

Survival # 1

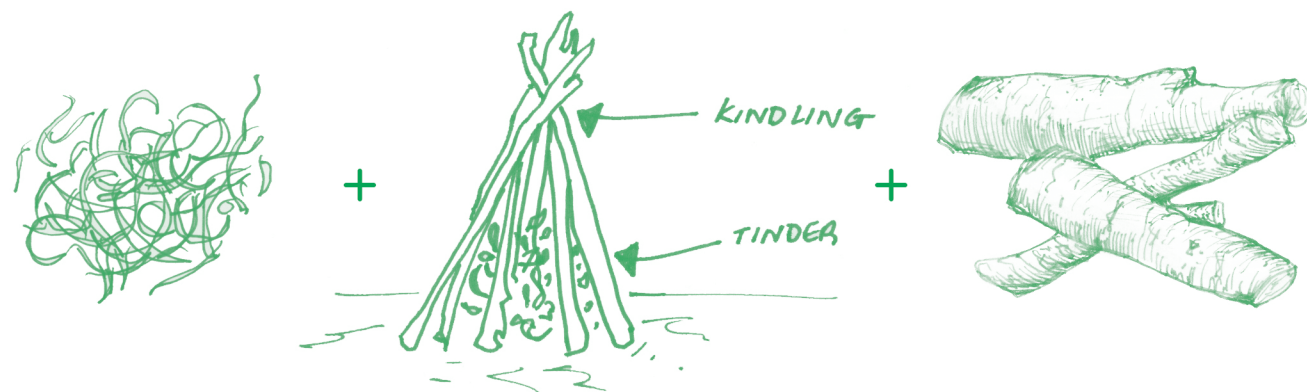
MAKE FIRE

Spark: Flint and steel

Friction: Bow drill/ hand drill

Electricity: Spark from shorting out of battery (9 v and above)

Focus light: Lens/ polished base of drink can.



EAT WEEDS

Many wild greens are edible but some are not. Never eat without knowing. In an emergency use this test.

Separate: Devide into leaves, roots, stems, buds, flowers. If there are worms or insects discard and choose another.

Contact: Crush one of the plant parts and rub it on your wrist or inner elbow for 15 minutes. Now wait 8 hours, drinking water but not eating anything. If there is any reaction (rash, redness, bumps, burning etc) this is not edible. If there is no topical reaction, continue to the next test.

Prepare: If you have means to cook, boil it, if not test it raw. Hold the plant to your lip for 3 minutes, if you feel any sort of burning, itching or tingling, stop. If there is no reaction, continue.

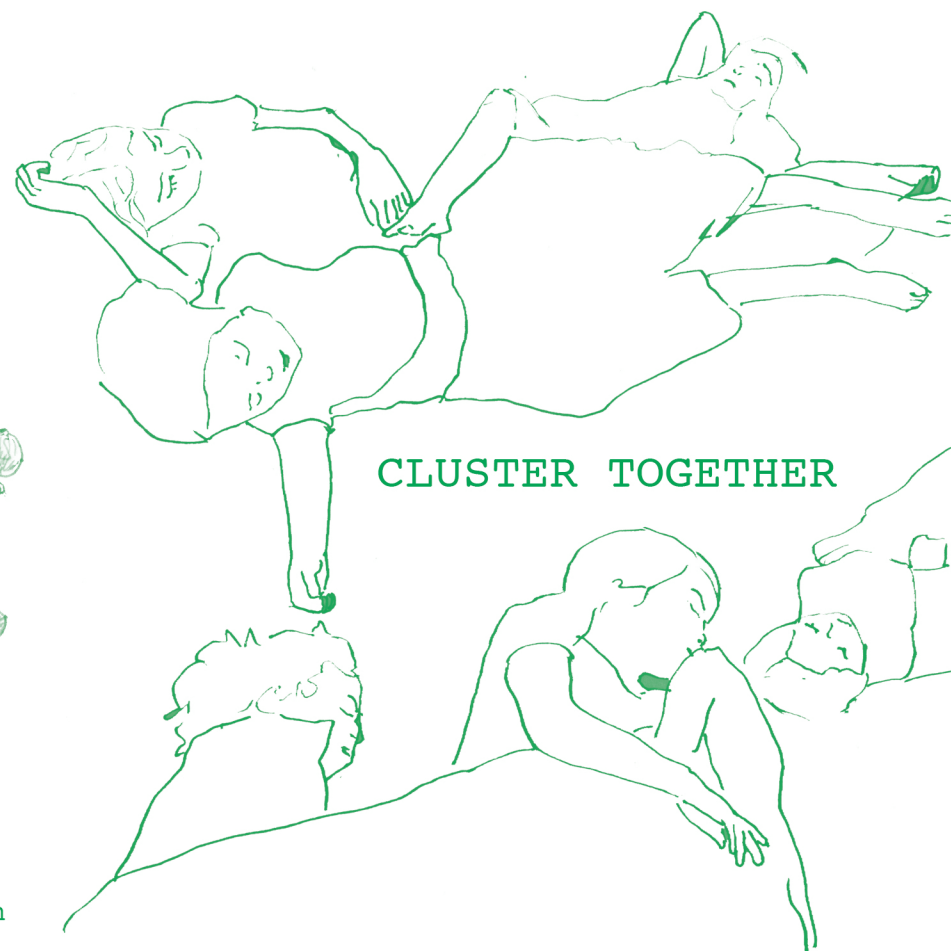
Taste: Put the same part in your mouth and hold it on the tongue for 15 minutes. If you experience anything unpleasant spit it out and rinse your mouth out. If there is no burning or tingling etc it probably is not toxic, continue.



Chew: Chew well and hold in your mouth for 15 minutes but do not swallow. If there is any kind of burning, itching, numbness or tingling, spit out and rinse mouth.

Swallow: If there has been no reaction, swallow the plant. Wait 8 hours without eating or drinking anything else apart from water. If you feel nauseous, induce vomiting and drink a lot of water. If you feel fine after 8 hours, continue.

Eat: Gather 1/4 cup of the same plant, prepared as before. Eat this and wait 8 hours, consuming only water. If you feel sick induce vomiting, if not then the part of the plant you have tested is food for you.



FIND TOOLS

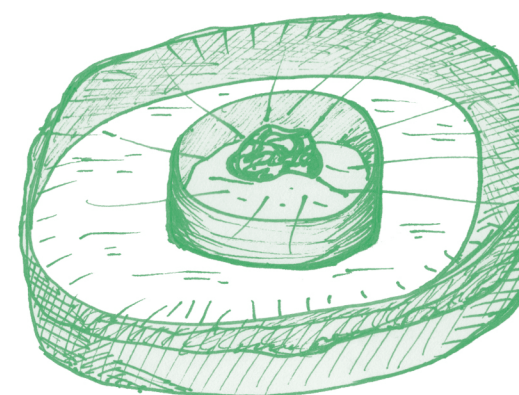
Hammers and axes from stone



Needles from discarded antlers

FILTER WATER

1.



Pot with smaller pot inside. Unclean water in larger tin. Cling film/plastic stretched over both tins, weighted in the middle with a stone. Clean water evaporates and condensates on underside of plastic, drips down and lands in small tin.

2.

