



# **Winter Survival: How To Stay Warm, Dry And Alive In Freezing Wilderness: (Prepper's Guide, Survival Guide, Alternative Medicine, Emergency)**

*Micheal Thomas*

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**Winter Survival: How To Stay Warm, Dry And Alive In Freezing Wilderness**

There are many reasons why you can end up in the freezing wilderness; even though you probably think it will never happen to you. Whilst there is an increased risk of becoming lost, injured or isolated if you are hiking, you can also find yourself in a survival situation through an accident, or even a plane crash.

Being stranded in freezing temperatures adds an additional element to your survival quest. Cold is deadly, it can kill you while you sleep or more slowly as you become hypothermic and eventually do not even realize there is anything wrong with you. It is essential to understand the risk that freezing conditions and what steps you can take to survive, even if you have inadequate supplies with you.

Shelter is the most important item on your list; although water and food are important to the human body it is unlikely you will need these instantly. However, no shelter in sub zero conditions will leave you incapacitated and potentially dead! This guide will show you how to make a shelter, stay dry and find food and drink to keep yourself alive, it includes the following information:

- An introduction to when you might find yourself in the frozen wilderness and what your first steps should be
- The importance of shelter and how to build one in freezing conditions
- How to keep yourself dry and dry clothes, even in below zero conditions
- Finding the essential water and locating food

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