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Opening extract from

Science of Survival: Ultimate Survival guide for Boys

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INTRODUCTION

GREETINGS, SURVIVOR!

Ever wondered what would happen if you were out on a day trip to a forest and got lost or separated from your friends or family? Or have you thought about how you might cope if you were in a plane crash and were the only survivor?

No one sets out to get lost or trapped in a dangerous place yet sometimes it happens. But while the world may seem like an awfully big and scary place it doesn't have to be so long as you've learned a few basic skills and developed some good, simple habits.



GET FIT



The first thing you can do to improve your chances of survival is the simplest but perhaps the most important. If you're not fit, then get fit. You don't have to go to the gym five times a week and you don't even have to play a team sport if that doesn't suit you. Just stay active. Do a few press-ups and sit-ups, kick a ball against a wall . . . anything so long as your heart rate is raised for at least half an hour a day, every day.

After all, you never know when you might need the strength this will bring you. If your school were to catch fire while you were in it, how long do you think you could hang from a top-floor window before someone could get a ladder to you and help you down? One minute? Two minutes? Ten minutes?

LEARN TO SWIM

If you can't swim, get someone to teach you; if you can swim, learn to do it better and for longer. Ask yourself, if you were on a ship that sank while far out at sea, how long could you tread water before help arrived? And if you were just a mile or so into your voyage, would you have the strength to swim back to the shore?



BE PREPARED



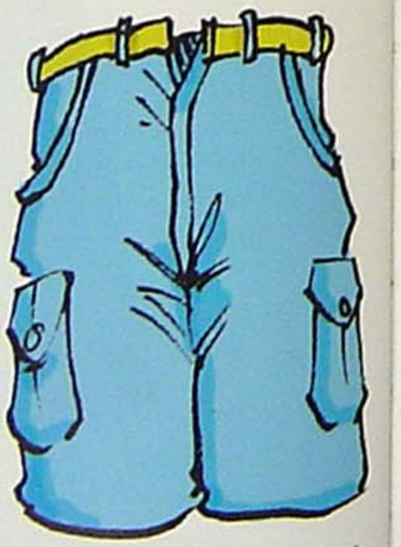
Carry enough clothing of the right sort for the climate you find yourself in. Yes, it's a pain to have to drag a coat around all day, but you'll be glad you did when darkness falls along with the temperature.



And always try to wear solid, comfortable shoes or boots that you'd be able to walk – or run – a good few miles in.

Learn as much as you can about any new country you might be about to visit – and not just where the amusement parks and beaches are. Find out who you can call on in a crisis, where the rivers are and what kind of wildlife you can expect to encounter – especially the wildlife with big teeth or poisonous bites and stings.

The CIA has an amazing website (type 'CIA World Factbook' into a search engine) where you can discover much of the background information you'll ever need to know on just about every country in the world.







DID YOU KNOW?

About 70% of your total body heat can escape through your head, so always wear a hat on a cold day.