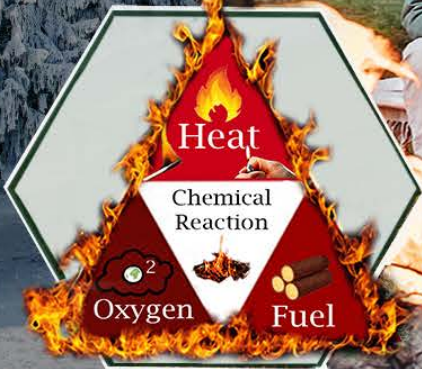


ULTIMATE FIRE STARTING AND FIRE BUILDING



FR-1  **DEFENSE**



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Fire is central to survival. Its heat helps regulate body temperature and failure to do so can quickly lead to death in the wild. Fire has a variety of uses that are key for surviving, from providing physical comfort with warmth and an at peace mental comfort feeling. Here are some of the amazing ways fire helps up survive.

The way a fire can help you when lost in the wilderness is two-fold. Light and smoke operate as an SOS call for search and rescue teams, a fire can drive away potential pests or predators from your camp site.



The heat can be used to dry clothes, as well the hot intense heat kills parasites in food and makes most animal and vegetable matter easier for digestion. Hot foods will also help you stay warm.

When combined with smoke from the fire, it makes for an easy preservation process and makes it a great way to preserve our meals too. The heat from a fire can boil water and make it safe to drink and also sterilized for medical uses. You can also bake clay pots or harden and shape wood into tools and weapons.



✓ THE FIRE TRIANGLE

To start a fire, you need three things: Oxygen, fuel sources, and heat. When these items all work together they create a chemical reaction to what's called a "fire triangle."

Oxygen is abundant so that means you don't have to worry about bringing it with you in most cases.

In most natural habitats there are plenty of organic materials around for use as combustible material like wood or dry vegetation. So really never forget how important it is keep plenty of trusted multiple heat sources in your fire kit.

