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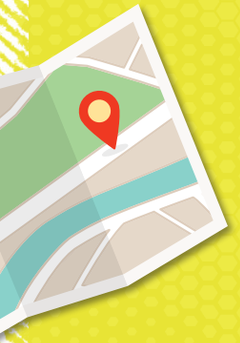
ULTIMATE SURVIVAL HANDBOOK

SURVIVE IN THE **WILD**,
IN THE **CITY** AND **ONLINE!**

ANDY McNAB

WELBECK

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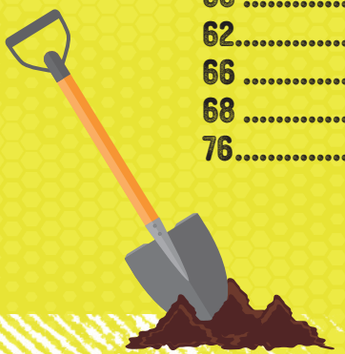












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ABOUT THE AUTHOR

AS A MEMBER OF BRITAIN'S ELITE SAS SPECIAL FORCES UNIT, ANDY McNAB KNOWS ABOUT SURVIVAL. AS A SOLDIER, ANDY HAD TO CONTEND WITH THE HARSHEST CONDITIONS IN THE WORLD, FROM THE TROPICAL RAINFORESTS OF ASIA AND SOUTH AMERICA TO THE ICY WASTES OF THE ARCTIC AND THE DESERTS OF THE MIDDLE EAST. SINCE THEN, HIS THIRST FOR ADVENTURE HAS LED TO HIM WALKING TO BOTH THE NORTH AND SOUTH POLES, TAKING PART IN THE INFAMOUS CRESTA RUN ICE TOBOGGAN CHALLENGE, MOTORBIKE RACING ACROSS AFRICA, BASE JUMPING EL CAPITAN AND ICE CLIMBING IN GREENLAND. HE'S ALSO A BEST-SELLING AUTHOR OF NON-FICTION AND FICTION FOR CHILDREN AND ADULTS.

STAY SAFE, STAY READY!

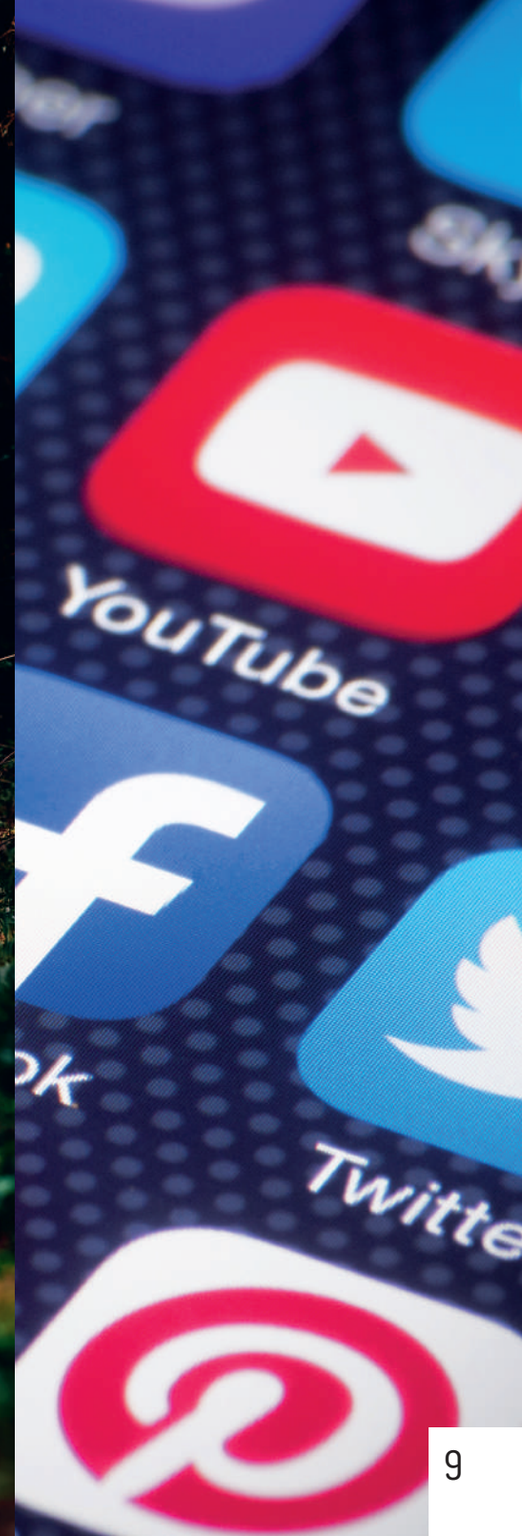
THIS BOOK CONTAINS INFORMATION that can be invaluable in dealing with a sudden emergency, in the wilderness or elsewhere. As well important knowledge about fundamental survival rules and techniques, you'll also find true-life stories of survival inside.

REMEMBER, IT'S JUST AS IMPORTANT to stay safe in an urban environment as it is in the great outdoors. And even when you're online, you need to make sure that your information and privacy are protected. This book contains everything you need to know to make yourself street-smart and safe in every environment.

WHEN YOU UNDERSTAND THESE RULES AND TIPS, you'll be safe and ready – whether it's in the wild, in the city or online!







SURVIVING IN THE WILD



PREPARATION

ACCIDENTS CAN HAPPEN ANY TIME, ANY PLACE, TO ANYONE.
FAIL TO PLAN AND YOU PLAN TO FAIL!

TIP Bin liners are your best friends! Whatever you put in your backpack, you have to make sure it stays dry. The only way to guarantee this is to use a liner.

THE 3 Ps

THE THREE MOST IMPORTANT SURVIVAL WORDS

• PLANNING • PREPARATION • PACKING

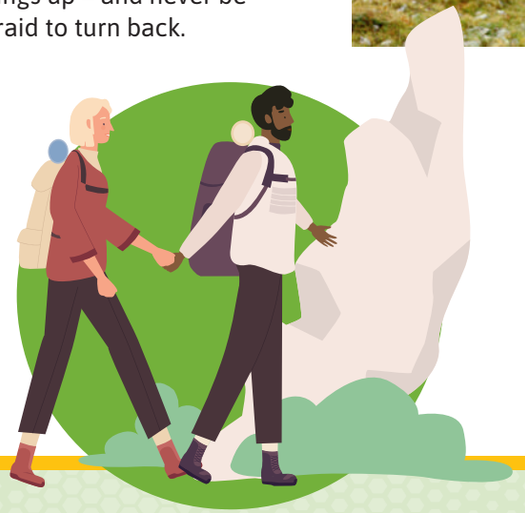


PLAN your activity carefully. Ask yourself lots of 'what ifs'. What if you get lost? What if it gets too dark to carry on? What if you or one of your friends twists an ankle? If you've started your trip and things aren't going the way you planned, you should always stop, think, and weigh things up – and never be afraid to turn back.



Buy the best equipment you can afford. It will work better and last longer.

PREPARE for the worst and hope for the best! One of the most crucial things to do before you set off is to let people know where you're going, and just as important, when you'll be back. Leave a plan of your trip with family or a trusted adult. If you're hiking with friends or family for several days in the wilderness, tell local services, such as a park ranger.



PACK wisely. If you're off on an outdoor adventure you should carry as little weight as you possibly can. That means that if you're already carrying a tent and sleeping bag, and maybe a camping stove and cooking gear, you should add just the bare essentials to keep you warm, dry and comfortable – and, if there's an emergency, safe.

FIRST-LINE EMERGENCY KIT

Your first-line emergency kit when you go into the wilderness should be:

- **a map (preferably in a waterproof case)**
- **a whistle**
- **a compass**
- **a head-torch (tape a spare set of batteries to the headband)**





- **a lighter, if you're allowed one; if not, a fire-steel**

. . . all of which you can wear around your neck on a lanyard (paracord is good for this, as it has so many other uses).

You should also have:

- **space blanket or emergency bivvi bag**





- **mobile phone**
- **water bottle**
- **survival tin** – you can buy ready-made survival tins, or you can make up your own.

WHAT TO TAKE

FIRST AID KIT: You can buy a good first aid kit at any pharmacy or camping store, but if you make up your own, make sure it contains at least these items:

- ROLLED BANDAGE
- TRIANGULAR BANDAGE
- SCISSORS
- TWEEZERS
- SAFETY PINS
- ANTIBIOTIC EYE OINTMENT
- BLISTER PADS AND WATERPROOF PLASTERS
- SMALL ROLL OF ZINC OXIDE TAPE
- PLAIN GAUZE PAD, 150 MM x 900 MM (6 IN x 35 IN)
- A CAN OF SPRAY PLASTER TO SEAL SMALL CUTS AND GRAZES

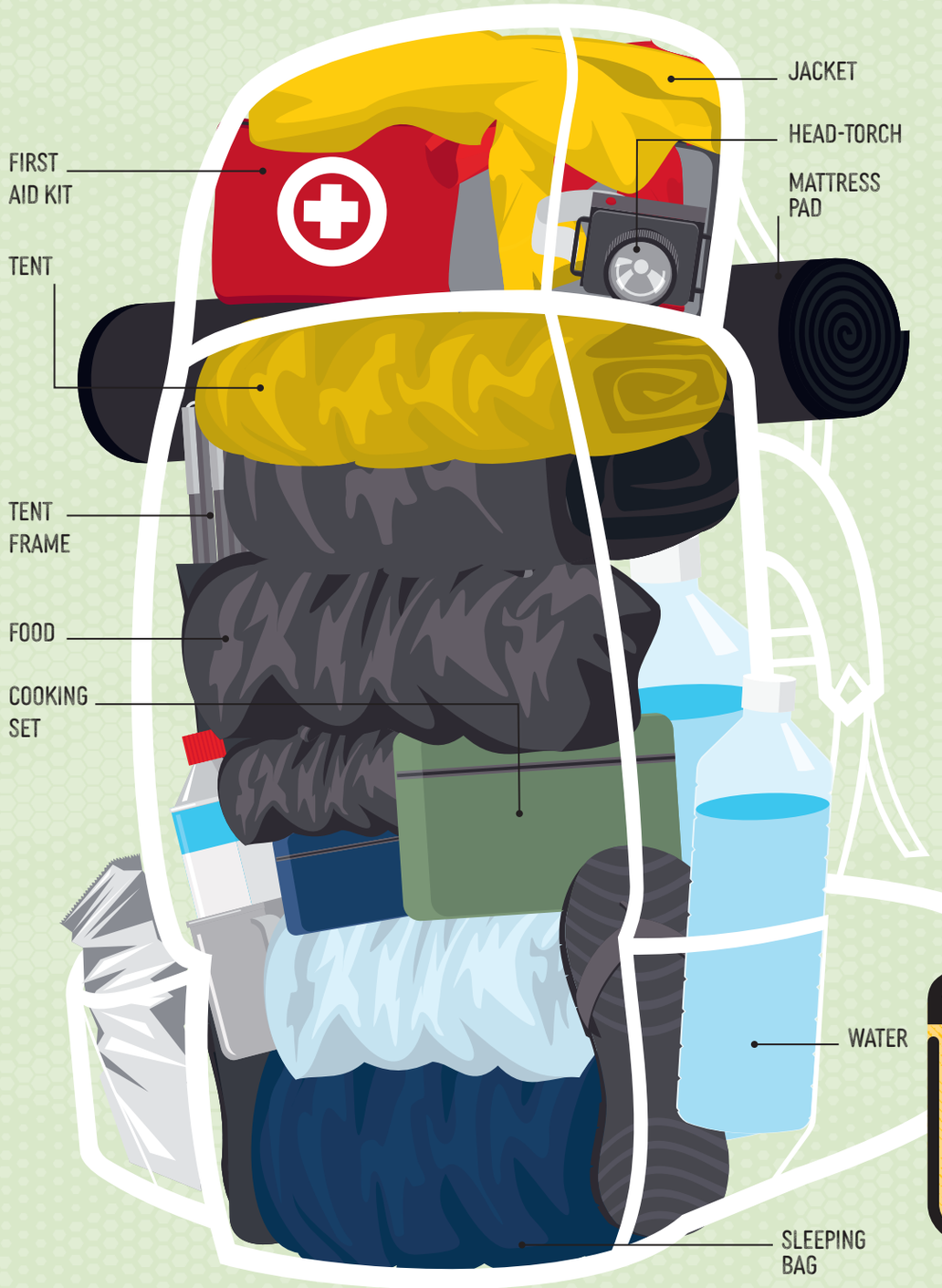
MOBILE PHONE: Protect your mobile phone with a waterproof case and pack a back-up power pack or a solar-powered charger.

CLOTHING: Several light layers are better than one heavy layer. You can take them off or put them on to regulate your temperature. One essential piece of gear is a warm, waterproof, lightweight jacket.

SOCKS: Good socks prevent blisters. They also keep your feet warm and dry.

SLEEPING BAG: Your sleeping bag should have enough padding to keep you warm at night even without a tent. It should never be allowed to get wet, so always pack it inside a waterproof cover – preferably two.

TENT: Some kind of shelter from the elements is essential for long-term survival. Which tent you choose will depend on the weather conditions you predict and how much you can afford to spend.



PACKING A BACKPACK

Carry only what you need! If you're in a group, you can share many communal items.

BOTTOM

Pack the items you'll use least, which might include your sleeping bag, pillow, a towel and emergency rations.

MIDDLE

Add your heaviest items to the centre. These will include water, food, cooking equipment and maybe a tent. Packing them close to your back in the centre of the bag gives you good balance. Finish the centre section by adding your lightest items farthest from your back.

TOP

Finish by adding all the essential items you use most often. These will include a torch, first-aid box, map and snacks, and also your box or bag of second-line emergency kit. Be careful as too much weight at the top will throw you off balance.

EXTERIOR

Don't overdo it with items hanging from the pack's exterior. These can snag on branches or throw you off balance.

ANDY SAYS

Use the buddy-buddy system. To prevent any strains or injuries, your buddy lifts your backpack onto your back, and you lift their backpack onto theirs.