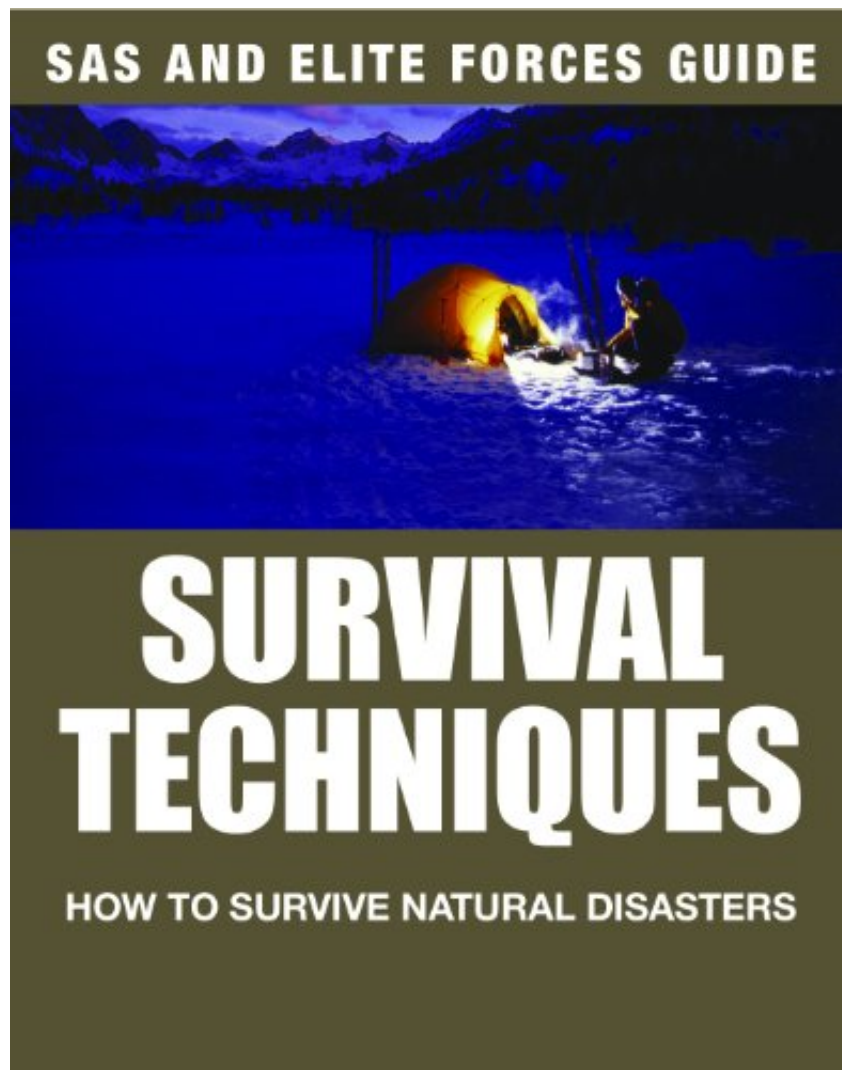


Survival Techniques: How to Survive Natural Disasters (SAS and Elite Forces Guide)

by

Alexander Stilwell



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Synopsis

Survival Techniques takes you through all the things you need to know about surviving natural disasters and staying alive in the wild, such as where to find water in the desert; how to build shelters from locally available materials that will keep out the wind and rain but will also be ventilated; and what plants are safe to eat and which are deadly poisonous. In addition to the informative text, Survival Techniques is packed with 200 illustrations that provide a brilliant guide to mastering survival situations. Surviving in the wilderness is one thing, but the ultimate aim is to get back to civilisation, and so Survival Techniques contains valuable chapters on navigation techniques and when and how to travel through hostile terrain. Alongside chapters on wilderness first aid, making tools and preserving food in the wild, Survival Techniques also has sections that deal with surviving in difficult urban situations. This book is mandatory reading for those wishing to survive all that nature can throw at them.

Sort review

About the Author Mark Brake developed the world's first science and science fiction degree in 1999 and launched the world's first astrobiology degree in 2005. He's communicated science through film, television, print, and radio on five continents, including for NASA, Seattle's Science Fiction Museum, the BBC, the Royal Institution, and Sky Movies. --This text refers to an alternate kindle_edition edition.

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INTRODUCTIONThe shock of being cut off from the regular supports of civilisation – from food, water, shelter, warmth and companionship – will vary according to your circumstances and training. Whatever your background or preparation for the situation in which you find yourself, it is important to get over the initial trauma quickly. Remember that the circumstances you are in are no different to those that men and women have known – and survived – for centuries, even to this day in remote areas throughout the world.Although you may not be aware of it, you already have the necessary qualities to survive built in – determination, perseverance, ingenuity and humour. All you need to do is to adapt them as quickly as possible to your new circumstances. You may not be used to having to go out and forage for food or to locate sources of water. But remember that the qualities and skills you use in finding and holding down a job, and in negotiating the best deal for yourself and your family in your daily life, are similar to those that men and women have always used to find shelter, warmth and food for themselves and their families.As you adapt, you will find that if you take sensible precautions in a planned way your body will adjust as far as possible to the environment you are in. Your senses, somewhat dulled by urban comforts, will become sharper and your mind will begin to deal with planning your daily requirements.If you hold on to your determination to survive, despite setbacks, you will begin to master your environment. By maintaining a positive attitude you will find the necessary will and energy to locate food, water and shelter, and to set about achieving rescue.A thumbnail guide to survivalIf you are cold, wet, hungry and maybe injured, your immediate priorities are to:Account for survivors.Carry out First Aid.Find the right clothing and survival equipment.Find shelter.Provide warmth, water and food.Rest.You will be in a far better position to cope with your

circumstances and plan a survival strategy once you have dealt with these necessities. The order you take them in will depend on your particular environment, and you will find guidance in the appropriate chapters in this book. If you are in a group, you can each be responsible for a task. No matter how tired you are, set about collecting branches and wood to make a shelter (unless you have other materials to hand), make a fire, and take as much food and water as is appropriate, according to your available supplies. Remember not to eat too much if you have little water. By constructing a shelter and providing yourself with warmth and sustenance you will greatly improve your morale and your ability to cope. You will also have made it possible to gain much-needed rest, which will make it easier to go about your various tasks. Do not allow yourself to worry too much about the wider picture, since you will need all your concentration and energy for the immediate priorities. By putting one foot in front of the other and achieving things bit by bit, you will gradually surmount the problem.

Plan for survival Once you have answered your immediate wants, you will need to decide whether you should stay and wait for rescue, or travel in search of help and civilisation. If you are near a large object such as an aircraft, it will be much easier for rescuers to find you. If you are under a thick jungle canopy, however, you may need to travel so that you can either find a clear area in which to signal from or a place of human habitation.

Location Try to pinpoint where you are. Are you near any recognised routes? If so, your chances of being found are good. If not, you may wish to consider moving to an area where you are more likely to be found.

Radio equipment Check to see if there is a working radio, and try to establish contact.

Equipment Draw up an inventory of equipment in your possession, and also any materials that may come in useful.

Supplies Check your available supplies of food and water, and ascertain how far you are likely to be able to walk with what you have.

Physical condition Check your own physical condition and that of others. You may need time to deal with wounds or recover your strength. You will need to weigh this up against the likelihood of being able to find sufficient food and water in the area you are in.

Weather Do present conditions make it likely that a rescue search could be successfully mounted? If you plan to travel, what does the weather portend? Do you need to wait for better conditions?

Signalling Check all available signalling equipment and have it ready to use as soon as possible. You do not want to miss your chance if an aeroplane suddenly appears overhead.

How to use this book The first part of the book is divided into physical types of regions, namely Desert, Sea, Tropics, Polar and Mountain, with an additional chapter on how to cope with Natural Disasters, such as earthquakes and hurricanes. The second part gives more detailed information on particular aspects of survival, such as navigation or firemaking. Read through the chapter that applies to your environment first. It will give you hints on what your priorities are and how to go about them, such as building shelters and where to find water and food. It also lists dangerous animals to be avoided. The mental and physical quality that is most required of you as a survivor is endurance. It will not be easy to solve all the problems with which you are faced. Only you can decide on what you can endure. Rely on your training, initiative and God-given skills to solve the rest.

1Any journey that takes us away from our familiar world, with its easy supplies of water, food, warm clothing and sources of heat, to some extent places us in the survival category. Preparation and Equipment People travelling by car in a country as populated as the United States have been cut off in blizzards and caught in snow drifts for hours before rescue services could reach them, and no doubt found themselves wishing they had brought more warm drinks, warm clothing, food and water. Those who set out on long expeditions to remote mountains, deserts or across oceans will be fully aware that they are embarking on a journey of survival and will have made the necessary preparations. Even they, however, may be overconfident of their fitness and the quality of their pack, and may find themselves overstretched or caught out by the variable forces of nature. However well equipped you may be, it is always best to be aware that chance and accident can place you in a dangerous predicament. The more aware you are of the potential hazards the better prepared you are likely to be to cope with them. A compass, matches, torch and fishing kit are several of the many items a person should have with them in a survival situation. One of the first rules of survival is not to take for granted the methods of transport or organisations you may be relying on. Learn to prepare and equip yourself so that you are one step ahead of the worst eventuality. PLANNING The adage that time spent in planning is never wasted applies as much to survival as it does to office work. Simply thinking through a journey in advance, and considering some of the options if things do not work out as scheduled, will be time well spent. You will find that if things do go wrong you will be prepared. You may be able to prevent a good deal of inconvenience, or even save the precious moments that could mean the difference between life and death for yourself and others. If you are setting out on an expedition that will involve any measure of endurance and exposure to the elements, detailed planning will obviously be necessary. This should be geared to the particular requirements of the environment you will be in. Equipping a vehicle with the right tools, a medical pack and spare food and water is a significant step in the right direction. EQUIPMENT Owing to the current vogue for outdoor equipment, the greatest danger is not so much not knowing what to wear or carry but being bewildered by choice and ending up with the wrong equipment. The best approach is to ask trained staff in a specialist shop, many of whom will be outdoor enthusiasts themselves. They will help you to cut through the jungle of rival products and give you straightforward advice on what you require for your particular circumstances. For example, there is an endless range of excellent boots for sale which may leave your mind buzzing, but if you are intending to go mountain climbing the selection can be quickly narrowed down by an expert, saving you time and energy. Real deal One note of caution is that since the fashion industry has adopted the 'outdoor look', you will need to make sure that the clothing and footwear you buy is the real McCoy and not a fashionable imitation. With regard to clothing in general, the layering system transfers sweat away from the body towards the outside. If you choose your clothing carefully, the material will not absorb the sweat and become wet, cold and uncomfortable. TIP: SURVIVAL GEAR Headwear • Hat –woolly/thermal/ waterproof/sun • Headcover Balaclava • Shemagh/

keffiyeh/ Arab headdress• Helmet (for climbing)• Scarf/neck-cloth (to soak up sweat and control temperature)Clothing• Jacket/fleece• Trousers/over-trousers• Wool sweater• Shirts• Thermal underwear• Gloves and/or mittens• SocksFootwear• Boots – winter/hillwalking• Sandals• Gaiters• Spare laces• Spare insoles• Crampons• SkisLoad-carrying equipment• Rucksack• Daysack• BergenMiscellaneous equipment• Survival pack• Medical pack• Mess pack and knife/fork/spoon• Water bottle and mug• Survival knife (length approx. 114ins/30cm; blade approx. 7ins/18cm)• Lockable/ retractable knife• Tent• Camp bed• Sleeping bag• Bivi bag• Sleeping mat• Hammock• Mosquito net• Parachute• Ropes/cord• Karabiner• Ice axe• Telescopic walking/snow stick• Bungees• Shovel/spade (foldable)• Compass• GPS• Watch• Chronograph• Heart-rate monitor• Torch• Dark glasses / shades (especially for polar and desert regions)• Monocular Binoculars• Telescope• Map case• Stove• Wash packHeadwearUp to 50 per cent of body heat can be lost through the head, so headwear is an important aspect of your equipment. Make sure you are equipped with at least one sturdy hat. If you are going into a cold environment you will want something along the lines of a balaclava or a hat that can be pulled down to cover the ears and neck. If it is going to be wet you will want something waterproof to supplement the hood of your jacket. In the desert it will be a good idea to follow the example of the Arabs and carry a keffiyeh, or Arab headdress, also known as a shemagh. If you cannot obtain the real thing, carry a piece of light cloth about 3ft 3ins (100cm) square that can be folded to cover the head, neck and shoulders, and wrapped round the face when necessary. These cloths can be obtained from survival shops.JacketsA good-quality, breathable jacket is a worthwhile investment. It will help to keep you dry and warm, not only by protecting you from rain but, if it is a breathable material such as Gore-Tex, by reducing the amount of body sweat. That will also help to reduce your water consumption, which is a priority in any climate. The jacket should have a deep hood with a wired peak, storm flaps and large adjustable pockets, to keep your hands warm.PulloversA warm, dry pullover and/or fleece should be available to wear, for example, when you have stopped walking, and should be kept easily accessible in your backpack. Do not wear too much clothing when you are exerting yourself physically, otherwise you will not have anything warm and dry to put on when you need it.Shirts and t-shirtsShirts and t-shirts are widely available in materials that are both cool in hot climates and warm in cold ones. Once again, if you are not experienced in this area, or confused by the range of products, ask an expert.PantsYou will want pants that are light and comfortable for walking. Another advantage of a light material such as cotton is that the pants will dry more quickly. As long as your upper body is warm, light pants are adequate even in cold, though not extreme, climates. Reinforced knee- covers are advisable. You may also want to consider such features as spare pockets for maps, etc. In extreme climates you will need specialist pants, such as those designed for desert wear.TIP:SURVIVAL PACK• Compass• Flint and steel firelighter (you may want to add a small cigarette lighter)• Windproof matches• Striker board• Candle (some versions are edible)• Magnifying glass• Flexible saw (and/or Swiss army knife equipped with saw)• Sewing thread (for a quiet evening by the fire)• Needles• Single-edged razor•

Heliograph (for signalling)• Fishing gear• Wire snare• Cotton wool ball• Whistle• Water bag• Water purification tablets• Bag closures• Wound closures• Antiseptic• Plasters• Sunscreen/ insect repellent• Safety pins• Electrolyte concentrate• Pencil• Notepad• Signal flares• Mess pack

This is what a well-equipped soldier will carry in his backpack. Inside you can pack such items as:- Chocolate- Tea and/or coffee pouches- Milk and sugar pouches- Soup sachets- Chocolate candy- Rice cake• Fluorescent survival bag

The idea is that you should carry gear that will help you in an emergency, especially if you are separated from your main pack for any reason – hence the survival bag.

TIP:MEDICAL PACK• Thermometer (you may want to carry a low-reading thermometer)• Gudel airway (this is used to help maintain an open airway when someone is unconscious)• Gauze• Paraffin gauze dressing• Scalpel blades (at least two)• Suture equipment (only carry this if you have been trained how to use it)• Antiseptic swabs (carry at least five for cleaning smaller wounds and blisters)• Large safety pins• Scissors• Green hypodermic needles (carry three for removing splinters and for draining blisters)• Fluid-replacement sachet (this may be a sodium chloride and glucose powder compound for replacing fluids for conditions such as diarrhoea and burns.Alternatively mix 8 teaspoons of sugar and one of salt to a litre of water)• Puritabs (release chlorine to clean water. If the water is cloudy you should filter it first and add an extra tablet. Boiling water is also effective)• Potassium permanganate (anti-fungal/disinfectant)• Analgesics (pain killers): Paracetamol (max dose for adults is 4g in 24 hours) and Ibuprofen (max dose is 1200mg in 24 hours)• Antacid tablets (for indigestion)• Anti-diarrhoeal tablets• Antihistamine tablets• Plasters and wound dressings• Sun cream and lip balm

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