

## Unit 10.3: Survival

### Listen and fill in the blanks

We're here with survival expert Marcus James to hear his advice on how to \_\_\_\_\_ in the wild. Marcus, thank you for joining us.

You're welcome. Thanks for having me on the show.

So Marcus, if you're lost and you need to stay \_\_\_\_\_ or cook some food, what's the best way to start a \_\_\_\_\_? Two pieces of dry wood? Well, Greg, the easiest thing to do is to carry a box of \_\_\_\_\_ or a lighter in your backpack, and use that to light a \_\_\_\_\_.

Oh, yes... I suppose so. So how about some other tips? For example, what are the safest \_\_\_\_\_ to eat? How can I catch animals? Again, 95 percent of hikers have \_\_\_\_\_ in their backpack. They don't need 'macho survival techniques. Always plan to take a few important things with you, like a \_\_\_\_\_, a lantern and a \_\_\_\_\_. Then, you don't have to catch animals! And, did you know, Greg, you can actually survive for up to three \_\_\_\_\_ without food? And that's a fact!

Really? So, what about Chuck Adams? Is his advice wrong? It's not bad - I just don't think it's the most useful advice. For example, if you want to stay dry, take a \_\_\_\_\_. You don't need to build anything.

What's the most useful advice in your opinion?

The best advice I can give you is to be prepared. When you decide to go \_\_\_\_\_, tell someone where you're going. On the hike, check your map and \_\_\_\_\_. Take lots of \_\_\_\_\_ on your phone. They can help you find your way back later. And if you get lost, leave signs so people can find you. For example, leave pieces of \_\_\_\_\_ on a tree. And remember to keep warm. The truth is, most people don't die because they get lost - they die because they don't \_\_\_\_\_.