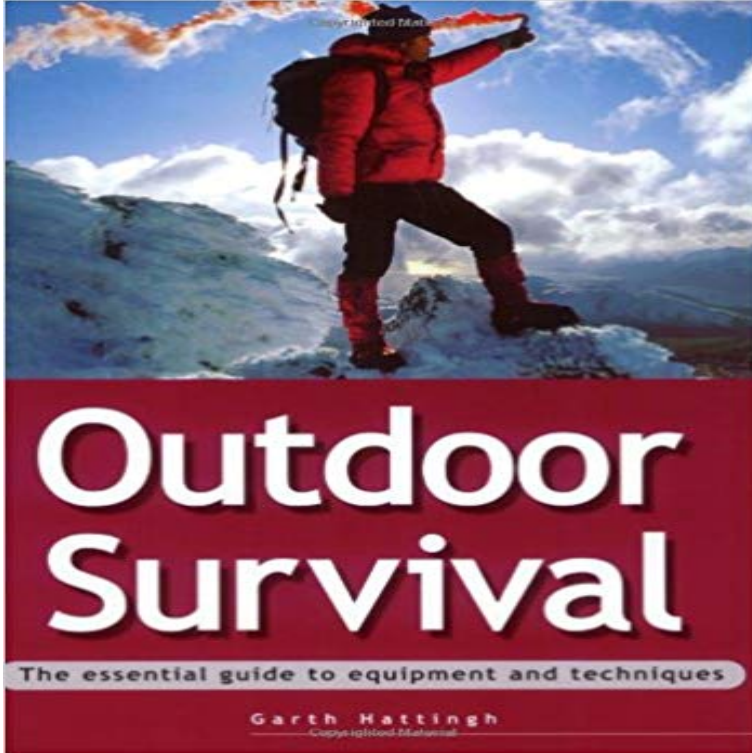


## Essential Guide: Outdoor Survival (Essential Guides)



As a reaction to high-tech pressures, people are turning to the outdoors for release and spending more and more time there. Adventurers must be prepared to handle unexpected situations and emergencies at any time and place. Outdoor Survival covers in depth the essentials for surviving in unknown terrain. Includes step-by-step methods for creating shelters, crossing rivers, making fires, and finding food and water in natural environments. Also includes how to navigate by the planets and stars, how to tailor gear to terrain and first aid and handling medical emergencies.

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