

## SO YOU'RE IN A SPOT OF TROUBLE.

Well, you aren't the first and you sure won't be the last—so have faith and keep your hood up—whether you make it out alive or not will largely come down to your attitudes and your actions.

OK, first things first: **RELAX**. Take a deep breath and keep a clear head. The mistake that many people make in life-or-death situations is getting their priorities wrong. Think, before you act. The phrase I use to remind myself is: Please 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.

## BG PRIORITYES OF SURVIVAL



POCKET GUIDE

## PROTECTION

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

### CLOTHING

Clothing is your first line of defense against the climate. So wear or improvise appropriate clothing. In the cold, layers of clothing trapping air are warmer than just one thick garment. Keep your body's core warm. Headwear is important. And a golden rule of cold? Act before you get too cold. Avoid sweating and keep your clothing dry. Wet clothing can lose up to 90% of its insulating properties. Water conducts heat (away from your body) approximately 25 times

faster than air of the same temperature, so keeping your clothes dry, be it from sweat or the elements, is vital.

In a hot climate, clothing and headwear may be your main protection from the sun. Keep skin covered to prevent burning. An improvised hat or head scarf can provide shade and keep the body cool if made wet. (Think urine or any fluids you can find—remember: survival is rarely pretty.)

### SHELTER

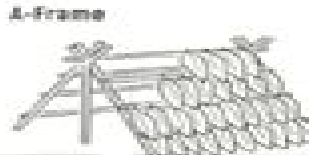
Shelter is one of the top priorities in any environment. As with every element of survival, you must think carefully before expending precious energy. Don't waste time constructing a shelter if nature has already provided one. Take advantage of caves, overhangs, hollows and trees. In many situations, a man-made shelter may exist: a life raft, safe wreckage,

abandoned structures, etc. Man-made materials can also be scavenged to help in construction. Location is everything. Protection from the elements is the first key in a shelter. It needs to be stable and away from natural hazards like wind, rain, flooding, rock falls, animals and insect swarms. Study the terrain before choosing your shelter location.

Lean-To



A-Frame



Snow Pit\*



Tree Pit\*



\*Don't forget to add ventilation

Sheet Shelter



#### A Disclaimer and Warnings

Survival is injury, training or death guarantee your survival or protect and equipment. Because only our consequences of any actions take will protect these rules. This part

# Bear Grylls Priorities Survival Pocket Guide

**Elly McCausland**



## **Bear Grylls Priorities Survival Pocket Guide:**

**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 Hollywood movie knives and swords Anglo Saxon and Viking swords AND the finer points of Bob Loveless knives Also Includes World's most complete Directory of Custom Knifemakers includes websites emails and phone numbers Hot Trends in handmade knives State Of The Art embellishments and knifemaking techniques Historical overview of knives and their makers Savor the hand selected splendid color photography of some of the most beautiful and original custom knives in the world chosen from over 2 000 submissions The ever evolving magical world of custom knives knifemaking techniques and embellishments is captured in full glorious color between the covers of the most coveted book on edged masterpieces Knives 2012 *Bear Grylls World Adventure Survival Camp* Bear Grylls, 2016-09-22 Are you ready to be an explorer Do you know how to cope with searing heat and intense cold Can you find food and water in the wild Avoid deadly diseases Fight back against man eating beasts Bear Grylls World Adventure Survival Camp will teach you everything you need to know to cope in all weather and terrain The perfect gift for any young adventurers in training **How to Stay Alive** BEAR. GRYLLS, 2018-11 The ultimate survival guide from the world's leading survival expert Nobody knows survival like Bear Grylls There is a barely a terrain he hasn't conquered or an extreme environment he hasn't experienced Over the years from his time in 21 SAS through his extraordinary expeditions climbing up and solo flying over Everest sailing through the famed and feared Northwest Passage crossing the world's oceans and taking part in expeditions through the toughest conditions each of the seven continents can throw at a human Bear has accumulated an astonishing wealth of survival knowledge Now for the first time he is putting all his expertise into one book How To Stay Alive will teach you How to make fire How to navigate How to administer first aid How to survive a bear attack How to drive off road How to fly a plane in an emergency How to escape a burning building How to survive in extreme conditions And 100 other essential skills to survive the modern world *Swifterature* Elly McCausland, 2025-11-04 An exciting literary fusion of fandom and feminism Swifterature captures the special connection between English literature and the worldwide phenomenon of Taylor Swift Swifterature captures a unique fusion of different elements fandom feminism and a defense of both literature and popular culture The narrative is split into thirteen chapters that use Swift's lyrics as departure points The reader experiences the inspiring influence of English literature as Swift's lens breathes new vitality and urgency into older texts McCausland also writes about her own experiences as she copes with intense media scrutiny and is forced to defend her academic integrity She argues that Swift through her self-conscious engagement with classic works of literature and her extraordinary popularity invites us to reflect not only on the culture of our past but also of our present Swifterature shows

how Swift's place on the world's stage can teach us about many things from feminism to politics nature to childhood In the process the book makes a compelling case that studying Taylor Swift also turns us into better readers not only of literature but of ourselves and each other

**The Outdoor Survival Guide** Grayson I. Pierce, 2023-11-29 When you respect nature nature respects you back Become the master of any environment with The Outdoor Survival Guide Thriving in Any Environment This comprehensive handbook equips you with the vital skills and knowledge required to navigate and thrive in the wild The book covers everything from understanding survival priorities finding and purifying water building and starting a fire to creating a shelter with limited resources Learn how to read the nature's signs and find direction using a map and compass Develop your hunting trapping and fishing skills for sustenance and educate yourself about edible and poisonous plants The book also provides essential first aid techniques and guidelines to handle common outdoor injuries Moreover you'll find information on assembling an essential survival kit along with choosing the right gear for varying environments Whether you are stuck in a desert navigating a mountain or lost in a forest The Outdoor Survival Guide will provide you with practical tips to survive and thrive Learn how to prepare and respond to extreme weather conditions from scorching heatwaves to freezing snowstorms Stay safe during animal encounters and learn to identify dangerous species prevent encounters and protect yourself if the situation arises Moreover this book provides guidance on preparing for and responding to various natural disasters In conclusion The Outdoor Survival Guide Thriving in Any Environment is an essential resource for outdoor enthusiasts adventurers or anyone interested in improving their survival skills It not only educates but also encourages you to learn practice and master these life saving skills Remember nature doesn't challenge you it only sets the stage where you challenge yourself So get your copy today and embark on the journey of becoming a true survivalist

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