



# **A Complete Guide to Surviving in the Wilderness: Everything You Need to Know to Stay Alive and Get Rescued**

*Terri Paajanen*

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Have you ever wondered if you have what it takes to survive in the wilderness? You aren't the only one. Shows like *Man vs. Wild* and *Survivor* are popular for a reason we all love adventure, and many people wonder if they have what it takes to be a survivor themselves. Even though these shows might glamorize the stranded-on-a-deserted-island fantasy we've all had, making it in the wild is no small feat. Whether you are an outdoor enthusiast or a first-time hiker, there are many potential dangers when you enter the wilderness, and even visitors may find themselves facing unforeseen challenges. By reading *A Complete Guide to Surviving in the Wilderness: Everything You Need to Know to Stay Alive and Get Rescued*, you are taking the first step towards making it out of any potentially harmful wilderness situation alive. We've used information from actual army training manuals and have spoken to numerous experts to give you the tools you will need to become a real-life survivor. According to [OutdoorEd.com](http://OutdoorEd.com), it is estimated that more than 100,000 search and rescue missions occur annually; if you become part of this statistic, ensure you make it out of the wilderness alive by using the tools found in this book. Because an emergency in the wilderness presents its own set of unique circumstances and challenges, it's imperative you know how to help yourself and others. You must be aware of potential dangers ahead of time and plan appropriately. This book will help you do just that. *A Complete Guide to Surviving in the Wilderness* will teach you everything you need to know in order to endure any situation in the wilderness, whether you are just camping and forgot matches, or if you find yourself in an unfortunate situation where you have to fend for your life against nature. You will learn how to assess your surroundings, stay calm, develop a plan of action, and ultimately do what it takes to make it through whatever situation you may find yourself in. You will take an in-depth look into building shelter, foraging and identifying food that is safe to eat, purifying water so you do not become dehydrated, avoiding poisonous plants, animals, and other potential hazards, and many more invaluable skills that may just save your life. There is also detailed information on first aid, climate-specific conditions to know and look out for, navigation, and much more. This complete guide explains what you need to know in detail so you can worry about more important things, like your next adventure. It is very difficult to face the elements and succeed you must prepare yourself as much as you can and be ready to fight for your life. This book will show you how.

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