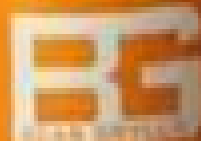


SO YOU'RE IN A SPOT OF TROUBLE.

Well, that wasn't the best and you sure didn't get the best—ask your faith and hope 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 starter 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.

Build and Bow

Fire Sa

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A Survival Guide for Life Bear Grylls, 2012-10-25 Life in the wild teaches us invaluable lessons Extreme situations force us to seize opportunities face up to dangers and rely on our instincts But living a purpose driven impactful life can be an even greater challenge In **A Survival Guide for Life** Bear Grylls shares the hard earned lessons he's learned from some of the harshest environments on earth How do you keep going when all the odds are stacked against you How can you inspire a team to follow you in spite of obvious danger What are the most important skills to learn if you really want to achieve your maximum potential Bear's instantly inspiring tales from his adventures in all four corners of the globe include his personal life lessons you will never forget We're all capable of living life more boldly and of having more fun along the way Here's to your own great adventure What readers are saying about **A Survival Guide For Life** Inspiring stuff sure to put a fire in anybody's belly after reading it A wonderful man with a warm soul who has lived what he delivers in this book An uplifting and rewarding read This book encourages you to be yourself survive in difficult periods of your life and to follow your heart

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every reader no matter your age or experience that we re all capable of living life more boldly of achieving our most daring dreams and of having more fun along the way Here s to your own great adventure [Der Survival-Guide fürs Leben](#) Bear Grylls,2013-11-04 Bear Grylls ist ein Vorbild f r Menschen in aller Welt Der Survival Experte beweist in seinen diversen TV Sendungen stets aufs Neue dass Menschen auch die gr ten Herausforderungen meistern k nnen angefangen von einer lebensfeindlichen Umwelt bis zu vermeintlich ungenie baren Insekten Nun bertr gt er die Erfahrungen die er beim Milit r und in den unwirtlichsten Gegenden der Welt gesammelt hat auf das ganz normale Leben und beweist Jeder kann seinen ganz pers nlichen inneren Schweinehund berwinden Mithilfe vieler Anekdoten aus seinem Erfahrungsschatz zeigt er wie das geht [Bear Grylls Adventure](#) Bear Grylls, 1st,Magic memories,2018-07-30 **Bear Grylls Survival Skills Handbook: Dangers and Emergencie** Bear Grylls,2017-03 Ever wanted to be an adventurer like Bear Grylls If you do you will need to know all the skills required to stay safe while exploring In this practical field guide readers will learn how to signal for help how to find water and how to safely gather food and much more With full colour illustrations throughout the title will appeal to scout groups as the topic coincides with scout badges *Bear Grylls Survival Skills Handbook: Camping* Bear Grylls,2017-03 Ever wanted to be an adventurer like Bear Grylls If you do you will need to know all the skills required to survive camping in the wilderness In this practical field guide readers will learn how to choose the best site how to build shelters and how to make a solar shower and much more With full colour illustrations throughout this book will appeal to scout groups as the topic coincides with scout badges **Expedition Planning: Bear Grylls Survival Skills** Bear Grylls,2018 *Survival Skills Handbook* Bear Grylls,2019 Embark on an exciting adventure in the greatoutdoors with Bear Grylls Find out how to prepare for any adventure learnessential first aid skills discover some fun and handysignaling techniques and try your hand at tracking Includes step by step instructions and tips from Bear [Forest: Bear Grylls Survival Skills Handbook](#) Bear Grylls,2019 [Bear Grylls Ultimate Survival Handbook](#) Bear Grylls,2018-09-26 All of Bear Grylls best survival tips **Dangers & Emergencies: Bear Grylls Survival Skills Handbook** Bear Grylls,2017 *Extreme Environments: Bear Grylls Survival Skills Handbook* Bear Grylls,2019 [Survival Log](#) From Dyzamora,2019-11-21 Survival Log This is a page for the Bear Grylls of the world Perfect for Camping Hiking or Hunting Adventure It has space to take notes about your location shelter journey and food inventory including any food hunted fished or foraged Includes 150 Pages Size 6x9 **Summer: Bear Grylls Survival Skills** Bear Grylls,2019 **Expedition Planning** Bear Grylls,2018-09 Discover everything you need to plan an amazing adventure with Bear Grylls Learn what you will need to bring how to create the perfect campsite and how to stay safe in the wild Includes step by step instructions and tips from Bear **Bear Grylls Survival Skills Handbook: Knots** Bear Grylls,2017-03 Ever wanted to be an adventurer like Bear Grylls If you do you will need to know all about knots In this practical field guide you will learn how to tie them climb them coil and transport them you will be an expert in no time With full colour illustrations throughout this book will appeal to

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