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<http://www.bcadventure.com/adventure/wilderness/survival/basic.htm?cc=cz&selLanguage=cs>

Basic Wilderness Survival Skills

The advances in the development of outdoor clothing, equipment, emergency food and techniques have been growing rapidly in recent years. For those beginners interested in using the outdoors there is unlimited information on wilderness survival skills and equipment available. However, experience is the best teacher in any outdoor situation and your reaction in a wilderness survival situation depends on your education. Always keep in mind that it can happen to you. Those who are mentally and physically prepared to survive are more likely to do so. To deal with an emergency situation one must be able to make decisions, improvise and remain calm.

Fear- For anyone faced with a wilderness emergency survival situation, fear is a normal reaction. Unless an emergency situation has been anticipated, fear is generally followed by panic then pain, cold, thirst, hunger, fatigue, boredom and loneliness. It is extremely important to calmly assess the situation and not allow these seven enemies to interfere with your survival.

Pain - Pain may often be ignored in a panic situation. Remember to deal with injuries immediately before they become even more serious.

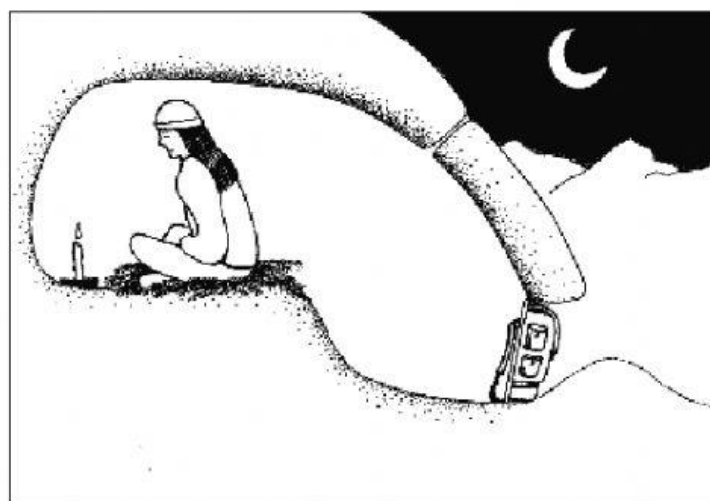
Cold - Cold lowers the ability to think, numbing the body and reducing the will to survive. Never allow yourself to stop moving or to fall asleep unless adequately sheltered.

Thirst - Dehydration is a common enemy in an emergency situation and must not be ignored. It can dull your mind, causing you to overlook important survival information.

Hunger - Hunger is dangerous but seldom deadly. It may reduce your ability to think logically and increase your susceptibility to the effects of cold, pain and fear.

Fatigue - Fatigue is unavoidable in any situation so it is best to keep in mind that it can and will lower your mental ability. Remember that in an emergency situation this is often the body's way of escaping a difficult situation.

Boredom & Loneliness - These enemies are quite often unanticipated and may lower the mind's ability to deal with the situation.



2 Fill in the answers:

What is essential for dealing with an emergency situation?

1. be able to m..... d.....
2. i.....
3. r..... c.....

How to deal with fear during an emergency situation?

It is extremely important to c..... a..... the situation and not allow p....., p....., c....., t....., h....., f....., b..... and l..... to interfere with your survival.

How to manage pain?

Pain may often be ignored in a p..... s..... Remember to deal with i..... i..... before they become even more s.....

What is the effect of cold on human body?

Cold l..... the a..... to think, n..... the body and r..... the will to s.....

What can thirst cause to your mind?

Dehydration is a c..... e..... in emergency situation and must not be i..... It can d..... your m....., causing you to o..... important survival information.

Is hunger a fatal condition?

Hunger is dangerous but seldom d..... It may r..... your a..... to think logically and i..... your s..... to the effects of cold, pain and

What is a common way how to escape a difficult situation?

F..... It is u..... in any situation so it is best to k..... in m..... that it can and will l..... your m..... a..... Remember that in an e..... s..... this is often the bodies way of escaping a difficult situation.

What else can lower the mind's ability to deal with the situation?

B..... and l.....

