

SURVIVAL

Types of Shelters

- **Lean To Shelter:** Use branches and leaves to create a slanted roof against a tree or rock.
- **Debris Hut:** Pile leaves, branches, and debris over a frame of sticks, creating a small, insulated space.
- **A Frame Shelter:** Construct a triangles Shaped shelter using branches for the frame and cover with leaves or a tarp if available.
- **Snow Cave:** For snowy environments, dig a small cave in the snow for insulation.
- **Simple Tarp Shelter:** Single Bed Sheet or Polythene Sheet & Rope. Tie the rope between two trees, drape the sheet or polythene over the rope, and anchor the sides with rocks or sticks to create a quick, effective shelter.

Navigation Without a Compass

- **Sun's Movement:** The sun rises in the east and sets in the west. At noon, shadows point north in the Northern Hemisphere.
- **Using a Watch:** Point the hour hand at the sun; halfway between the hour hand and 12 o'clock is south (Northern Hemisphere).
- **Night Navigation:** Find the North Star (Polaris) by locating the Big Dipper's pointer stars; the star is almost due north.

Starting a Fire without Matches

- **Fire Plough:** Rub a dry stick in a groove on a flat piece of wood to create friction and sparks.
- **Flint and Steel:** Strike a piece of flint against steel to generate sparks onto dry tinder.
- **Magnifying Glass:** Use sunlight focused through a magnifying glass to ignite dry leaves or paper.

Cooking Without Utensils

- **Rock Cooking:** Heat flat stones in a fire and use them to cook food directly on the hot surface.
- **Skewering:** Use sharpened sticks to skewer food and roast it over the fire.
- **Clay Cooking:** Coat food (e.g., fish) in clay and bake it in the fire, then crack open the clay to eat.

Wilderness Survival Skills: Shelter and Water

Surviving in the wilderness depends on knowing how to find shelter and water, which are vital to staying safe and healthy.

1. Shelter: Staying Protected and Warm

Building a shelter protects you from the elements—like cold, wind, rain, and sun. A good shelter keeps you dry and warm, especially during the night.

Types of Wilderness Shelters

- **Debris Hut:**

Best For: Forested areas with plenty of leaves and sticks.

How to Build:

- Find a strong branch and set it between two stable points (like two trees).
- Lean smaller branches along one side to form a frame.
- Pile leaves, moss, or other natural materials on top for insulation. The thicker the layer, the warmer it will be.

Lean-To Shelter:

Best For: Areas with few materials but some trees.

How to Build:

- Find a sturdy tree or support and lean a long stick against it at an angle.
- Place branches, sticks, and leaves over the main stick to make a roof.
- The lean-to should face away from the wind for extra protection.

Tarp Shelter:

Best For: When you have a tarp or large piece of cloth.

How to Set Up:

- Use a rope to tie one edge of the tarp between two trees and secure the opposite side to the ground.
- You can also create an “A-frame” by tying both edges to trees or poles, forming a tent-like structure.

Choosing a Shelter Location

- **Dry Ground:** Avoid areas that might flood, like riverbanks or low spots.
- **Wind Protection:** Place the shelter in a location shielded from the wind, like behind large rocks or dense bushes.
- **Stay Off Ridge Tops:** Avoid high points that expose you to cold winds.

Water: Finding and Making It Safe to Drink

Water is essential for survival. You need to find a safe water source and treat it if necessary.

Finding Water Sources

- **Streams and Rivers:**

- Moving water is generally safer than still water, but you should still treat it before drinking.
- Look for clear, flowing water. Avoid areas downstream from potential contaminants like animal tracks.

- **Rainwater:**

- Rainwater is one of the safest sources. Collect it using leaves, tarps, or containers.
- If it's raining, set up a collection system with whatever materials you have.

- **Morning Dew:**

- Early morning dew can be collected by wiping grass or leaves with a cloth and wringing the water into a container.
- Although small, this method can be helpful in dry areas.

- **Plant Water:**

- Some plants store drinkable water, like certain vines, bamboo, or cactus plants. Make sure you're knowledgeable about the plant species before trying this method, as some can be toxic.

Making Water Safe to Drink

Boiling:

- **How To:** Heat the water until it reaches a rolling boil for at least 1 minute (3 minutes at high altitudes).
- **Why:** Boiling kills most bacteria, viruses, and parasites.

Filtration:

- **Basic Filter:** Use cloth or a bandana to remove large particles.
- **Portable Filter:** Carry a portable filter, which can remove smaller contaminants.
- **DIY Filter:** In emergencies, create a filter with sand, charcoal, and gravel layered in a container to remove sediments.

Chemical Purification:

- **Tablets or Drops:** Water purification tablets or iodine drops can kill harmful organisms. Follow instructions, typically allowing the water to sit for 30 minutes before drinking.