



The Ultimate Wilderness Survival Handbook: 156 Tips for Any Environment

Outdoor Life

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The Ultimate Wilderness Survival Handbook: 156 Tips for Any Environment *Outdoor Life*

With 110+ years behind them, the experts at *Outdoor Life* magazine have compiled the information-packed *Ultimate Wilderness Survival Handbook*. Whether you're planning a three-day backcountry hike, a day trip, or a full-on Grizzly Adams experience this compact handbook has the essential information you need to stay safe.

From the best-selling team at *Outdoor Life* this essential guide to surviving in the wilderness is for survivalists and hobbyists alike. This book covers making shelter, finding food and water, dealing with predators, signaling to rescuers, and making it out alive and well...probably even with all your limbs.

Chapter One: Skills and Tools

How to Pack for a Wilderness Adventure

Build a Fire Anywhere

Forage for Food

Create a Basic Shelter

Get Rescued

Handle Medical Emergencies in the Woods

Tie Basic Knots

. . . and more things every adventurer should know

Chapter Two: Into the Woods

Survive Getting lost in the Wilderness

Handle Animal Attacks

Navigate Bogs and Marshes

Purify Water

Stay Sane and Healthy

Trap Wild Animals

Fish with Almost No Equipment

Eat Wild Plants

. . . and more tips to get out of the woods safely

Chapter Three: Extreme Environments

Survive a Wildfire

Ford a Raging River

Navigate the Arctic

Survive Falling through Ice

Punch a Polar Bear

Find Water in the Desert

Survive Being Lost at Sea

. . . and more terrifying things you'll hopefully never experience (but know how to survive)

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