

INTRODUCTION TO

Survival
Skills





Introduction to **Survival** *Skills*





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INTRODUCTION

Surviving a dangerous situation is often more about understanding a few basics about surviving in the wilderness or in other dangerous situations. There are many principles that should be understood in order to increase your chances of survival, including how to obtain water, procure food, light a fire and build a shelter.

In this guide we are going to explore the basics, including how to build a survival kit that is well stocked should you ever find yourself in any type of situation in which your survival depends upon it.

Ready to learn how to survive in a dangerous situation?

Let's get started!





CHAPTER 1

Getting Started

Survival Skills Basics

Your best hope for surviving a dangerous situation is ensuring you are prepared and knowledgeable regarding certain survival skill basics. In this section we are going to explore several of the basics that are imperative to surviving any dangerous situation.

Size up the Situation

Whenever you are in a dangerous situation, it is imperative to first keep your wits about you and size up the situation. Security is always priority in this type of situation. Make use of your senses of smell, sight and hearing to get a feel for your surroundings. All of this will help you to make a survival plan.

Size up your Surroundings

Take a few moments to determine the pattern for your surroundings and what is taking place around you. Every environment in the world, regardless of whether it is desert, jungle or forest has a pattern or a rhythm. This pattern may include bird or animal noises or the sounds of insects. Understanding this pattern can help you to determine what is normal for that environment and what is not so that you will have a better sense of approaching danger.

Size up your Own Physical Condition

Once you have made note of your surroundings it is time to take note of your own physical condition. When you are in a survival situation you must carefully note any wounds you may have and apply first aid while also taking care to prevent any further injury or harm. You will need to ensure you are drinking plenty of fluids to prevent dehydration from occurring. If you are in a climate that is cold or wet, you will need to use additional clothing to prevent hypothermia from occurring.

Size up your Tools and Equipment

The next important step is to survey your tools and equipment. Check to determine what is available to you and also its condition.

Now that you have taken stock of your situation as well as your surroundings, equipment and physical condition the next step is to begin creating a survival plan. This plan will focus on the basic needs for survival; food, water and shelter.

