

LISTENING



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

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

G: So Marcus, if you're and you need to or , what's the best way to start a fire? Two pieces of ?

M: 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 fire.

G: Oh, yes ... I suppose so. So how about some other tips? For example, what are the safest plants to ? How can I catch ?

M: Again, 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 pocketknife, 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 weeks without food? And that's a fact!

G: Really? So, what about Chuck Adams? Is his advice wrong?

M: 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 raincoat. You don't need to build anything.

G: What's the most useful advice in your opinion?

M: The best advice I can give you is to be prepared.

When you decide to go hiking, tell someone where you're going. On the hike, check your and

. Take lots of photos on your phone. They can help you find your way back later. And if you get lost, leave signs so people can 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 prepare.