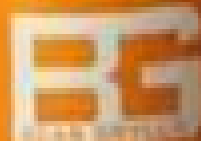


SO YOU'RE IN A SPOT OF TROUBLE.

Well, that wasn't the best and you sure didn't do the best—but here's how you can help your luck up—whether you make it out alive or not, we largely blame that to you, your attitude and your actions.

Oh, first things first, **RELAX!** Take a deep breath and keep a clear head. The mistake that more people make in life-or-death situations is getting their priorities wrong. There, before you act. The phrase I use to remind myself is, *Remember What's First: PROTECTION, RESCUE, WATER, FOOD.* These are the absolute basics you need to survive, and survival now needs to become your number one goal. So here we go—down to business.



PRIORITIES OF SURVIVAL



POCKET GUIDE

PROTECTION

Whether it's from the elements, animals, or human threats, **PROTECTION** is your number one priority in a survival situation.

FIRE

Fire will provide you with heat, light, comfort and protection. There are many ways to light your tinder, a lighter, matches, fire starters or even batteries being the easiest options, but not the only—even if it's your last.

Choose the location for your fire wisely, taking priority to the space and wind direction being the most important considerations. Build a base of green branches if the ground is wet, or dig it out to protect it if it's windy. A fire requires three ingredients: Oxygen, Fuel and Heat. Gather your fuel before you attempt to start your fire. Look for wood that is off the ground to ensure you have a source of it being dry, close for shelter.

Drill and Bow

Fire Sa

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D Siedentop

A red circular graphic with a gradient, appearing as a stylized arrow or a light effect, positioned to the right of the 'D Siedentop' text.

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Practical Guide To Increasing Confidence Charlie Wardle, 2021-01-28 As the title suggests this book is a practical guide to increasing confidence helping the reader understand more about confidence the role it plays in our lives and the many ways you can increase it With increased confidence you can reduce anxiety stress and depression and lead a healthier and happier life The book also emphasises the importance of motivation and achievement acting as both a cause and effect of confidence In summary the reader should feel more motivated achieve more and increase their confidence once they have read digested and then applied the knowledge tools and techniques detailed *The Final Journey, Part Three* Larry D. Horton PhD, 2018-04-02 Dr Horton the author of *The Final Journey A Diary of Survival* the first book in his survival trilogy and *The Final Journey Part Two A Diary of Building a New life* the second book in the trilogy now completes the characters year long journey into the future What began as purely an effort to survive in their dangerous world continues as the characters discover a clear and specific purpose for their lives They struggle with the challenges of surviving in the harsh wilderness They face threats to their existence New relationships continue to grow Danger sorrow tears joy understanding service and fulfilment fill their days Clarity of what it costs them to live their lives trusting and having faith in their Lord Jesus Christ grows They discover themselves in the midst of their harsh new world *Routledge Handbook of Landscape and Food* Joshua Zeunert, Tim Waterman, 2018-02-02 Since the turn of the millennium there has been a burgeoning interest in and literature of both landscape studies and food studies Landscape describes places as relationships and processes Landscapes create people's identities and guide their actions and their preferences while at the same time are shaped by the actions and forces of people Food as currency medium and sustenance is a fundamental part of those landscape relationships This volume brings together over fifty contributors from around the world in forty profoundly interdisciplinary chapters Chapter authors represent an astonishing range of disciplines from agronomy anthropology archaeology conservation countryside management cultural studies ecology ethics geography heritage studies landscape architecture landscape management and planning literature urban design and architecture Both food studies and landscape studies defy comprehension from the perspective of a single discipline and thus such a range is both necessary and enriching *The Routledge Handbook of Landscape and Food* is intended as a first port of call for scholars and researchers seeking to undertake new work at the many intersections of landscape and food Each chapter provides an authoritative overview a broad range of pertinent readings and references and seeks to identify areas where new research is needed though these may also be identified in the many fertile areas in which subjects and chapters overlap within the book **Knives 2012** Joe Kertzman, 2011-08-25 In its 32nd Edition *Knives 2012* progresses with the knives showcasing the increasing talent of the world's best knifemakers who forge and grind curvaceous blades fashion handles from the finest materials and practice embellishment techniques saved for only the most skilled artisans Featured articles Carving titanium handles Making knife blades from Lake Superior beach sand

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