the pointer specific to your region is wise.

FIRST-AID

The final essential survival skill you need is to learn how to manage your health in a disaster situation, by learning how to treat wounds and perform first aid to those in need. To genuinely learn how to perform first aid, it is best to join a society or organization that will teach you and refine your first-aid technique. Whenever dealing with an injured person there are a lot of contingencies to consider and if you deal with the situation poorly, you may endanger yourself or make injuries even worse.

Owing to this, first-aid will only be covered in the briefest way, just to give you an outline of the process and promote further interest.

The first step in a first aid scenario is to check for potential hazards that could have injured who you are attempting to give first aid to. Deal with or mitigate these hazards before you progress to treat the injured person, otherwise you risk yourself and the injured person.

Your initial step is to check for signs of consciousness when applying first aid. If consciousness is compromised this may be

due to the vital systems failing – these need to be addressed immediately.

If the person is unconscious, check for signs of breathing. If they are not breathing you will need to attempt to open their airways by either attempting to remove debris from their throat, or placing them in a position where breathing is easier, such as with their back to the ground.

Your next step is to check for a pulse, at the wrist or neck. If there is no pulse you will need to attempt to support the heartbeat by making compressions to the chest, periodically providing mouth-to-mouth breaths. You must attempt to do this until other help arrives, or a heartbeat initiates once more.

If a person's pulse and breathing are stable, check for less serious injuries. If a person is bleeding you must apply pressure to the wound to attempt to stop the blood flow whilst trying to avoid contact with the blood, or sanitizing your hands afterwards to avoid pathogen transfer.

Broken bones should next be managed by being supported with slings or splints – you can creatively use any materials around you to achieve this purpose, but the split needs to be strong and not break and should be attached tightly so it doesn't wobble.

For burns, apply water and then cover with a damp cloth. Ointments or other seemingly beneficial treatments can actually make burns worse, so avoid the temptation to use them.

Finally you may also need to deal with emotional shock, which can be life threatening. Talk the person whilst you are applying first aid and ask them questions to see if they can recall personal information – the process of memory recall can help mitigate shock.

This is the basics of the first aid, but there is much, much more to learn. As previously mentioned, even with good intentions you can make an injury worse, so please if you are interested in learning first aid, seek professional advice.

Lastly, you must also learn to dress wounds. In most circumstances people's immune systems are robust enough that minor injuries do not cause us much harm. However, in a survival situation where you may be dehydrated, malnourished and exposed to more pathogens than usual, properly dealing with wounds is a life-saver.

First when dressing a wound, you must cleanse the area with water and remove any debris or filth from the wound. Next sanitize the area with disinfectant, which should be in a first aid kit. Alternatively, strong alcohol is also a good substitute if suitable disinfectant is not available. Next, if any bleeding is occurring, apply pressure with a clean cloth or cotton bud to stem the bleeding. If this bleeding is occurring from a limb, raise the limb in the air to reduce blood flow to that area. Finally, firmly bandage the area and secure the bandage with tape, a bandage clip or a safety pin.

With first aid and wound treatment tenuously covered, you are now in a better position to deal with potential threats to your health. With the previous advice on water, food, shelter and navigation, you are now equipped with your basic survival skills.

CONCLUSION

Learning survival skills doesn't have to be a matter of life and death. Learning how to survive in the wild can be a challenging but rewarding hobby that can also boost your fitness and confidence. Even developing a survival mindset can be a benefit in regular society, as it cultivates your self-sufficiency, problem solving and lateral thinking.

However, above and beyond the everyday benefits there is a huge pragmatic and obvious reason to learn survival skills – survival. There is no compelling reason to think that we may never be in a situation where our survival skills are truly put to test. This doesn't mean that as a prepper you commit to conspiracy theories about the collapse of government and biochemical warfare. Perhaps you simply recognize the possibility of certain environmental hazards and take the initiative to learn to manage those situations in advance. Alternatively, you may also realize that survival skills are important if you were to get lost. Regardless of the reason, you have come to understand that taking the time to learning survival skills is a smart choice.

This eBook started you on your survival journey. By now you should know how you need to think if you want to survive difficult situations, as well as what type of disasters can occur. You know how to prepare a survival kit and how you may use its various components to collect water and find food in the wilderness. Furthermore, you know how to build a shelter, how to start a fire and how to navigate. This is only the beginning of learning how to survive in the wild, but it is a good foundation to build upon. Now it is up to you to progress even further and fully master learning to how to survive in this dangerous world.

Free Gift



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Natural Solutions to Getting Trim**

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for FREE<<](#)**

THANK YOU!

I wanted to start off by just saying thank you for choosing to read one of my books. I know there are millions of other books out there and how valuable your time is so I am extremely grateful that you took the time out of your day to read my book.

I wanted to also quickly explain to you that you are getting over 100+ recipes plus a free bonus book as a personal gift from me.

In particular this book provides a range of recipes. Sumptuous, filling recipes are shamefully rare. Easy meals that can be produced by regular humans, rather than kitchen goddesses, are rarer still. This book aims to combat this startling lack of information with the best meals around.

In addition to this all books have been translated in to Spanish for our international readers.

If you would like to go back to the beginning and discover these delicious recipes

