

7 BOOKS IN 1

THE BUSHCRAFT SURVIVAL BIBLE

THE COMPLETE GUIDE TO PRIMITIVE TRAPPING, GATHERING AND COOKING IN THE FOREST

HOW TO BUILD A WARM SHELTER AND SURVIVE ALONE IN THE WILD

DOUG H. WILLS

PACKS

TOOLS YOU NEED

CORDAGE AND KNOTS

MAKE A SHELTER

COMBUSTION

TRAPPING AND HUNTING

WILD GAME RECIPES

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[7 in 1] How to Build a Warm Shelter and
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The Complete Guide to Primitive Trapping,
Gathering & Cooking in the Forest.

Doug H. Wills

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TABLE OF CONTENTS

INTRODUCTION

CHAPTER 1: PACKS

[KNOW WHERE YOU ARE GOING](#)

[THE BACKPACK](#)

[PACKING YOUR BACKPACK/PLANNING YOUR TRIP](#)

[PREPPING YOUR SURVIVAL PACK](#)

[SELF-HEALING ESSENTIALS](#)

[FIRE STARTERS](#)

[EMERGENCY SHELTER](#)

[HYGIENE](#)

[OTHER ESSENTIALS](#)

[SHELTER](#)

CHAPTER 2: TOOLS YOU NEED

[TOOLS FOR TYING](#)

[CUTTING INSTRUMENTS](#)

[COOKING EQUIPMENT](#)

[TOOLS FOR BODY COVERAGE](#)

[COVERAGE TOOLS FOR CAMPS](#)

[COVERS FOR RAIN](#)

[TOOLS OF THE TRADE](#)

[COMPASS](#)

[KIT FOR FIRST AID](#)

CHAPTER 3: CORDAGE AND KNOTS

[GENERAL PURPOSE AND USES](#)

[CHARACTERISTICS OF BINDING KNOTS](#)

[USEFUL CAMP KNOTS](#)

CHAPTER 4: MAKING A SHELTER AND SETTING UP CAMP

[THE FIVE W'S OF PICKING YOUR CAMPSITE](#)

[AVAILABILITY OF TOOLS AND MATERIALS](#)

[TARP SETUP](#)

[VARIOUS TYPES OF SHELTERS FOUND IN THE WILDERNESS](#)

[TIPS FOR SHELTERS IN THE WILDERNESS](#)

[LASHES, BINDINGS, AND TOGGLES](#)

[HYGIENE, ORGANIZATION, AND PROTECTION](#)

CHAPTER 5: COMBUSTION

[STARTING MATERIALS](#)

[SOURCING WOOD](#)

[WHY IS FIRE IMPORTANT OUTDOORS?](#)

[FIRE STARTING](#)

[STARTING A FIRE USING ONLY NATURAL SUPPLIES](#)

[THE TRIANGLE OF FIRE](#)

[PLACING YOUR FIRE](#)

[FIRE LAYS](#)

CHAPTER 6: TRAPPING AND HUNTING

[TRAPPING](#)

[BAIT ANIMALS](#)

[TRAP TRIGGERS](#)

[BASIC TRAPS](#)

[OTHER TYPES OF TRAPS](#)

[HOW TO CATCH WHAT MIGHT BE DINNER](#)

[BEGINNER HUNTING GEAR RECOMMENDATIONS](#)

[WHAT TO TAKE HUNTING](#)

[ALTERNATIVE METHODS OF HUNTING TO USING TRAPS](#)

[GUN CONSIDERATIONS](#)

[ADDITIONAL HUNTING TECHNIQUES](#)

[FISHING](#)

[AMPHIBIANS AND REPTILES](#)

[HUNTING SAFETY TIPS TO REMEMBER](#)

CHAPTER 7: COOKING IN THE WILDERNESS + WILD GAME RECIPES

[MAKING UTENSILS](#)

[COOKING TECHNIQUES](#)

[STORING AND PRESERVATION](#)

[FOODS YOU CAN EAT](#)

[HELPFUL HINTS](#)

CHAPTER 8: RECIPES

- [1. MUFFINS WITH APPLESAUCE AND OATS](#)
- [2. AMAZING CHICKEN AND RICE](#)
- [3. APRICOT CHICKEN](#)
- [4. HUMMUS BITES](#)
- [5. ITALIAN MEAL](#)
- [6. LOW CARB CORNBREAD](#)
- [7. BUTTERMILK BISCUITS](#)
- [8. ARTICHOKE AND SUN-DRIED TOMATO DIP](#)
- [9. ASIAN INSPIRED CHICKEN LETTUCE CUPS](#)
- [10. ASPARAGUS SALAD WITH PARMESAN](#)
- [11. CREAMY SPINACH AND SHRIMP DIP](#)
- [12. GINGER-ORANGE CARROT NOODLES](#)
- [13. GIN'S TUNA-MAC](#)
- [14. HEALTHY EGG SANDWICH](#)
- [15. HOT AND SOUR SOUP](#)
- [16. CAMPFIRE SUPPER](#)
- [17. CANNED SALMON PATTIES](#)
- [18. CANTALOUPE SALSA](#)

- [19. CARROT PASTA IN COCONUT PEANUT SAUCE](#)
- [20. RAW KALE SALAD](#)
- [21. RED CABBAGE AND APPLE SALAD](#)
- [22. BEEF SUMMER ROLLS](#)
- [23. BISCUITS MADE WITH YEAST](#)
- [24. BISCUITS WITH BUTTER](#)
- [25. SPICY CUCUMBER AVOCADO SOUP](#)
- [26. STIR-FRIED NOODLES AND RICE](#)
- [27. COUSCOUS WITH CHERRIES AND ARUGULA](#)
- [28. SHEPHERD'S PIE](#)
- [29. SPICY CHICKEN LETTUCE CUPS](#)
- [30. SPICY CORN SALAD WITH LIME DRESSING](#)
- [31. TOMATO MACARONI WITH CHEESE](#)
- [32. TOMATOES AND ANCHOVY SALAD](#)
- [33. TUNA IN A CREAM SAUCE](#)
- [34. TURKEY AVOCADO SALAD](#)
- [35. CHILI WITH BAKED BEANS](#)
- [36. CHILI WITH PAPAS \(SWEET POTATO CHILI\)](#)
- [37. CITRUS-MALLOW SALAD](#)
- [38. CORN AND SHRIMP SOUP](#)
- [39. WHITE BEAN SALAD WITH ZUCCHINI](#)

CONCLUSION

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INTRODUCTION

Bushcraft is a skill that allows you to make the most of your surroundings by turning natural resources into tools, food, and shelter. It equips those who live in remote areas with the knowledge they need to survive in nature. Bushcrafters may survive much longer than the typical person with only primitive tools and no modern technology. This book will outline everything about bushcraft.

People are becoming far too reliant on the modern lifestyle that we have become accustomed to due to rapid technological innovation. Would you have predicted ten years ago that everyone in today's world would be carrying a mobile phone or electronic device from one end of the house to the other? Could anyone have predicted twenty years ago that the internet would become as necessary as water or electricity? Whatever your responses, the point is that humanity has moved further away from nature than at any other time in history.

If you're new to bushcraft, you might be wondering why anyone would give up everything for the old, primitive means of life, such as camping, exploring, and foraging. Cell phone reception, electricity, easy access to food, the internet, and all of life's amenities included. Because bushcraft is unfamiliar ground for many people, such inquiries are common.

Indulging in a bushcraft-style lifestyle instills essential human qualities that have been lost in society for a long time. Bushcraft instills in a person more than simple kindness and humility; it also implores you to give up greed and the scourge of capitalism. Long work hours, traffic jams,

and other modern life stressors have blinded people to life's simpler pleasures and concern for nature and the environment. Bushcraft provides individuals with a new perspective on life and re-establishes the essential humanistic ideals from which contemporary civilization has separated us.

Bushcraft encourages healthy knowledge, physical activity, and both environmentally benign and self-sustaining activities. You can have all the survival equipment and expertise in the world and still feel uneasy while out in the woods with the basic purpose of getting out as soon as possible. The wilderness would feel like home to a skilled bushcraft expert, and they could not be more at ease surviving in it.

Knowing how to gather edible plants from the woods with only a pocketknife could be considered bushcraft. Long-term survival techniques for weeks without assistance or supplies may be required (particularly water). If you're new to bushcraft, you may be unsure what it is or an expert who struggles to explain the concept to your friends and family.

To get through our daily lives in today's modern society, we tend to rely on new and simple factory tools, becoming increasingly reliant on technology and moving away from our hunter/gatherer instincts. Because there was no technology at the time, our forefathers were compelled to become masters of bushcraft. Bushcraft was nothing more than a way of life for them. People in the past could survive off and with the world around them and were entirely "at one."

When we leave our massive homes, swimming pools, and concrete jungles, our alienation from nature grows rapidly; therefore, throwing yourself into the wilderness without the knowledge and experience to back you up in a difficult environment is not a good idea. The word "Bushcraft" is a term coined by the Australian Les Hiddins, popularly known

as The Bush Tucker Man. It was made to replace the term "wilderness skill," which originated in the United States but is now being phased out.

It entails abandoning the traditional paradigm of expecting society to meet your needs in a prefabricated package. Because, quite frankly, it will not happen in the middle of anywhere. If you want to survive in the bushlands, you must do it on your own. Everything you need to know about self-sufficiency is covered in this book. This book will teach you how to make the most of your time in the wilderness, from basic navigation to staying warm and finding food and drink. If you have the opportunity to visit the bush regularly, you should make use of it. It's also a great way to strengthen bonds with family and friends and develop more rewarding connections. However, there are a few risks associated with this practice, in addition to its value. These dangers can be life-threatening, which is why I'm writing about them. This book is stocked with the most up-to-date information to help you navigate your future excursions safely. Studying this will also give you the confidence to take the next step and venture into the wilderness on your own. Without further ado, let's get started.

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CHAPTER 1:

Packs



To make communication easier, outdoor abilities have been given the generic name "Bushcraft." Bushcraft refers to the knowledge and skills required to survive in the wilderness. The term "world" is derived from the word "bush," a broad term for the forest, bushes, and other flora. British and Dutch colonists coined the term "bushcraft" to describe the skills required to survive in the bush. The phrase has also been used in Australia and South Africa for centuries. Additional names such as "survival skills" or "self-reliance" can be substituted for Bushcraft when it seems appropriate; however, the original term appears to be a canopy term that covers the meaning of all other terms.

Giving up a life of amenities, luxuries surrounded by technology, and modern comforts for nature, wilderness, and tranquility might seem absurd to many. But, believe it or not, 'Bushcraft' is an alternate lifestyle that has become a proper movement on its own. Many adventure and wilderness enthusiasts actively advocate and promote the perks of bushcraft.

Bushcrafting has prevailed since primitive times and continues to evolve alongside modern society regarding skills and techniques. For beginners, the concept takes unraveling and developing an understanding of an alternate way of life. Therefore, this section includes a brief insight into what bushcrafting entails. You can take up bushcraft as a hobby, a once-in-a-blue-moon adventure, a soul-searching trip, a temporary pause in life, or an alternate life, depending on your preference. Whether individuals stay in the wilderness for the long-term or short-term is a personal decision. Still, external factors such as weather, survival prep, habitat, and skill level play a role in your duration of stay. Individuals can indulge in bushcraft both as a solo or as a group.

Many groups participate in 'bushcraft' for a variety of reasons. For some, bushcraft is about getting an adrenaline rush and being adventurous, whereas, for others, it is about living a naturalist and minimalist lifestyle. Another group of individuals believes in the art of bushcraft called 'preppers.' These individuals design and prepare contingency plans for doomsday-like situations or catastrophic events. Outdoorsman and wilderness enthusiasts also indulge in bushcraft as well for therapeutic purposes. Regardless of the reasons and motivations for indulging in bushcraft, it is a skill that can be learned with exposure and practice. Gaining knowledge in the arena of bushcraft requires effort, persistence, and resilience.

Packs are a crucial tool when it comes to bushcraft. You need a pack that will give you enough room for all your supplies while also distributing the weight evenly across your back so that it is easy for you to carry those supplies. Packs made for bushcrafting have an ergonomic aspect of making them easier to carry for longer periods. They are made to be hardy and lightweight so that they can endure the bush without adding excess pounds to your luggage.

There are ten elements you will need to consider when it comes to buying the right pack, and these elements are best looked for in person so that you can feel confident in the pack you are buying. With that in mind, do your best to avoid purchasing your pack online, as it could lead to an expensive and poor-quality purchase.

1. Size

First, you need to consider the size of the pack you need. Hobbyists and weekend campers can get away with smaller packs, but if you plan on surviving in the woods for any time, you will need as large of a pack as you can manage. If you have other members of your household that will be coming with you, you want to fit each of them with a pack they can carry, too, so that you can transport more with you.

2. Frames

Next, you need to consider where the frames are within the pack. External frames are old-school packs that previous generations used, but they are not as popular as they once were as they can cause pressure sores on various body parts. Because of where they are located, they allow you to carry more inside the pack and strap gear outside. On the other hand, internal frames may be more comfortable to carry, but they take up more space in the pack and prevent you from strapping many items to the outside of your pack. Another thing to think about is where you're going to end

up. External frames can be bulkier, so if you anticipate ending up in an overgrown brush, an internal frame would be preferable as it would be easier to carry.

3. Padding

Hip belt and shoulder padding are important features to consider. The majority of the weight of your pack will sit on your hips, and much of it will be on your shoulders, too. Packs with added padding in these two areas can be more comfortable, especially if you suspect you will need to carry them for a long time. These will help relieve some pressure off your hips and shoulders.

4. Ventilation

Proper ventilation on a bushcraft pack is important, no matter what weather you think you are likely to be in while carrying your pack. Your pack will create heat against your back, which will be incredibly uncomfortable in warmer conditions. This heat can also lead to sweating and sores, which can be dangerous, depending on the situation. A properly ventilated pack should be made of mesh, which will help you regulate body temperature more efficiently.

5. External Attachments

External attachments are required for a pack used in survival situations. External attachments allow you to strap more to your pack to carry more. Look for a pack that includes a variety of external attachments so that you can use them if necessary.

6. Compartments

Bushcraft packs must be well-organized when packed so that you can easily find everything, so you'll need a pack with multiple access points and organized compartments. However, larger packs with more compartments can be costly, so don't go overboard. Buy what you can afford because you can always take care of the organization later on by using smaller storage bags.

7. Rain Cover

If you live in a wet climate, you will want a pack with a rain cover. With the core temperature being as important as it is, the last thing you want is to arrive at camp and have everything too wet for use. A rain cover will keep everything inside your pack dry. You can either buy a pack that has one built-in, or you can buy a separate rain cover for your pack. Be sure to keep it in an easily accessible spot in case you need to use it.

8. Removable Lids

Packs with removable lids are useful because they allow you to store more within the pack, but they can also be removed and left behind to save weight. This is useful if you will be living in the bush for an extended period because you can leave many of your belongings at camp and pack only what you need for shorter trips away from camp, such as when hunting or fishing for the day.

9. Built-in Water Reservoirs

Built-in water reservoirs can be extremely helpful in packs, especially if you can fill your pack with water before leaving home. This way, you have safe drinking water as you prepare camp for the days, weeks, or months ahead. If your pack does not have a hydration system, do your best to fill water bottles and pack them before leaving so that you have access to fresh drinking water.

10. The Right Fit

Finally, you need to check that the pack fits you. Packs come in all shapes and sizes; some will fit while others will not. Try the pack on, put some weight in it, and walk around a bit to see if it is comfortable. Finding a pack that fits you properly is important, as a well-fit pack is easier to carry for longer periods. This way, you can preserve your comfort and energy levels, making bushcraft much easier.

Know Where You are Going



The Bush is not going to be a fun place if you get lost and have no clue where you are going. If you are not prepared to navigate the bush, it doesn't take much to get turned around. There are no street signs; in many cases, even landmarks can be few and far between. So, in a remote bush environment, you need to have a good idea of where you are before you even try to get there. You need to know how to navigate!

The compass tool, which has been in the hands of explorers for thousands of years, is greatly helpful in this case. They're small and compact and always point north—at least, magnetically. The compass you see operates on a magnetic needle pointing toward the Magnetic North Pole, which is approximately 1000 miles away from the planet's official North Polar region. A thousand miles may appear long distance at first glance, but it has little impact on you in the grand scheme of things. It doesn't have to be exact to point you in the direction of "general north," that 1000-mile discrepancy at the top of the planet won't matter when it comes to just trying to get back to your campfire.

Another good tool to have on hand is a topographical map. You may have noticed during your foray into the bush that

there aren't too many road signs. Since there aren't any streets in the wilderness, the best way to navigate the terrain is to look at the lay of the land. This means being able to read topographical maps. Topographical maps use special lines and symbols to represent landmarks such as mountains, forests, lakes, rivers, and valleys. Having such a reference during your journey is crucial. Packing a pair of binoculars with you wouldn't be a bad idea. Why binoculars, you might ask? Well, the thing is—if you get lost, binoculars can help you see much further than the naked eye, meaning that you might be able to pinpoint your campsite with them if you become turned around. Follow these suggested tips to know where you are going at all times.

Navigation Tools

The most important exploration tools are a map and a compass. These navigation tools are essential so that a new explorer does not get lost in a particular area. Along with these tools, a bushcraft knife must be kept in the back. The knife will be used in almost everything an explorer does in the wild since it has such flexibility. It is also recommended that a pocket knife be kept to open cans, peel fruit, and help open up small packages in the backpack.

If an explorer wants to carry an inflatable oxygen tank, they can pack that too. However, that tool is only used for trekking and climbing higher places. Such tools are also used by professionals who know how to use them as efficiently as possible. If this is your first time in the wilderness, then it is advisable that you follow the guidelines in each of the chapters rather than following other professionals.

The final thing to pack is this guide itself! This is the most comprehensive guide ever made on bushcraft. Many people are afraid of the wilderness aspect of nature, and through this guide, individuals are encouraged to become new

explorers. By becoming explorers, you, too, can take part and witness the magical powers of nature. These powers are surreal; as explained above, they have an essential role in our lives.

These are the top essentials for an effective and fulfilling wilderness trip. If the backpack has space, a few personal items can be kept too! These items can vary from books to other things that help ease the explorer's mind in stressful times since the wild can sometimes become too much for even the experts to handle!

The Backpack



Trekking or hiking is one of life's most rewarding experiences. Only a few things can outperform the experience. A few things can enhance the experience of hiking or trekking, and one of these is packing the right gear in the most efficient way possible. Doing this can completely transform your hiking experience!

A few things must be planned ahead of the trip to pack the most useful gear. An exploration trip needs to be well thought out since it revolves around the unpredictability of nature. Explorers must prepare for every possibility, so the planning phase takes a lot of time. Extra thought has to be given to the length of the trip since a lengthier trip will

increase the number of items explorers bring along in their backpacks. This will essentially increase the bags' weight and may cause some problems. Exploration trips should be shorter since other factors are associated with the trip's length.

As previously stated, the unpredictability of nature plays an important role in the planning phase. The length of the journey may influence the weather encountered by the explorer. A shorter trip will only require the explorer to face one type of weather. In contrast, a longer trip may necessitate the explorer to pack a large amount of gear to survive different weather phases. Because of the world's technological advances, an explorer can plan their trip efficiently. The forecast for the next few weeks can be easily charted using various sources, as can the supplies that need to be stored.

Packing Options

That said, an explorer should look for an excellent backpack that fits their needs. There are many backpacks available in the wilderness exploration market that cater to many needs. Some carry more weight, while some are weatherproof. This should be a one-time investment, so choose something you can use on many trips rather than for one specific trip only. A large backpack that holds around 60-100 lbs.

These backpacks are made to hold everything without weighing down the carrier. Newer technologies have enabled manufacturers to create bags with built-in back and shoulder supports. The backpack is an important part of the planning process because it can cause fatigue during the trip. The overall experience of the wilderness trip may be harmed by fatigue.

Packing Your Backpack/Planning Your Trip

The bush isn't anything you should go into haphazardly; before doing anything else, you must pack your backpack and plan your trip. You may need to bring a map and a compass, and you might want to pack some extra food and water.

Plenty of Water

Even under the best conditions, most people can only survive a few days without water. And if you factor in a hot, humid environment, coupled with rigorous walking/climbing or other physical activity, you can't expect to last that long. So, having that said, before you go to the bush country, you should always be sure to pack plenty of water.

While lugging 24 packs of bottled water might not be ideal, you can fill up a jug, an empty plastic 2-liter bottle, and 2 or 3 canteens. And if you think that your water intake may become limited, you will need to adjust accordingly and ration your water intake enough to remain healthy. Think ahead and pack your water, so you can survive the bush and live to see another day.

Non-Perishable Food

Food that doesn't rot and go bad in the open environment of the bush is a must. This means packing food rations such as dried meat and canned goods. You don't know what you miss if you have never dried out meat. Because just like the beef jerky sticks you can buy at the gas station, you can make your own (much healthier) jerky yourself.

All you have to do is take a piece of meat and stretch it out on a stick (this is nature!) or some other utensil and let it dry out in the sun for a couple of days, and it can be stored as jerky. As mentioned, canned goods are another non-perishable good to pack. You can either buy them beforehand from the store or can them yourself.

Clothes

You need to pack environmentally appropriate clothes for your trip. If it is going to be hot where you are going—you need to pack light clothing that is conducive to the hot weather. If it is going to be cold, however, you will need to pack warm pants, a warm undershirt, a sweater, and a good warm coat. You may also need to wear long sleeves if your environment has irritants like poison ivy, mosquitos, or extra thorny foliage. Plan and pack your clothes appropriately.

One item that should be a permanent fixture in the exploration apparel is footwear. A pair of hiking boots are perfect for all conditions and for fending off spider and snake bites. These boots provide adequate support on rocky trails and rugged terrain. Investing in good hiking shoes to protect your feet from giving in after the trip is better.

A lightweight jacket should also be kept to protect the upper body from the unforgiving winds that go around at night. A jacket should be packed to protect the chest area from infection or cold.

Additionally, the explorer should pack sufficient rainwear to stay protected from any rainy weather. This may include fleece pants, raincoats, warm jackets, and hats. Some gloves should also be packed to cover all parts of the body.

An essential part of the wilderness experience is to use nature for survival. One such activity would be to find drinking water from the place the explorer is visiting. The explorer must bring a water purification system to make water from a water source safe to drink. Experts recommend that explorers drink about half a liter of water every hour they are out exploring. To meet any cooking needs, a backpacking stove, some dishes, and utensils must also be carried.

For the primary shelter, a tent must be carried. This must be a full-fledged tent that any company can manufacture; however, it should fit the explorer's needs. A sleeping bag

must also be kept with the tent as the added comfort will help ease the transition. The sleeping bag will also protect against the bugs that crawl over the ground.

A Few Small Comforts

When we talk about small comforts in the bush country, we aren't talking about flat-screen TVs or video games; we're talking about sunscreen, a battery radio and aspirin—and maybe even a special beverage or two. Be sure to bring whatever small comforts you can to ensure your time in the bush is well spent.

Prepping Your Survival Pack



Nowadays, prepping has become relatively easy with all the equipment necessary for survival available online and in the markets. While looking at some items, you might wonder whether you will need them, but believe me, you will need all the stuff you can gather during your survival. You should remember that if you are at your home during a disaster, you will probably have all the supplies you have stored, and it would not be so difficult to survive because you will have all the necessities. However, if you are alone on an island, in a desert, or a jungle, you will not have a stockpile of items. If you get lucky, you might be able just to grab a bag of essential items. Therefore, always keeping a bug-out bag

ready for such situations is important. It should contain all the necessary items and should be easy to carry. Keep a bug-out bag at home, work, and even in your car. When a disaster strikes, you don't know where you will be, so it is better to be prepared. Bug out is used by the military, leaving a place quickly with only basic things. In simpler terms, it means to evacuate. A bug-out bag should be lightweight and contain all the necessary items.

Under other circumstances, preparing supplies that can last you for about 72 hours is advised. It should include all necessary items such as:

- Food bars
- Medicine
- Extra clothing, especially warm socks and jackets
- Self-defense items
- Heat- fire flint and fire accelerants
- Maps
- Money
- Important documents
- Shelter- a sleeping bag, foil heat cover, or a portable tent
- Water bottles
- Water filters such as LifeStraw
- Tools such as pocket knife
- Flashlights and candles
- Means of communication such as a radio
- Other necessary items and tools that you might need

Another thing that you need to prepare is a preppers kit. You can keep it in your car, home, or workplace. You can keep all the items in a small tin or a bag and keep them with you. It is also known as a mini bug-out-kit. It should contain necessary items such as:

- Water tablets
- Tape
- Waterproof matches
- Can opener
- Needle and thread
- Rescue whistle
- LED light
- Signal mirror
- Different badges
- Fishing line with hooks and sinkers
- Mini-compass
- Small foldable knife

These small items may not seem necessary, but they will be very helpful in collecting food, and water, making fires, building a shelter, etc. However, preparing for worst-case scenarios necessitates more than just gathering supplies. It would be advantageous if you could store supplies for an extended period, such as three months or a year. You must find a suitable shelter, such as a bunker, and learn all necessary survival skills.

Additionally, for survival during worst-case scenarios, you need your friends, family, community, and all the knowledge you can get. You can work together to prepare for survival with an excellent interactive community. It will result in a stronger community better prepared for a disaster. Try to engage yourself with your community or other survival groups. When you meet people with the same motives, you share your ideas and benefit from others' knowledge and experience. Everyone's main goal when prepping is to protect themselves and their families. Everyone prioritizes family, so do everything you can to prepare yourself and your family for survival.

Self-Healing Essentials



The first and most important self-healing tool is the emergency kit, also called the first aid kit. Buy, or make the first aid kit that will always travel with you. Keep it in your backpack where it is easily accessible at all times. Because of the variety of situations in the wilderness, it is critical to keep the kit readily available at all times. The kits should also not weigh much since they would be traveling kits. Some of the essential things to be kept in this kit are discussed below.

Medical Supplies

Plasters and Gauze dressing in various sizes should be kept in the first aid kit. Wounds are the most common wild aspect that will require constant attention. Keeping these dressing items means that explorers are well prepared to tackle the small cuts and bruises that are bound to take place in the wild. Along with plasters and dressings, safety pins, a pair of scissors, and some sterile gloves must also be kept to fully cater to all sorts of wounds, cuts, and other such problems that arise with wilderness exploration. Some sticky tape is also necessary to hold everything together. Make sure to get the surgical grade to have the most effective tool at your

disposal. Experts also suggest keeping clean syringes in this section to help clean up and dress wounds.

When cleaning wounds, some disinfectant is essential for survival in the wild. When dressing wounds, use caution, as an infection in the wild can be disastrous. The pain from a small wound would eventually become unbearable and necessitate using other medications not found in the first aid kit.

The next part of this first aid kit addresses all animal and insect bites discussed in the first few chapters. To handle such situations, explorers would need alcohol-free cleansing wipes, a pair of fine-tipped tweezers, an antiseptic cream, and some distilled water to clean the wounds. The effective use of all of the above has been described in the first chapter. Keeping these items with the wound cleaning items is essential as they may also come in handy when treating snake and spider bites.

A mechanical suction tool should also be kept along with this section, as it will be useful if explorers visit parts notorious for snakes and spiders. These mechanical tools can help suck out the poison from the wound without the responders having to come in contact with the poison.

A bee sting kit can also be useful in survival situations. This is a supplemental tool because the treatment method has already been discussed using materials from a standard first aid kit. Someone allergic to bees/wasps, on the other hand, will require this kit because it contains valuable drugs to treat the allergies, which can become very agitating during the journey.

Medication

The next part of this medical kit is focused on the types of drugs that should be kept in it. The most common drugs kept in medical kits are paracetamol and ibuprofen. These two are essential to relieve mild symptoms of many

discussed conditions. Ibuprofen can even be used to treat some mild conditions of altitude sickness.

Anti-itching creams should also be kept just in case the insects get unbearable. The creams can help restrain the feeling of scratching up wounds repeatedly. Some antihistamines should also be kept to counter any allergic reactions, and they are also essential drugs to treat some symptoms of bug/snake bites.

The last part of the drug section includes simple cough medicine. Cough is also a common issue everywhere in the world and could be a sign of an allergic reaction to something in nature. Keeping a simple cough medicine is going to help manage the cough.

Fire Starters

It would be wise to keep a fire starter and fuel for an emergency fire. An emergency fire may be something that is urgently required and could be delayed if explorers do not have the convenience of a fire starter at their disposal. This tool would help start a fire without going through the process of building a fire and keeping it going. However, explorers need to learn about not relying on the tool completely and should know proper fire-starting techniques as well. This tool should only be kept for emergency purposes.

Emergency Shelter

An emergency shelter must also be kept in the backpack since a need to spend the night at an emergency setup may arise. Usually, if explorers wander too far from the base camp, the emergency shelter comes into use. This shelter is quickly set up and is easily packed. The portability rating on such shelters is very high, allowing for quick and easy transportation. Only use it if the situation demands, and do not make this shelter the primary shelter you will be bringing on the trip.

Hygiene

Health essentials are necessary, too, on any wilderness exploration trip! These products include hand sanitizers, soaps, sanitary towels, and menstrual products. Without these products, self-healing is difficult since the hygiene situation can cause infections and other illnesses. Maintaining hygiene in the wild is one of the most challenging tasks. However, it has been made easier with genius new products like alcohol hand sanitizers that have been proven to be very effective.

A final note on this section would be that you should always be aware of the inventory of the medical kit. Explorers must check the kit before leaving each trip since each and every part of the kit is vital to survival! If any product is missing, hygiene and self-healing in the wild could become more uncomfortable.

Other Essentials

The most important items for a wilderness trip would be the type of footwear and clothing that explorers bring along. These depend on the kind of weather that the forecast has revealed. Depending on the type of weather, different clothes can be packed. Always pack more clothes than initially required to compensate for emergencies, unplanned activities, or having to spend extra days in the wild.

Shelter



Besides food and water, shelter is the first thing you should look for while prepping. You cannot survive without shelter. It acts as your safe place, hiding spot, comfort zone, and place where you can store all your supplies. It is impossible to survive without shelter in areas with extreme weather conditions. Some places can be too hot; others can be too cold to survive. Therefore, shelter is a basic survival need. There is no need to be concerned if you own your own home. Make it safe to stay at your home during a disaster. However, there are some situations where you must evacuate or survive in the wild; in such cases, you must learn how to build a shelter. It does not have to be overly luxurious. A simple shelter to protect you from the elements and a harsh environment would suffice. You can make a simple hut out of debris, which will suffice to keep you dry and warm.

How to Put Up a Survival Shelter

The following are some simple steps to building your survival shelter:

Decide the Location

The first step is to find a flat location with low-humidity levels. Check that there is no water body nearby or that it is not beneath a cliff. It should also have a sound spot for

starting a fire; depending on your needs; you can choose a hidden or visible location.

Identify and Analyze Your Needs

Analyze your needs before beginning construction. How many people are accompanying you? What's the weather like? Is the weather too hot or too cold? Do you need the shelter for long-term use or just temporarily? How much time do you have to build a shelter? These are some considerations to make before constructing a shelter. Check to see if you have access to all of the necessary tools.

Select the Type of Shelter

Decide which type of shelter you want to build. You can choose the type depending on the number of people, place, and weather. Here are some examples of shelters that you can build.

The Tarp Shelter

You only need plastic sheeting and some strings to build this shelter, or you can use a rain poncho to build it. It is simple to build, takes less time, and is suitable for bigger groups. However, it has some disadvantages as well. It does not offer shelter from wind, rain, or animals. It can be easily broken.

Tarp Tent

To build this tent, tie the cords between trees and place your sheeting over them. Use rocks and sticks to attach the sides. It can protect you from rain and is simple to build. However, it does not offer shelter from wind or animals and can be easily broken.

Tarp Teepee with Bars/Poles

For this, you need large branches which could act as poles. Fix them so that they are in the form of a teepee. Wrap the sheeting around the poles and fix it. It can accommodate large groups and can offer you protection. You can also light

a fire within it. However, it would help if you had a very big tarp for this, and there will be a hole in the teepee from where rain can get in.

Tarp Teepee without Bars/Poles

You can build a tarp teepee without poles. Fold your tarp in the form of a triangle. Insert a rock at the triangle point and attach some strings around the rock. Hang it from the tree and attach the bottom of the tarp with some rocks.

Snow Shelter

You can construct a snow shelter if you are stranded outside in the snow. Look for a tree and choose a branch that can be propped at a 45-degree angle against the tree trunk. Remove the snow to create a wall. Grasp another branch for assistance. Cover the branches with the tarp. It will keep you warm.

Tree-Down Shelter

It is very easy to build and acts as an easy camouflage. Find some fallen trees and cover them with your tarp to make a shelter. It can save you from rain as well as snow. However, you may find bugs and other insects there.

Hammock Sheltering

This type of shelter is above the ground. It can protect you from animals and other kinds of insects. It can be made from a tarp tent. You improve your hammock with extra clothing to provide insulation. However, it does not offer protection from rain or snow.

Type A Framing Brush Shelter

It is suitable for temporary survival. It can accommodate one human easily. It is quick and simple to build. Take a long branch and prop it on a tree piece or log. Take smaller branches and lean them against the larger branch. Add leaves or other branches on top to cover it.

Debris Tipi Shelter (Teepee)

Take three large branches and prop them to make a tripod frame. Add some more branches. Keep adding till the whole frame is covered. Add some leaves on top. It is easy to erect and suitable for a large group; however, it requires many branches and cannot protect you from wind or cold. Also, you cannot light a fire inside it.

Debris Lean-To

This shelter is suitable for a large group. You can turn it into a long-term shelter as well. However, it does not keep body warmth inside, so it cannot protect you from cold. It is also not suitable if you are in hiding.

Shelter with a Smoke Hole

There are several ways to create a shelter with smoke holes. You can add holes in any shelter as long as you can light a fire. Lighting up a fire in your shelter is not recommended unless necessary.



CHAPTER 2:

Tools You Need



Living in a civilized culture now means you have access to various tools that would be nearly hard to obtain in the wild. It's critical to gather and store tools that will help you survive since this will ensure you have all you need if you ever find yourself in a survival crisis. You must obtain the best instruments possible, which will be the most useful in a survival crisis. It's also crucial that you don't have too many things because you'll need to consider practicality, such as how easy it will be for you to transfer everything. You need only bring the bare minimum to ensure your survival, as you will be able to obtain anything else from the bush.

When it comes to bushcraft, you'll notice that no "one" tool is the greatest in any given category. Instead, many useful tools are available, and you'll need to choose the ones most convenient for you. Get the best of what you can afford and the one that will be the easiest for you to handle and use while still having the strength and lifespan needed to withstand long periods outside. That way, you'll know you're putting your money into something worthwhile.

Tools for Tying

Tying tools will be utilized for various tasks, including making snares and safely storing food above ground, as well as tying up tarps and branches together for shelter. Tying tools can also bind pelts and hides together to create extra cover components and aid in transporting items through the woods. You'll need a good mix of these versatile tools for your campsite since they come in handy more than you might think.

Rope

Because you'll be tying a lot of knots in the jungle, you'll need tying materials that are strong, resilient, and simple to work with. Paracord and layered sisal rope are both excellent rope options. While neither will be suitable for climbing, they will be capable of doing various other tasks that will aid your survival.

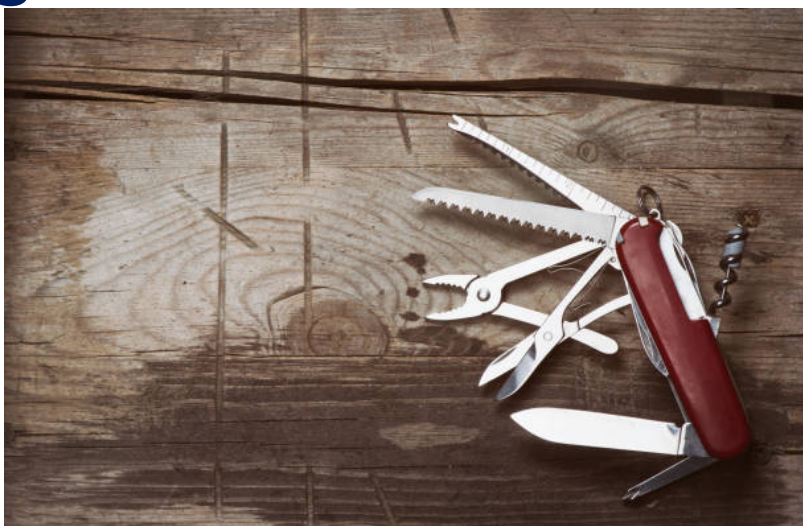
You'll want something roughly 9.5mm thick and constructed of climbing-specific material for climbing. Climbing ropes are often comprised of nylon threads that are tightly twisted together and have a nylon sheath, making them robust, durable, and able to be brushed against any surface without tearing and dropping you.

Toggles, Lashings, and Bindings

Lashing, bindings, and toggles are skills, not tools, yet they are utilized as tools during bushcrafting. All three of these

techniques are knots that use cordage and rope to assist you in achieving a certain effect with your rope. Lashing is a rope technique that creates a web-like structure connecting several objects, such as huge branches for a fence or shelter. A lashing is a wrap that holds objects together rather than a proper knot. Binding is similar to lashing but has fewer wraps because it's meant to keep something together snugly, like a true knot. Toggles, on the other hand, are moveable crosspieces used to join or secure two objects together. Making a poncho and connecting it at the front with a rope loop on one side and a short stick on the other side that is passed through the rope loop to hold both ends of the poncho together is a simple example of a toggle. These toggles may be produced in a range of sizes and can be used in a variety of various bushcraft procedures.

Cutting Instruments



A survival crisis necessitates the use of cutting instruments. You'll use them to cut down trees to help you create your camp, chop wood so you can build fires, cut your tying tools, cut your food, and a variety of other things. You'll need the right knives, axes, saws, and sharpening supplies for your camp. A Swiss Army knife, a buck knife, an ax, and a saw are the four sorts of cutting equipment you should have. It

will also be beneficial if you can bring a machete or a knife of a similar size with you. If you think it's necessary, you can add more knives, such as ones to dine with or knives for any other guests joining you. Otherwise, these will suffice to get you through the day.

Swiss Army Knife

When bushcrafting, Swiss Army knives with all their ends and attachments come in handy. Ensure you get a high-end Swiss Army knife with a good grip made of high-quality wood or stainless steel to ensure it will last. Knives manufactured of low-quality materials, such as plastic, may quickly fall apart, rendering them worthless. Every adult in your camp should have a Swiss Army knife, which can be used for various tasks.

Machete

A machete is a wonderful item to use if you're heading into a densely forested location to help you chop back branches and carve out routes. It can also chop back any vegetation that has invaded your campsite. Machetes can also be used as a weapon if necessary; therefore, it's a good idea to keep one on hand, especially while sleeping. This way, if you're attacked, you'll be able to defend yourself and your campsite.

Grind

Grinds are a type of sharpening tool that may be used to hone the edge of any knife blade. Sharp blades are less harmful than dull or chipped blades, so keeping a grind on hand is always a good idea. Grinds are a more straightforward sharpening tool since they have a cutout in the center where the knife is entered to sharpen it. At the very least, you should have one for your campsite.

Buck Knife

Buck knives are ideal for hunting, especially when slaughtering the game you've captured. A buck knife is a heavier-duty knife that can be used for various tasks, such as cutting tougher ropes, cutting smaller branches, or even whittling branches into arrowheads that can be used to spear fish. While a fixed-handled buck knife may be more durable, a buck knife that can be flipped closed for storage is safer to carry in a pack. If you choose one with a fixed handle, ensure you obtain a good sheath, so you don't cut yourself on the knife.

Axe

Axes are excellent for setting a camp and starting fires. You'll be able to prune smaller pieces of wood and make fuel as needed. In the event of a wild animal invasion on your campground, axes can also be used as a weapon in an emergency.

Saw

Saws will come in handy when it comes to constructing the camp. Cut back pieces of wood and mold them into various shapes with a saw to aid in the construction of shelters, tables, chairs, and other camp essentials. They are fantastic construction tools and, therefore, handy on a camping trip. You'll need a single-handled saw that's big enough to cut through big logs but compact enough to carry into the woods. If you want your saw to endure a long time, make sure the blade is made of stainless steel or another rust-resistant metal. Also, choose a handle made of treated wood or pleasant metal to ensure it lasts in the bush.

Whetstone

Whetstones are another form of sharpening equipment used to sharpen any blades you have at your campsite. You'll need to dampen the whetstone first, then bring the blade back toward yourself at a 15-degree angle, with the sharp end of the blade facing away from you. This will assist you

in sharpening the knife and cleaning any chips that may appear on the sharp edge, ensuring that your knife is safe to use.

Cooking Equipment



Finding food and cooking will be a continuous process when you're out in the woods since you'll need to ensure that your food is safe to consume. When it comes to game meat, in particular, you must ensure that it is thoroughly cooked all the way through to avoid consuming anything that could carry viruses or parasites that could make you sick or even kill you.

Utensils

Regarding bushcraft, cooking equipment is essential since you don't want to put your hands near hot water, hot cookware, or hot food. Burns may appear minor in an urban setting, but they can quickly get infected in the bush, posing a life-threatening condition.

Utensils made of wood or rust-resistant metal are ideal. Regarding tongs, spatulas, and other kitchenware used directly over the fire, use items specifically used for barbecuing since they will provide you with more space between your hand and the flame. For your bushcraft equipment, choose a variety of spoons, tongs, a spatula,

and a stainless steel mesh sieve. You should also bring a pair or two of oven mitts, though keep in mind that they should be used with caution around the fire because they can catch fire and are only effective up to specific degrees.

A huge metal S hook is another useful cooking tool to have on hand. Your oven mitts may not be helpful when cooking in the bush, and you'll need a technique to take your pots from the oven. An S hook can be placed through a handle and used to safely remove a hot pot or pan from the top of the oven, provided there isn't too much within the pot or pan to cause splashing and burns.

Containers

You'll find a lot of information regarding what kinds of containers to use for bushcraft, from different plastic containers to plastic bags and even old plastic food containers like clean plastic peanut butter jars. While these may be useful for hobbyists or short-term bushcrafters, they are not suitable for long-term survival because they can quickly become contaminated with bacteria and are difficult to clean in the bush.

Stainless steel food containers, water containers, and other metal containers with adequately securing lids that are completely rust-resistant and capable of withstanding high temperatures are the best for storing food. These containers can be sterilized easily by boiling and reusing multiple times. Glass can also be used. However, the possibility of it breaking will be heavier and more difficult to move. Furthermore, if a glass container splits, the cracks will render it unusable.

Pans and Pots

Cast iron and stainless steel cookware are your best bet when living in the woods. Keep in mind that cast iron is heavy, so carrying only one or two cast iron cookware pieces is good to prevent having to carry too much into the

wilderness. Stainless steel pots are ideal since they can handle almost everything, can be sanitized adequately, and will not rust in the field.

Anything with a non-stick coating should be avoided since non-stick coatings degrade when exposed to an open flame and at specific temperatures. They can swiftly contaminate your food and make you sick, which is not ideal.

In addition to pots and pans, you might wish to invest in a cast-iron kettle or a portable stainless steel kettle. While water can be cooked in a pot for drinking, it is easier to pour into drinking containers when boiled in a kettle.

Serving Ware

Stainless steel serving ware, like the rest of your cookware, is ideal since it allows you to sterilize your dishes adequately between meals. Each person camping with you should only pack one plate, bowl, fork, spoon, and knife. You may pack an extra set just in case, but otherwise, serving ware will be a waste of space and weight. To minimize contamination and illness, wipe them properly between meals.

Tools for Body Coverage



It's easy to get caught up in the details of what tools you'll need to help you build a shelter, gather food, and prepare it for surviving in the woods. Clothing may not come to mind until the last minute. Still, clothing is critical because you need clothes that will allow you to maintain a comfortable body temperature while also being practical and useful. You don't want to carry too much, so choose effective and practical clothes in a survival situation.

Clothes for the Day

Two sets of pants, two short sleeve shirts, two long sleeve shirts, a good survival jacket, at least three pairs of undergarments, and eight pairs of long socks are required for daytime clothing.

Choose khaki cutoff-type pants that can easily be converted into a pair of shorts for your pants, as this will help you maintain your temperature in both hot and warm climates while taking up less room in your bag.

Choose a jacket with an inner shell that can be removed and worn as a sweater on days when a full jacket would be too heavy. Your jacket's outer shell should have plenty of pockets for storing various survival goods, such as a small on-the-go first aid kit, snacks, and your Swiss Army knife.

Choose four pairs of cotton socks for warm days and four pairs of wool socks for cooler days for your socks. Socks are vital to pack because they are the first clothing items to wear out in the jungle owing to all the walking you will be doing, so bring lots of them.

For everything else, choose cotton clothing that is both breathable and sturdy. Avoid clothing brands known for breaking down rapidly and choose those that can withstand the elements so that your clothes will last longer. Making your clothes in the bush might be difficult, so you'll want to avoid getting into that predicament.

If you are in a freezing climate, you might want to carry a pair or two of thermal underwear beneath your clothes for extra warmth. The best thermal underwear is constructed of a wool blend, breathable while keeping you warm.

Sleepwear

You should keep your sleepwear separate from your regular clothes since you want to sleep in something clean, dry, and warm. This will not only help you survive, but it will also enhance your morale by making you feel more at ease when you rest. Sleeping in thermal underwear is ideal, although light cotton pants and shirts can also be used. With your sleepwear, you should choose full-length pants and long sleeves to ensure that you are adequately protected. Exposed skin is vulnerable to bacteria and disease-carrying bugs, so you should avoid being exposed as much as possible.

Bring a sleeping bag for each individual who will be staying with you in addition to their clothes. You'll want to acquire one that's tough and can handle harsh conditions so that if you find yourself in a situation where the temperature drops below freezing, you'll be prepared.

Coverage Tools for Camps

Coverage for your camp is just as crucial as covering your body since it adds another layer of protection from the weather. While brush and branches can provide most of your coverage, using man-made equipment can ensure that your camp is significantly more secured by providing superior shade and water protection.

Tarps

Tarps are always useful when bushcrafting. One small, one medium, and one large tarp should suffice. You should also bring an extra tiny tarp to patch your other three tarps if they begin to rip. Alternatively, you can use the small tarp

to cover small areas or protect your food supplies. Medium and large tarps can be used to make simple shelters to reduce exposure to the elements.

Brightly colored tarps should be avoided since they will draw attention to your camp and may attract unwanted animals. Instead, opt for neutral colors that blend in with the surroundings, allowing you to protect yourself from wildlife.

Cloths for the Ground

Ground coverings help shield you from the elements beneath you. Bugs, germs, and a lot of moisture can live in the ground, especially in a humid or damp region. Bringing ground cloths with you helps shield you from the weather by providing a barrier between you and the exposed ground.

You can use tarps as a ground cloth, but you'll want to have some warmer, thicker options to cover them with. Tarps will keep moisture out and provide an extra layer of protection from bugs, but waxed canvas and animal hides are also good options. Animal hides will add warmth and softness, especially in areas where you will be sleeping, while waxed canvas will protect you from dampness on the ground while also providing an additional layer of warmth.

Covers for Rain

Tarps work well as rain covers, but you can also use waterproof canvas, nylon, felt, or polyester. These are all standard materials for making waterproof tents. They can be used for various purposes, including keeping yourself dry and protecting portions of your camp from the weather. These materials can cover common passageways in your camp to keep you dry from place to place if you have enough space in your bag and know you live in a wet region. Consider the distance between your sleeping and cleaning shelters. This way, you'll be able to stay dry and comfy the entire journey. Choose neutral hues that will not draw the attention of any nearby wildlife.

Tools of the Trade



Because fire is vital to survival, you'll want to bring lots of supplies to help construct and sustain fires in your camp. Combustion tools and starter materials are essential because they provide everything you need to start and maintain a fire. You can get actual firewood from the bush itself, so don't worry about that.

Combustion Instruments

In bushcraft, three types of combustion equipment are available: matches, lighters, and permanent matches. Matches are frequently inexpensive and simple to transport, so bring as many as you can and something to strike your match against to start a fire. To keep moisture out of your matches, keep them in a double-wrapped, heavy-duty waterproof zip-locked bag.

Lighters are also helpful for bushcrafting, though they can go out after the fuel is depleted, so keep extra fuel on hand. Barbecue lighters, like cigarette lighters, are ideal for bushcraft since barbecue lighters may be used for larger flames at your camp, and cigarette lighters can be used for smaller fires when traveling away from camp, such as when hunting.

Permanent matches are bushcrafting-specific gadgets designed to start your fire repeatedly without using anything other than the permanent match itself. Having one or two on hand is a good idea for bushcrafting because they are dependable, efficient, and long-lasting, whereas matches and lighters will ultimately run out.

Materials for Starting a Fire

You'll need more than a few strategically placed wood to get a decent fire going. You'll need items that will catch fire rapidly to maintain the fire going long enough to light your wood. Cotton, dryer lint, pine cones, wood shavings, and dried grass are all excellent fire-starting materials that are lightweight and easy to transport, and some can even be found right in the bush. You'll want to stock up on enough to start and maintain your fires as needed.

Compass

A properly calibrated and reliable lensatic compass is essential for bushcrafting. You might want to have two on hand just in case you lose track of yourself while leaving camp. Choose a rust-resistant metal compass that will last for years, and practice using it to know exactly what to do when you need it.

It would help if you also had numerous pieces of paper and writing instruments on hand, such as pencils and colored pencil crayons, to aid in the creation of a map of your surroundings so that you always know where you are. You'll need to keep track of your progress since you don't want to get too far away and lose all of your survival gear.

Kit for First Aid

Gloves, drugs and medications, antiseptic wipes, minor wound and blister kits containing gauze, steri-strips, a suture kit, wound dressing pads, plasters, and a thermometer are all essential components of a first aid kit.

A crepe bandage, a military dressing, a nasopharyngeal airway, a syringe, a blunt needle, a CPR mask, small bandages, transpore tape, and betadine can also be kept.

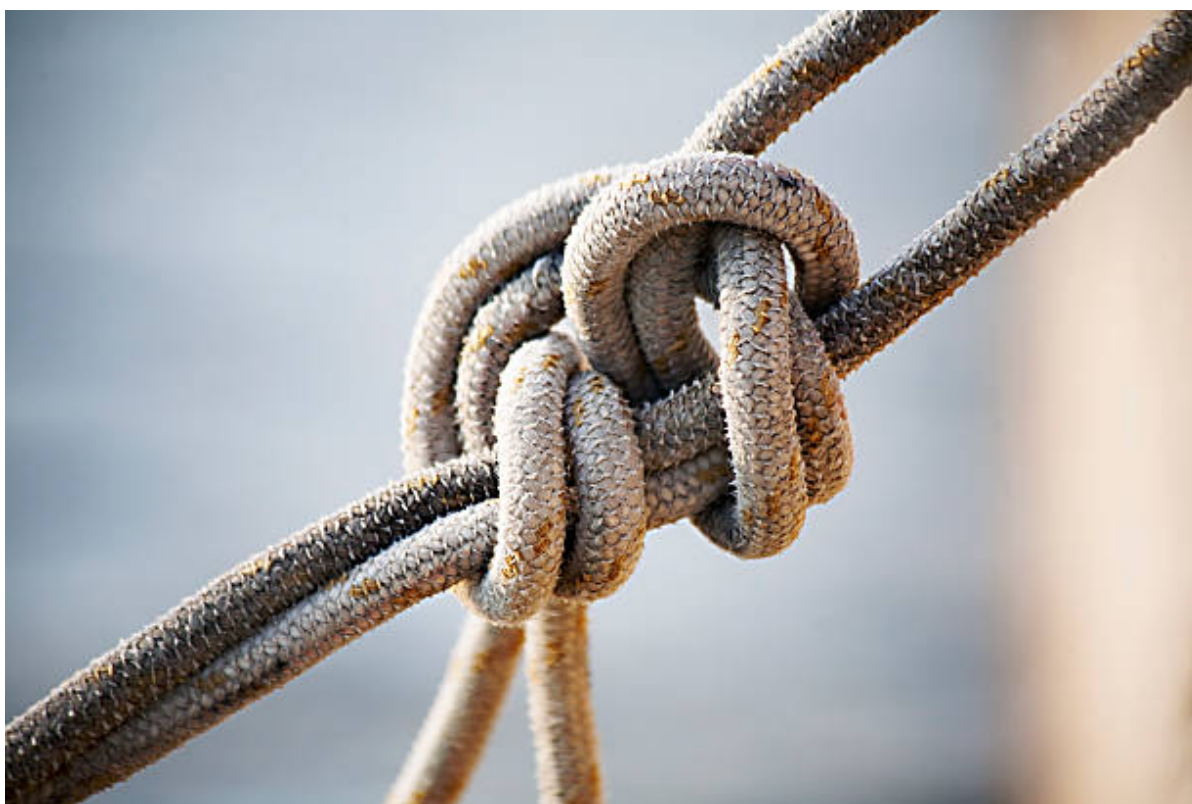
You should include one or two diapers in your medical kit if you have a child. Diapers can also be used to absorb blood in a more severe wound. You should also have a list of important information, such as any information on pharmaceuticals and prescriptions, as well as instructions on how to apply bandages and use plasters. This way, you'll know exactly what to do with them and how to use them without causing harm to the person to whom you're applying them.

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CHAPTER 3:

Cordage and Knots



Knowing how to tie knots can serve you well in many situations. Tying knots can be life-saving, and it can also help you save money. Ropes and string are relatively inexpensive, but it's a good idea to buy extras so that you can fit your needs later. If you don't want to spend money on a spool of string, there are plenty of other options.

There's a lot of rope and string lying around, just waiting to be used. If you take the time to look, you'll find more of it than you might expect. Look for rope in nature, such as in trees or plants. You can also look for rope in houses and garages. You can find rope hanging from clotheslines or fences or even door frames. It's always good to have some

extra string and rope available because you never know when it might come in handy.

When you first start learning how to tie knots, remember that the more skills you have when tying knots, the more helpful they'll become in your life. You may learn a lot about how to tie knots, but many other areas of knowledge can improve your life. It's essential to learn as much as possible about different things so that you can make wiser decisions when faced with choices. Learning how to tie knots is just one of many skills that can improve your life and help you along the way

Knots are an essential part of the human experience. Whether you're tying a boat to a dock, using it to make a hammock, or even creating your unique knot, knots can do much more than just keep your hair out of your face. But there are so many different kinds of knots! Some have simple, elegant closures, whereas others have intricate designs or special materials to create a more secure connection. Knots can be used for everyday tasks (like tying shoes), or they can be used for more elaborate purposes like building bridges and buildings.

Understanding knots is fundamental to any type of work that involves rope or other forms of rope-like material. For example, not every knotted cord is suitable for tying. A signature knot used by the military and engineering communities is known as the Airman's Loop, which doesn't serve any specific purpose but looks cool! The Airman's Loop is probably one of the most famous knots in the world. Although not all types of knots are important, having a firm understanding of knots is essential to everything from tying up boxes and furniture to securing ropes and cargo on boats. The finished knot can be secure, simple-looking, or highly complex, depending on the type you tie.

Knots have been used in countless applications since the beginning of time. Some of the earliest evidence for human

knot usage dates back to about 10,000 BC, when a prehistoric person used flax fiber cords in various ways. Ceramic statues dating back to 7000-5000 BC include carvings that depict men tying knots with rope-like material. Evidence shows that these knots were used in crafts, cordage, and other products dating back to 14,000 BC. Knots have been one of the most important pieces of rope technology throughout time; however, recent engineering developments have made knots less common.

Different types of knots are used for various purposes. Many knots allow people to create unique and complex-looking closures that not everyone can master! Some knots are used all the time; others make up a special niche in rope applicability. Some knots are used for special types of ascetics, and others have a unique purpose.

One of the most common knots is the overhand knot, typically used to start and finish a piece of rope. Remember that an overhand knot always forms a loop. An overhand knot can be used to tie shoes, close bags, or any other type of cordage structure. Different knots are helpful for symbolic purposes: like the Carrick Bend (named after James Carrick), which is often used when creating jewelry like rings or bracelets. Although there are many ways to tie a Carrick Bend, it's traditionally made by interlocking two long pieces of rope into an X-shaped structure. The result is a single loop that starts at one point and tapers to the opposite. To make a Carrick Bend, interlock the two pieces of rope together in an X pattern.

Knots can be used for many applications; however, knot usage can also be limited by the amount and type of materials available. In short, it depends on what you're tying and how you'll use the finished product. For example, some knots are more useful when using natural materials like hemp cordage, whereas others are easier to tie when using synthetic ropes or an electric drill! All knots can be undone

with some effort (like most Marine Corps knots). This allows the use of knots in many circumstances; however, some are much more complicated or secure. For example, the Palomar knot helps make ropes that require an incredibly secure connection. This knot closes by tying a bight to a start and overhand loop at the rope's end until it is completely tied off. The Palomar knot has many variations, including Tightening (a process used to close this type of knot) and Wrestling (used to tighten this type of knot).

Though most knots are straightforward, some require special techniques or materials to be used effectively. One of the most common and oldest knots is the Bowline, a quick and easy way to tie a loop at the end of a piece of rope. Instead of creating an overhand or underhanded loop, you create an overhand loop and tie it off with another overhand knot. Another knot that is used to secure items in bulk is known as the Fisherman's knot. This type of knot relies on each rope end having one half hitched around the other before being pulled tightly to secure them together. All fishermen should know how to tie the fisherman's knot!

Because knots have multiple functions, they can be used for many things. I believe it is critical to understand the fundamentals of knots and how they are used. Not knowing the correct knot for a specific application can be embarrassing and lead to a negative experience! You don't want snotty nose wrinkles on your face because you didn't realize a knot can be tied to an overhand loop or that there are different types of knots depending on the type of rope used. Knowing how to tie the right knots can save you from pain!

General Purpose and Uses



Binding knots are helpful when a single item or several items need to be held together. As a result, binding knots are used for everything from securing groups of metal poles to tying up wrapping paper on packages and even by doctors to compress bandages. Although they've evolved significantly over time, many of these knots date back centuries, while others are more recent inventions.

Binding knots vary significantly in their strengths, and variations are always suited to different materials and applications. However, it should be noted that it is always highly inadvisable to use binding knots in place of bends as they are neither designed for nor suited to the same purposes, especially in potentially dangerous situations.

Characteristics of Binding Knots

Binding knots can be divided into distinct categories differentiated by their basic forms. In the first, sometimes referred to as the Friction Type, the line is used to tie the knot around the object to be held several times and then passed under itself. This creates internal friction, which in turn holds the knot together. The second category, known as the Knotted Ends Type, requires the line to be wound around the objects tied and the ends then knotted together to secure the object.

Each category is suited to different application types; the Friction Type is best employed when the items to be bound are of narrow diameter—in clamping a hosepipe to a tap, for example. The Knotted Ends Type works best for objects with wider diameters, such as when securing or compressing bandages to arms or legs.

Binding knots vary greatly in strength, from the very secure to the easily untied, and can be used for semipermanent and temporary purposes. Generally speaking, binding knots are best tied with two ends of the same piece of line, although they can also be tied using two separate pieces of similar material. They are not recommended for use with two lines that differ greatly in thickness or texture.

Useful Camp Knots

Knots are the basis of all lashings and bindings and are essential for securing anything from a load to a toggle. We use knots in life every day, and there are hundreds to choose from. Practice knots often until you've mastered them; you should be able to tie them behind your back and blindfolded so that you can do them without thinking if needed! Whether you're tying down a gear to a frame or building a shelter, the use of knots, lashings, and bindings is a critical skill. Many knots will allow you to recover cords that may otherwise need to be cut, which will conserve a vital resource. Proper lashings can mean the difference between a shelter that stands a storm or collapses under the weight of snow and a pack frame that lasts for years or breaks three miles into a weekend tramp.

Of the hundreds of knots available, this section only covers a few that I consider essential for bushcraft and the importance of cord recovery to conserve a resource. We will discuss three basic types of knots: slipknots, binding knots, and static knots. As the word implies, Slipknots tighten with the slippage of one line through a loop or loops in another.

Binding knots tighten by the friction of the rope. Static knots are standalone knots and do not require further action to function as a knot.

Reef Knot

Besides its obvious use in fastening the likes of shoelaces and belts, the Reef Knot has many other applications. It is best employed when it joins the ends of one line to hold an object in place, where such fastening is not intended to be permanent. It is also used often in macramé and, as mentioned earlier, for securing bandages and slings. It is also commonly used to tie garbage bags.

Although easy to tie, the Reef Knot is not known for its strength. As such, it can be used as a general-purpose binding knot, but it should only be employed when tied so that the completed knot lies snugly against the surface of whatever it is securing. Under no circumstances should the knot be used in place of a bend, as it will give a false impression of strength before quickly unraveling. In addition, it should never be used in a situation where reliance on it places life in balance. This viewpoint has been endorsed by the International Guild of Knot Tyers, with some sources claiming that the failure of Reef Knots, when employed in the wrong situations, has been responsible for more deaths than all other knots.

Lastly, it should be noted that Reef Knots work best when tied using the opposite ends of either the same or similar lines; if there is any difference between the lines in terms of texture, thickness, or stiffness, this will weaken the knot considerably.

Stop Knot

A stop knot is a simple overhand knot used at the end of a line that will keep the rope from slipping. The knot works well with any other knot as a security measure. Generally, you want this simple overhand knot to have some tail

beyond the knot itself. With any line or knot, you should tie a simple overhand stop knot on the tag end to ensure that it will not come undone if a knot does slip. The stop knot will keep the line from falling entirely through.

Bowline Knot

The bowline knot (pronounced BO-lin) is one of the four basic mariner knots. This knot is standalone and the central knot used in rescue operations. This knot will retain two-thirds of the line's tensile strength even under load and is ideal for putting a static loop at the end of any line.

The bowline knot is best for any end-of-the-line application where you need a loop to pass the line through and tighten around an object, such as the ridgeline of a shelter. This knot will be easy enough to remove even if great stress is placed on the line. It is useful for incorporating other knots, such as the lark's head, tarp tie-out lines, and toggles at the end of a line.

The single downside of this knot is its tendency to slide or come undone under a heavy load, depending on the card used to make it. However, this can be easily circumvented with a stop knot on the tail.

Lark's Head Knot

This knot is a self-tightening-style knot that can be used in various situations, from attaching toggles with a stop knot to attaching one line to another to hanging something from a toggle. Two simple loops form the lark's head knot. However, this knot will slip if pulled under a heavy load side to side (unlike the prusik knot). It's excellent for tarp adjustment lines, especially when using two ropes of different diameters, with the lark's head being the smaller cord. I consider this the second most versatile knot for use in the woods.



CHAPTER 4:

Making a Shelter and Setting Up Camp



Upon arriving in your area of intended survival, the first order of operations is to set up camp. You will need a single shelter first, which will be used as a primary shelter for sleep, storing your belongings, changing your clothes, and hiding away from the elements as needed. After you have built your initial shelter, you will go on to create any additional shelters you need for your camp, ranging from a separate place to store your goods, a place to safely store your foods, a place to cook, and a place to practice hygiene.

The Five W's of Picking Your Campsite

The location of your camp is just as important as how you set it up, as it will aid in convenience and comfort, as well as your ability to maintain a proper core temperature. When choosing a campsite, keep the five W's in mind: water, wood, weather, widowmakers, and wildlife.

Your camp should be close to the water so you can easily haul water back to camp without having to trek too far to get it. However, you do not want to be so close to the water that you risk being caught in a flood zone. Look for a spot that will be higher than the water itself yet close enough that it is easy for you to access.

It's crucial to pick a location with enough wood available to start and maintain a fire. In an emergency, having a campfire could be the difference between life and death. Find small-sized wood first while seeking for materials to start a fire. These will quickly dry out and burn, providing the fire with the heat it needs to spread. The next step is to make sure there are dead trees around that have fallen to provide fuel for your stay. Don't forget to utilize the resources that the environment offers.

Weather is one of your biggest risk factors for survival, regardless of how nice the weather seems. It can turn fast, and any weather can be particularly challenging to navigate when exposed. Pick an area that offers natural shelter that will not risk exposure to things like wind and precipitation.

Widowmakers are a type of tree. Specifically, they are dead trees already beginning to dry off and rot. A strong gust of wind or heavy precipitation can lead to these trees falling over, which can be incredibly dangerous for your camp. In some instances, they have even been responsible for major injury and death. You want to beware that there are no widowmaker trees in your area. You should also look for

other possible disasters, such as rock slides, which would threaten your survival. Avoid setting up camp anywhere that would expose you to natural threats.

Wildlife is an inevitable part of the bush, and you will need to know how to protect yourself from them when it comes to survival. One thing to know about wildlife is that there are certain areas where they frequent and others where they don't spend much time. You can tell busy areas from non-busy regions based on the amount of scat, footprints, and other tell-tale signs that wildlife has been around, such as broken brush, worn-in paths, and tree scratches. You should also pay attention to wasps nests, hornets nests, ants nests, or anything else that could be dangerous to be situated around. Naturally, you want to stay away from these areas to avoid putting yourself in an area highly likely to become exposed to plenty of wildlife. You also want to consider how well your camp is set up for you to protect yourself from wildlife, such as how easy it will be to store your food away from camp safely.

Availability of Tools and Materials

Various types of wilderness-based shelters span many different categories depending on the materials. But basically, the shelters are divided into three categories, i.e., portable surface shelters, stationary surface shelters, and subsurface shelters. The portable surface shelters are mostly reusable and can be set up and wind up anywhere you want. This includes materials such as tents, tarps, and hides. The stationary shelters, such as the lean-tos, debris huts, snow structures, and wickiups, are not moveable. They utilize the natural surroundings in the wilderness, such as sides of boulders, under tree shades. At the same time, the subsurface shelters use natural habitats as shelters, such as caves dug in deserts and snow-dominated areas and pits.

While discussing various types of shelters in detail, I must add some insight into the shelter categories. For instance, stationary shelters do not allow you to transport them from place to place and require time to set up. Specifically, you need constant fire tending with lean-to shelters, and temperature maintenance is required. However, it is also true that these shelters provide considerable protection, living, and storage space in the wilderness in a reasonably short time.

Tarp Setup

Setting up a tarp for your camp can be done in various ways, depending on what you need and what size your tarp is. The terrain you are setting up in will also affect how you set up your tarp. The four easiest ways to set up a tarp include flying a tarp, building a lean-to, setting up a diamond shelter, and creating tarp tents. You will also need to consider your ground cloth to ensure that your tarp is appropriately insulated.

Flying a Tarp

To fly a tarp means that the edges do not touch the ground at all, creating more of a shelter over top of you. This is excellent for day or shelter in hot areas where a tent-style shelter may be too hot to sleep. To fly a tarp, you will need five lengths of rope, including one that is longer than the tarp is wide. You will set up your tarp between two trees that are relatively close together but far enough apart that your tarp will stretch between the two of them without wrinkling or folding over. Then, you will take your longest length of rope and tie it around the trunk of one tree about 5-6 feet high, then tie it at the same height on the other tree, pulling it taut. Next, you will toss the tarp over the taut rope so it hangs down with half on either side. Then, you will take your four additional lengths of rope, tie them into the corners of each tarp, and attach them to something nearby, such as a

low stump or a sturdy branch on a nearby brush. Your tarp should look like a tent that has been raised in the air.

Ground Cloth

The ground cloth is essential for your tents as it helps insulate them and keep you warm. A proper ground cloth will keep moisture out and body heat in, effectively warming your tent so that you do not catch a chill or endanger your precious core temperature. The ground cloth should be set corner to corner at the bottom of your tent to keep as much heat as possible.

If you are in a hot climate and are not using a carefully closed shelter, you can lay a ground cloth under your sleeping bag and then sleep in or on the sleeping bag. Even in a drier climate, this is important as you do not want to get any moisture in your clothes. Once you get damp in the bush, it is hard to dry off, and being damp for too long can be very bad for your skin and health.

Tarp Lean-To

The tarp lean-to shelter is another shelter that can easily be made using two nearby trees. The trees should be far enough apart that you can keep your tarp taut when tying it up. The nice thing about a lean-to shelter is that it will not require a long length of rope to hold up the middle like flying a tarp will. To create your lean-to, you will tie one corner of the tarp to one tree and another. Then, with the other two corners, you can tie them to the ground, stake them to the ground, or hold them down with heavy rocks. The result should be a tarp hung tightly between two trees and can be sat under, lied under, or used to keep your gear dry.

Diamond Shelter Tarp

A diamond shelter tarp is a fly technique that allows you to fly your tarp while still getting good protection. These are great for protecting you from rain or wind and can also be used for sleeping inside. To make your diamond shelter tarp,

you will need three lengths of rope, one length of rope, and three stakes or heavy rocks to hold down the corners. The best spot to create your diamond shelter tarp will be somewhere where there is a tree you can tie it to and where there is a low stump, branch, or tree you can attach the other side to. You will take your long length of rope and attach it to the tree about 3-4 feet up the trunk. Then, you will tie the other end of the rope to the ground or a stake in the ground if you have one. You will then place the tarp over the rope diagonally so that one corner touches the tree trunk and the opposite corner touches the ground. The other two corners will need to be staked to the ground or held in place with heavy rocks.

Tarp Tent

A tarp tent is made with a single tarp and is used to keep you sheltered from the elements. While it will not keep you warm in the cold, it will keep you away from cold winds and rains. You can stuff the tent with insulating layers of sleeping bags, clothes, and ground cloth as needed. For your tarp tent, you will want one tarp, one tree, and one branch that has been removed from a tree. The branch should be thick enough that it will be able to stand on its own. Then, you will need string and stakes or nearby underbrush that you can tie your tent to if stakes aren't available. You will set up your tent by first locating the center of the tarp along one side and tying that to the tree, about 4 feet high. Make it a bit lower if you have a smaller tarp or a bit higher if you have a larger one. Then, you will set your branch upright a few feet away from the tree. You want it far enough away that you will have a decent shelter but close enough that the back end of your tarp will reach the ground even once it's been draped over the branch. Next, you will drape the tarp over the branch and then tie or stake down the edges so they stay neatly tucked in on the

ground. If you have no stakes, you could use rocks in a pinch.

Various Types of Shelters Found in the Wilderness



When you spend some time in the wilderness and the essential bushcraft skills start making sense to you, you are ready to build your structure. The shelter in nature can be a short-term or long-term arrangement, depending on the duration of your stay. Once you decide upon the location of your shelter, there is another set of factors and shelter types that you should consider. The first and most important aspect of building a shelter is protection, and you must also reflect and determine various other factors. For instance, you must evaluate the following points:

- The time and effort required to build the structures in the wilderness.
- The ability of shelter to protect you from natural factors.

The shelters in the wilderness are not like those found in urban areas. The wilderness provides an escape from the urban concrete jungle that surrounds us daily. Depending on their permanence, usage, and stability, there are many

different types of structures in the wilderness. In this chapter section, I will discuss the various types of shelters. The emphasis will be on various types of shelters, including natural, man-made, and modern options.

The Tarp Shelter Setup

Tarps are the most commonly used cover material in the wilderness and are considered a primary shelter material in bushcraft against rains. This material is adaptable in almost every situation, which explains its ubiquitous status for sheltering. You should opt for tarps that offer a higher number of tie-out loops or tails, making it efficient for all kinds of shelters. When setting up the tarp tent, you must understand its vocabulary to carry out the instructions.

- Tarp pitching: When the tarp is staked on the ground.
- Flying the tarp: This term implies that the tarp is not touching the surface or ground. The term is commonly used in installing hammock setups.
- Pitching the camp: This means setting up the shelter.
- Striking the camp: This means taking down the setup.

The versatility of the tarp tents makes them a favorite amongst bushcraft enthusiasts.

The Natural Shelter, A Lazy Squirrel Nest

The squirrel nest shelter is as necessary as it gets in the wilderness, but it's also a lazy way to spend the night. Making a permanent living off this shelter is not recommended because this type of shelter is only meant to provide a temporary solution for spending the night in the wilderness. At least a 6 hour of sleep is an essential requirement to function in the wilderness, and if you are short of time to build an actual shelter, a squirrel nest will be a helpful solution. One great thing in the wilderness is the pile of leaves and foliage that can provide shelter for the night. To survive a colder night in the wilderness, you will

need to gather and create a larger mound of leaves, whereas, during warm weather, a smaller foliage pile will do. All you do is create a leaves pile in the ground and lie over it, covering yourself with another pile of leaves. The success of this shelter depends on two factors,

Adapt to sleeping in one position throughout the night. Since tossing and turning will remove the top foliage pile from your body, leaving you cold.

When making the pile of squirrel's nest, try to situate your shelter besides objects that provide some resistance to leaves piles, such as fallen tree trunks, berm, or a rock outcropping.

The Natural, a Humble Debris Hut

It wouldn't be wrong to call debris hut a more elevated and structured counterpart of the squirrel nest. Categorized as a woodland shelter, debris hut offers extended night stays, keeping you warm and safe against the wilderness. It is a proper shelter that utilizes your body heat to maintain a constant temperature equilibrium to create an effective microenvironment. Since this basic shelter uses body heat to keep it warm, you must pay attention to the shelter's area as the larger and bigger the skeleton of your debris hut is, the more body heat and time it will need to keep you warm. The debris hut resembles a small comfy burrow to keep you warm and dry. The basic structure of the debris hut comprises a skeletal framework created by the hardy wood you can find in the wilderness to form an arch-like structure. Whereas the leaves and foliage act as wool that is used to cover the frame by appropriately stuffing it to trap the still air inside for an insulating effect. This structure can be a free-standing setup and be made against a pre-existing structure or object.

The Lean-to Shelter

The lean-to structure is a quick and efficient shelter in the wilderness, similar to a pitched roof to sit under. Lean-tos are created with wilderness debris and other materials, such as ponchos and traps. The major drawback associated with lean-to shelters is their poor insulative properties. However, the lean-to shelters are beneficial to set up for a short stay and to provide shade against the rain and sun. However, the protection against rain and wind depends on the pitch and angle of the lean-to and its direction. All in all, lean-to shelters are low-effort and quick setup options.

Poncho Tents

Poncho tents are a low silhouette shelter offering comparably higher protection against the wilderness. This tent has a less usable space than a lean-to, but it provides both protection from the front and back, making it capable of trapping some heat inside and resistance against the rain and inclement weather. The poncho tent should be pitched between two trees.

A Tepee Shelter

You can also opt for constructing tepees as temporary structures with parachute material in the wilderness. There are three types of tepees based on structural differences, i.e., no pole tepee, one-pole tepee, and three-pole tepee. The parachute tepees provide considerable protection against various elements and can be as large or small as you want them to. The structure is pitched with a tree for a no-pole tepee, whereas the three-pole and one-pole tepees can stand independently.

Basic Snow Shelter

Since snow is an excellent insulation material, it can assist you in creating a safe microenvironment for you. Wilderness does not only imply an area that is forest-like and is surrounded by nature's work of wild growth; instead, it is an uninhabited area that sees rare human activity. Therefore,

to build your base into different types of shelters, I find adding this section to the snow shelters is appropriate. One commonly used snow shelter is a tree-pit snow shelter made in the presence of evergreen trees. This shelter utilizes the tree branches for overhead cover, and the digging tool creates a medium-depth pit insulated with green foliage. Another basic shelter in the snowy terrain is to pack a snow mound with hollow insides that can be protected with some material and body heat to keep you warm.

Shade Shelters

The forest-like wilderness areas are not scorching heat, but if you are in a temperate region, the days can be hot and nights colder. In such a scenario, shade shelters are helpful to protect against heat. The shade shelters just require simple modifications for heat relief. Collect sticks and wooden material and stack them against a tree to create a shaded canopy.

Wickiups and Brush Structures

The conical and brush roof structures are elementary-grade shelters that provide considerable safety against inclement weather and allow you to stay longer. You can quickly form a square structure and hoop design, but it is a labor-intensive project that requires time and persistence.

Most of the structures and shelters discussed up to this point in the section are short-term solutions that are fairly quick to construct. As we advance, I will include primitive long-term shelter in the wilderness for an extended stay. The following structures are more semi-permanent and require more building effort and planning. However, in the end, when you have a place in the wilderness to call home, the action and satisfaction will be worthwhile.

Thatched Hut Shelters

The thatched shelters are long-term and perfect for extended duration stay. However, you must access the

required materials and have scored a suitable location. Thatched huts offer a sturdy structure if they are appropriately attached to the frames. The shelter can be designed in a rectangular shape known as the longhouse frame and a circular-shaped structure called a dome-style frame. Thatching essentially implies the gathering and bunching of grasses into small bundles. While it is a time-intensive process, it requires minimal upkeep and maintenance once the structure is constructed.

Log Cabins

While building a log cabin from scratch in the wilderness may appear to be an exaggerated and difficult task, I assure you that it is a feasible feat. People have been building log cabins with the most primitive tools, even though basic and advanced tools are available. Building a log cabin structure in the wilderness is an almost therapeutic process. Building a log cabin of your own condenses your bushcraft skills, from wood processing to putting the logs together in a structure with lashings and joints. The cottages have simple pitched roofs, but it is labor-intensive and requires considerable timber as a construction material.

Using Modern Materials as Shelters

I understand if you are a purist who believes against utilizing modern resources and shelter materials. However, using modern and store-bought materials is also prevalent among wilderness enthusiasts, and there is nothing wrong with opting for them. Emergency shelter survival bags are made of sturdy plastic material that is cost-efficient and expendable. The Scandinavian lavvu is a round-shaped tepee that the Sami people used to endure weather conditions and provide stability. The structures like lavvu and ger are huge structures you should only opt for if you are with a group of individuals. A prevalent modern shelter option in the wilderness is a hiking tent. These tents are

sturdy waterproof, lightweight materials such as poly-cotton, parachute, and carbon fibers. There are various options available in hiking tents with solid and durable materials. The hiking tents are easier to pitch and also fold.

Hammocks - Versatile Shelter Material

Although not necessarily a shelter in and of itself, some people consider hammocks shelter types. Many bushcraft enthusiasts use hammocks as suspending tents when camping. The hammocks are an easy shelter since the site selection for this shelter becomes relatively easy. You only need anchor points a few inches apart, rejecting the need for any specific flat ground and open locations. If you have strong anchor points, you can easily pitch the hammocks on any landscape, from leafy grounds to snowy beds and over-water bodies. With hammocks, you should try to utilize the once with durable tarp materials rather than the ideal net hammocks that only offer cosmetic value.

Tips for Shelters in the Wilderness



Here are a few essential tips you should consider when forming a shelter in the wilderness.

The proper planning and shelter design will pitch you for success.

As a beginner, it is impossible to build complex structures right from the go. Therefore, you need to practice different skills ardently to eventually put together the shelter without facing any obstacles and failures.

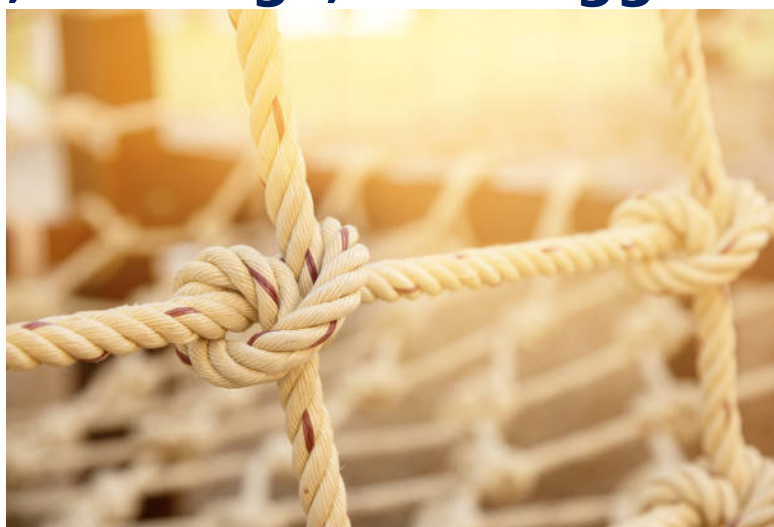
Whenever you face an obstacle in building a shelter, analyze what you are doing wrong and consider which conditions and factors you are not fulfilling. For instance, if the fire smoke fills in your shelter, then the direction of your building may be against the wind.

Learn the proper techniques and guidelines for each type of shelter to accomplish the task. For instance, if the dimension of the debris hut is too large, then the effectiveness of the shelter will fail.

Make a calculated plan to determine the time and amount of energy required to accomplish the task of building your shelter in the wilderness.

Here I must add that even though I have provided you with an extensive, detailed account of different shelter types, that is just scratching the surface. There are many variants of tents, many other materials to make a shelter, and many variants of roofs and construction structures to record.

Lashes, Bindings, and Toggles



Making lashes, bindings, and toggles are essential skills if you want to survive in the bush. These teach you how to ensure that your rope stays where you place it, effectively keeping your tools in place. The easiest techniques to learn to get you the furthest in the bush include square lashing, snowshoe binding, and making a basic toggle.

Square Lashing

To do square lashing, you will place the two items you are connecting so that they are perpendicular to each other, with a cross in the center. They will end up at a 90-degree angle once tied. For easier explaining, let's imagine you have two sticks perpendicular to one another and tie them together with a square lashing. You will start by tying a knot around the bottom stick, nice and close to where the two sticks cross. Then, you will pull your rope up and over the top stick, then down and under the other side of the bottom stick, opposite where you tied the knot. Then, you will come up around and over the top stick, opposite the side where you went over the last time. Now, you will go under where you placed your knot. You will continue weaving over and under until you have done this three times. Then, you will wrap around the top stick next to the knot and go in the reverse direction three times. You will tie the rope with a simple knot when you are done.

Simple Binding

When you bind something together, such as one log to another, you want to make sure you do it so that it is held tightly in place and won't move. This method is important if you are attaching logs to form them into a roof over your shelter or sides of your shelter. You will bind by first taking the center of a length of rope and wrapping it around a piece of wood so that you have one full wrap and two equal tail lengths. Then, you will cover it entirely around the piece of wood you want to attach it to before wrapping it around

the bottom or original piece again and coming back up either side. You will now pull it tight. If you are connecting heavier branches or logs, you will want to do this one to two more times, depending on the branches' thickness. Then, you will start wrapping them around completely but pulling them down the length of the log as you go, creating long “x” shapes across the log. When you reach the middle, you will wrap one complete circle in place. Then, you will make “x” shapes again until you reach the other end of the branch or log. There, you will make one to three tight, complete wraps again. Then, you will tie off.

Making a Toggle

Making a toggle when you are in the bush is incredibly simple. All you will do is find a sturdy material that is somewhat thin and about 2-3” wide. You want to pick something that will be steady and not break, such as a thick branch, a rock, a piece of metal, or even a piece of a larger animal’s femur bone. You will then tie a piece of rope around the very center of that item. You can now insert your toggle into the grommets on your tarp to hold it up, keep a rope wrapped snugly around a tree without tying it, or even use it to hold things in your pack. If you have nothing to insert the toggle into, make a simple knot on your rope with a loop in it and insert the toggle into the loop. This will keep everything nice and tight and secure. If you are securing something heavier or larger, always use thicker, sturdier toggles to avoid having the toggle snap and someone getting injured.

Hygiene, Organization, and Protection

Keeping your camp hygienic, organized, and protected is of utmost importance. Proper hygiene will ensure that no one gets sick, the organization will ensure that you can find

everything you need the moment you need it, and protection will keep you safe from the elements and wildlife. Personal hygiene can be achieved using a few methods. Consider taking a smoke bath when you cannot safely wash in running water. By lighting a fire and bathing in the smoke, the smoke kills any bacteria on your body, which effectively cleanses you. The smell is also less likely to attract bugs such as flies and mosquitoes. If you can find oak, hickory, birch, aspen, or poplar trees, you can take some of their bark and boil it until the water becomes dark. As soon as the water is at a manageable temperature, dip a cloth in and wash your body with the all-natural tannin body wash. For your teeth, you can use twigs from dogwood or sassafras trees, which are both useful for cleaning and excellent because they have tannic acid, which will help cleanse your teeth, much like how it helps cleanse your body. Chew up the small twigs as this is how they become fibrous and work well as toothbrushes. If you need to wash your hands after dealing with an animal carcass, you will want to find a yucca plant or a yarrow plant, as both can be scrubbed across your hands to cleanse them. Avoid ingesting these plants; however, yucca, in particular, is poisonous if eaten, but it is harmless on your hands. Finally, you must keep your feet dry and clean as often as possible when living in the bush. Wear proper footgear, wash your feet regularly, dry them off completely, and keep them in clean socks and shoes as often as possible. When navigating backwoods, your feet become exposed due to the constant walking, climbing, and navigating of rugged terrain. They can also become damp, dirty, and easily injured if you are not careful. An injured foot can quickly become infected due to ongoing exposure and use, leading to a dangerous and deadly situation. Keeping your feet dry and clean is always imperative; if you sustain an injury to

your foot, practice maximum care in keeping it clean to avoid an infection.

For camp hygiene, you want to boil and cleanse everything as soon as it is used, including camp cookware and other tools you have used around raw meat or other contaminants. Your clothes should be washed out as needed in a nearby stream and hung to dry in the sunlight. Whenever possible, hang things such as your bedding and worn clothes that are not quite ready to be washed yet in the sunlight. Sun kills bacteria within hours, so this is a great way to keep everything cleansed and neutralized.

Organization can be achieved in whatever way you want; however, you should have a clear system, and you should stick with that system. Keep all of your cookware in one clean spot. Keep all of your tools organized and easy to access. Keep your sleeping hut away from your eating space and keep your firewood in an easy-to-access safe spot. Your food should be stored safely away from camp in an easy-to-access spot so that if any animals do happen across it, they cannot find it, but they also cannot see you in the process.

As far as protection goes, there are many steps you can take to protect yourself. Sleeping with an ax, machete, or other similar weapons on hand is a good idea as this can help you protect yourself from any animals that may surprise you. Otherwise, never sleep in the clothes you cooked in; keep a source of light and bear spray on hand if you have any, and if you have any pets, keep them leashed and close by so they do not attract animals. Always sleep at least 100 yards away from where you store your food and cook, so you are not discovered if an animal discovers your food. Build your shelter in such a way that makes it challenging for anything else to get in there with you, and always keep a fire going at all hours of the day and night. Generally, fire and smoke from the fire will deter animals from bothering you. The fire you keep going near your sleep

shelter should, naturally, be different from the fire you cook over.

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CHAPTER 5:

Combustion



Starting Materials

You can use many starting materials to get a fire going. You can bring starting materials, such as cardboard, cotton swabs, dryer lint, and citrus peels or nutshells, as these are all great fire starters. If you need to find fire-starting materials in the wild, look for pine cones, pine needles, cattails, cedar chips from splitting wood, dried grass, moss, and even small, dried twigs and leaves, as these are all great for starting a fire with. Avoid putting anything damp in there, such as moss or damp brush from the bottom of the forest, as these will dampen your fire and prevent any proper fire from starting.

Sourcing Wood

Finding wood in the forest is simple, but selecting the right tree is critical. When selecting a tree, there are a few factors to consider. First, you want to look for trees that have already died and fallen over, as they will be dry and ready to burn. If you must cut down a live tree, you will need to wait several days for it to dry out so it can be burnt properly. Otherwise, you need to slowly add them to your fire so it can dry them out first before catching them on fire. If you must pick a live tree, like a tree or a large branch that is not too thick, it will dry out faster. You also want to make sure the tree is far enough away from camp that you do not risk damaging your camp if it falls over but close enough to camp that you can haul it back.

If you chop a live tree back, you will cut a notch in the side facing the direction you want it to fall in. Note that it will not always fall this way, so you must be careful to watch where it is going. You can create the notch by cutting into the tree at a 45-degree angle up and down so that there is a complete notch cut into the side. This notch should go no more than $\frac{1}{4}$ to $\frac{1}{3}$ of the way into the tree to avoid making the notch so big that the tree falls while you are still cutting it. Once you have cut in your notch, you will go to the tree's opposite side and cut straight into it. Ideally, as soon as the tree is cut through, it will fall toward the notch. You can increase this likelihood by avoiding trees with obviously heavy branches on the side opposite where you want them to fall and by avoiding cutting trees on heavy wind days, especially when the wind is not blowing in a favorable direction.

After cutting the tree, you will chop it into manageable-sized logs on the spot, then drag those logs back to camp. You can process them by cutting them down into smaller logs that are fit for burning in your fires. You should keep your

log reserve full at all times to ensure that you always have fuel for your fires.

Why is Fire Important Outdoors?



Some of the most common reasons people succumb to the great outdoors and don't make it out alive can be combated with the help of crackling fire:

- Hypothermia
- Dehydration
- Spiders and snakes
- Insects
- Predators
- Suicide
- Being unable to communicate effectively
- Infections and injuries

Here's how fire helps you ward off these common reasons people don't survive in the wilderness.

- Heat - You can survive three days without water and three weeks without food. You can only make it three hours if exposed to frigid conditions. Freezing to death isn't fun. A shelter may help protect you against the elements, but what if you can't build a shelter? If you

can light a fire, it will keep you warm and alive through the night or until rescue arrives.

- Light - Light from a fire allows us to see our surroundings, making self-defense against predators more effective. You will also maximize your productivity because you won't have to stop preparing food, shelter, traps, etc. when the sun sets.
- Signaling - Being able to make yourself visible is one of the most important aspects of being found. If a search party sees the light or smoke of a fire, they will find you. If nobody is looking for you but sees fire and smoke, they will find you. Smoke is one of the most visible forms of signaling.
- Purifying water - Boiling water is one of the most basic and oldest ways to make water drinkable. If your water source is visibly dirty, you can also use the charcoal produced by the fire to make a filtration system to remove as much debris from the water as possible.
- Cooking - Consuming raw foods, like meat, may not seem harmful, but it carries risks. When you're outdoors, recreationally, or in an emergency, you can't afford to become ill from eating raw food.
- Protection - Fire strikes fear into the hearts of most wild animals due to their survival instincts telling them to stay away from it. Fire isn't 100% foolproof at warding off predators, but it can and does help. Fire will also help keep some spiders and snakes at bay. Building a few smaller fires around your camp will help keep flying insects at bay as they aren't fond of the smoke.
- Disinfection - In an outdoor environment, an infection can quickly spread. With the proper knowledge and experience, you can disinfect wounds by heating a metal tool to cauterize them. The extreme flame heat can also disinfect many medical tools in your first aid

kit, such as needles. Holding the needle in the flame for a short period will kill any germs on the surface.

- Wilderness crafts – From carving wooden implements to tempering sharp tools to helping soften the metal, so it becomes malleable, fire is a valuable aspect of wilderness crafts.

Now that you know why fire is so important when you are out in the wilderness, let's look at the different ways to make a fire.

Fire Starting

When it comes to survival or just spending time outdoors, one of the most important skills is being able to light a fire in varying conditions. If you cannot light a fire, survival becomes impossible because of its benefits. When enjoying time in the outdoors, fire is an integral part of the experience. Can you imagine camping without making a single fire?

The supplies and tools you have with you and how much time you have on your hands will dictate which fire-starting method you choose to employ.

- Lighters and matches – These are the most common tools used for lighting a fire. Despite the advent of water-resistant matches and butane lighters, they aren't always suitable in different conditions.
- Flint and striker – This method is a firm favorite of outdoorsmen and survivalists. You will need a steel alloy or carbon fire steel and flint. Striking your flint, a knife, or a quartz rock against your fire steel will create sparks that can light your tinder.
- Ferro rod – A Ferro rod works similarly to flint and striker. When a sharp object strikes the Ferro rod, it will create sparks.

- Magnesium fire starters - Similar to the flint and striker, magnesium fire starters use a striking action to create sparks. Your fire starter should come from a magnesium block with a scraper/flint. Use the flint to scrape magnesium shavings off one side of your block and use the other side of the block as a striker to create sparks.
- Lens - Using a lens, such as a magnifying glass, you can concentrate the sun's rays onto tinder, and the heat will eventually start a small fire.
- Usable lenses include a magnifying glass, eyeglasses, binoculars, and even the globe from a light on your vehicle.
- Steel wool and 9V battery - Use fine to very fine steel wool. Touch the battery's positive and negative terminals to the steel wool to generate heat and sparks to ignite your tinder.
- Car battery - Using the same principle as the 9V battery, attaching two wires to the terminals of your car battery and the other ends to the steel wool will have the same effect.

Note: Using steel wool and a battery is an excellent way to start a fire in almost any weather.

Starting a Fire Using Only Natural Supplies



There are a few ways to start a fire using only natural materials you can source from the wilderness around you.

Fire Plow

- Find a flat piece of hardwood measuring a few inches in thickness to use as your base.
- Using your knife, cut a straight groove down the middle of the base piece of wood and hollow it out to about $\frac{1}{4}$ -inch in width.
- Find a softwood stick that is a minimum of one inch thick. Carve one end of your stick into a round point. Make sure the tip will fit into the groove in the hardwood base.
- Rub the softwood stick vigorously and forcefully along the groove in the hardwood.
- Wood shavings will slowly come off your base wood. The friction should heat the wood enough to form tiny embers, which will ignite those shavings.
- Keep your tinder handy and gently blow on those embers and sparks to allow them to catch alight.

Hand Drill

- Find a flat piece of softwood to use as your baseboard.

- Find a softwood stick and carve one end into a rounded tip.
- Cut a small hole into your softwood base. Cut the hole around one inch from the edge of the base wood. The hole should be just big enough to fit the rounded end of the drill stick into it.
- Cut a triangular wedge in your baseboard, the point of which connects to the hole you just cut out with the broad base of the triangle attached to the edge of your base.
- Place your tinder into the triangular wedge you just cut out of your base.
- Place the rounded tip of your fire drill stick into the hole of your base wood.
- Position your hands on either side of your fire drill stick, palms flat and facing each other.
- Press your hands firmly together and roll the fire drill stick between them by rubbing your hands backward and forward against each other.
- For added friction, apply downward force as you spin the drill stick.
- Keep spinning your drill stick until the friction produces smoke and embers.
- Gently blow on the embers as the fuel starts to smolder to encourage a flame.
- The hand drill is more complex to construct than a fire plow and requires more effort and patience.

Bow Drill

- A bow drill needs less strength and energy to create the embers to light your tinder and will start a fire faster.
- Find a piece of hardwood that has a natural shallow hollow in it. A rock or piece of bone with a similar hollow

will also work. The hollow will help hold your drill stick in place.

- Find a straight hardwood drill stick of around $\frac{3}{4}$ of an inch thick. Carve the drill stick so one end is blunted and the other is rounded.
- The third piece of your bow drill is a flat one-inch-thick piece of softwood to use as the base or fireboard. Cut a small hole into the base one inch from the edge. The hole should be just big enough to fit the rounded end of your drill stick into it.
- Cut a triangular wedge in your baseboard, the point of which connects to the hole you just cut out with the broad base of the triangle connected to the edge of your base.
- Place your tinder into the triangular wedge you just cut out of your base.
- Craft a bow out of a slightly bendable but not too flexible green stick.
- Tie a piece of paracord tightly between both ends of the bow stick.
- Loop the paracord bowstring around your drill stick.
- With a foot firmly on the softwood baseboard, place the rounded end of your drill stick into the hole in the piece of base wood.
- Place your piece of hardwood, bone, or rock on top of your drill stick's blunt side, so the stick's end rests in the shallow hollow. This will hold the stick in place between the top and bottom pieces.
- Pull the bow backward and forward quickly, which will cause your drill stick to spin in the piece of softwood base to create the necessary friction.
- As embers form, blow on them gently to ignite your tinder.

Pump Fire Drill

- This fire-starting method is the most complex version but requires the least exertion.
- Find a straight hardwood stick and carve a rounded point from one end, leaving the other end blunt. Drill a hole as thick as your paracord near the blunt end. This will be your drill stick. Carve or whittle the stick so it gradually gets thinner towards the blunt end.
- Find a piece of hardwood that is round and drill a small hole in the middle of it that is narrower than your drill stick. This will act as your counterweight/flywheel. The hole should be only thick enough to slide the round piece of hardwood $\frac{2}{3}$ to $\frac{3}{4}$ of the way down the drill stick from the blunt end towards the rounded end. It should fit snugly enough around your drill stick so it won't move when spun.
- Slide your flywheel onto your drill stick and push it towards the rounded end until it's firmly wedged.
- Find a piece of hardwood to act as a handle. Drill a hole an inch from either end of the handle. Drill a hole in the center of the handle that is bigger than the drill stick.
- Slide your handle onto your drill stick from the blunt end towards the flywheel at the bottom.
- Attach one end of a length of paracord to the handle through one of the holes on either side.
- Thread the paracord through the hole near the top end of your drill stick and the hole on the other side of the handle.
- Measure out your paracord so that when you tie off the paracord, your handle should be at least one hand space from the flywheel. Then cut your paracord to length and attach it to the handle through the second hole.

- Cut a small hole into the base one inch from the edge. The hole should be just big enough to fit the rounded end of your drill stick into it.
- Cut a triangular wedge in your baseboard, the point of which connects to the hole you just cut out with the broad base of the triangle connected to the edge of your base.
- Place your tinder into the triangular wedge you just cut out of your base.
- Place the rounded end of your drill stick into the hole in your base and hold it gently in place.
- Holding the handle of your pump drill in place, twist the drill stick so the paracord starts to coil around the top of the stick.
- Using both hands, pull your pump drill handle down, the paracord should uncoil, and the drill stick should spin.
- Bring the handle back up the drill stick so the cord recoils around the top and the stick spins again.
- Pump the handle up and down to keep the stick spinning; the friction will cause embers to form.
- Gently blow on your embers and fuel to ignite it.

The Triangle of Fire



A fire can be started with three elements, and it can also be stopped by eliminating one of the three elements. The three elements required for fire include heat, fuel, and oxygen. In fire crafting, you want to create a safe space where you can add fuel, create heat, and maintain high oxygen levels so your fire can thrive. You will construct a fire lay that allows ample oxygen to get in and around your fire. This will enable you to place added wood (fuel) without smothering your fire and use it as needed without suffocating it or hurting yourself.

Anytime you build a fire in the woods, you should also be prepared to put that fire out. This way, if your fire gets out of control or needs to be eliminated for any reason, you can safely do so. The two most effective ways to put out a forest fire are to drench it in water or smother it with dirt. Keeping a pail of water nearby can help put out your fire, or you can smother it with dirt if it gets out of control.

Placing Your Fire

When you place a fire, you want to consider where the fire is going so that you can preserve the safety of your camp and maintain the benefit of the fire. Your food fire, as stated, should be kept at least 100 yards away from your sleeping arrangements. That way, if any food drippings fall into the fire or if it begins to accumulate a smell, animals will be attracted away from where you are rather than toward where you are. Your fire for warmth, light, and protection should be built closer to your sleeping arrangements so that you can rely on it as needed. This fire should, however, be made a bit away from your sleeping arrangements so that it cannot accidentally catch your sleeping arrangements on fire and burn you in your sleep.

All fires should be built in such a way that they will be easy to contain, that they will not catch any nearby bushes and that they will not grow too high to catch the tree branches

above. This way, you do not risk creating a larger fire than you can reasonably control.

Fire Lays

The best fire lay you can use in the woods is a teepee lay. If you are just creating a fire for warmth, you can construct a circle out of rocks on the ground and build a teepee fire inside it. If you are looking to cook with your fire, you will want to make a smaller teepee so that your fire does not get too hot and so that you can create a cooktop surface.

The Teepee Fire Lay

The teepee fire lay is created by cutting several thick branches to about 2 feet long or less, depending on the height of the fire you want. Then, you will learn all the branches together in a cone shape, pointing toward the sky like a teepee. You will then place kindling and fire-starting material in the center of the teepee so that you can light that part on fire. As the fire builds within the teepee, it will catch the branches on fire, effectively giving you a strong fire to keep yourself warm or cook over.

Log Cabin Fires

A log cabin fire lay is made by taking various branches and pieces of wood that are no more than 1" thick, as this will make it easier for all of them to catch fire. You may want the wood bases to be slightly thicker, though, around 1.5-2" thick so that it is sturdier. You will then lay two sticks parallel to each other and then run two perpendicular to them across the edges. You will go back and forth, crisscrossing your branches until they look like a pyramid. Then, you will build a similar structure around the edges by crisscrossing wood; this time, you will not form them into a pyramid shape but rather keep them square. These sticks should be somewhat thicker, around 2-3" or up to 4" at the base. You won't need to build your fire too tall, maybe 4-6 levels. Then, you will light the small inner pyramid on fire and let it

get going. It will then catch the larger log cabin formation outside of it on fire, giving you a nice, healthy fire to work with.

Long Log Fires

A long log fire is used if you need your fire to burn all night. This is important, especially if you are in a cooler climate or somewhere where you will need access to ongoing warmth and light. You will make your long log fire by digging a shallow depression into the ground, about 6' long and 1' wide. Then, you will build a fire that fills the length of the depression using a log cabin formation but spreading it the length of the depression. Once the fire is going, you should find that it burns down into the ground creating good hot coals and a nice roaring fire. You will then put two long logs on top of the fire, running the length of the depression. This should keep your fire running all night long.

Dakota Fire Pits

Dakota fire pits are a type of fire that is nestled into a hole that you dig into the ground. They are easily contained, provide great heat, function excellent in high wind areas, and they can help you remain stealthy if need be. A Dakota fire hole needs to be built anywhere with a flat surface that you can easily dig into but where the ground is hard enough that it won't collapse when dug into. Once you have decided on your location, you must completely clear away any vegetation from where you will place the fire. Then, you are going to dig a hole. A deeper hole will be less visible from the surface, while a wider hole will make a bigger fire. Pick what you need most. After you have dug out your main hole, you will need to dig a second hole at an angle connecting to the bottom of the main hole. Do not connect the hole with your shovel, but instead dig in and connect it with your hand; this way, you do not accidentally collapse the earth around it. The hole should be about the size of

your fist, as this will feed oxygen to your fire so that your fire can continue to burn. Once you set the pit, you should start a fire in the hole using a dry brush and other materials. Then, you can add larger sticks until your fire is burning consistently. Your fire is ready to go!

The Cooking Fire Lay

A simple cooking fire lay, also called a bundle fire, is created by taking logs of all about the same height and bundling them together with the cut sides up and down, making a flat surface on top of them. You will hold the bundle up using bindings and rocks on either side. Then, you will light a fire under the bundle using a fire starter. As the fire begins to lick the top of your surface, you can place your pot or pan on top of the fire and cook. Note that you want to cook before the logs get too burnt as they will start to fall and could cause a dangerous situation if your pot falls into the fire and splashes water or hot food anywhere.

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CHAPTER 6:

Trapping and Hunting



Trapping

If you plan to catch food in the wilderness, you need to have a good and working knowledge of traps that can be used to catch three kinds of animals- fish, mammals, and fowl.

If you are caught in the wilderness for a long time, remember that living food never spoils. So instead of hunting or gathering a lot of food at one time and trying to preserve it, it is better to gather and hunt it fresh. This can be a great asset in hot weather; however, it can make things difficult if caught in an area with large predatory animals. In such cases, you need to make decisions quickly.

Trapping is great for animals such as frogs and turtles that can be stored in a bag or a sack for a long time.

Traps are subjective to methods, animals, and seasons. For instance, certain traps can only be used in certain seasons to trap certain species. Traps are indiscriminate, which means that you cannot control the type of animal you catch; however, you can still have some control over the trap by adjusting the size and bait. This will bring down the risk of catching a non-target or undesirable animal.

Bait Animals

You can find good meat sources around the edge of water resources. Remember that meat is meat and does not always have to come from furry mammals. A great and easy-to-procure source of meat is fish and other aquatic animals. Crayfish, frogs, turtles, and fish all are sources of meat that can be consumed and used as baits.

Cooking food items for yourself is recommended and using the leftovers as bait traps bigger prey. If you are ever caught in an area with no water source nearby, you can still trap small mammals such as rats, mice, and chipmunks, which can be used for similar results. It is recommended to combine both methods to get better results in the end. Some of these can even become a full-fledged meal if you catch turtles and large fish.

Your priority should always be catching animals that rank low on the food chain. It does not matter if you do not plan to consume them; you can always use them as baits. A baited trap is more likely to yield better results than a non-baited one. You can then work your way up the food chain, and if you continue to persevere, you will find better and more fulfilling food in no time.

Trap Triggers

There are many different types of trap triggers. The main thing to keep in mind regarding triggers is that they should always match the size of the prey. For instance, never make a trigger larger than 2" for a rodent. There are many different spring trap styles; however, choosing the simplest trigger is recommended. Elaborate triggers are bound to fail. A pressure-release toggle can be used in various traps and has multiple applications. Most components required for this toggle can be easily made at the camp. In extreme conditions, you must construct this toggle with no tools.

Basic Traps

Traps can be used in two ways, to catch animals for consumption/resources or eliminate animals that may be a threat. Let's look at some simple traps, and we'll recommend what types of bait would be most appropriate for catching specific examples.

Before we look at the two essential traps you need to know, let's consider the location for where you need to put them.

Where to Place Traps



If you're unsure what kind of prey you want to catch, there are general pointers for good places to put traps. You should consider:

Where do animals usually go to drink water and feed

- Are there any known game runs or trails nearby?
- Where can you find animal droppings or tracks
- Are there any signs of vegetation that has been eaten by an animal nearby?
- Are there any nesting sites or den holes nearby?

Figuring out where to put your trap is more complex and crucial than setting up the trap. It may be a matter of trial and error, so make sure to practice before SHTF, and these traps will be one of your prime sources of sustenance or protection.

And remember: a good trap becomes bad if it's in the wrong place!

Types of Basic Traps

Typically, there are two types of traps that are good for survival: there are snares or deadfalls. Other types exist, but beginners' basic traps will be slight variations of these two trap types.

How to Build a Survival Snare

A survival snare is a trap that is similar to a noose. The animal gets caught in the hole of the noose, and the rope tightens around the animal as it passes through it.

This trap is effective when placed on a known animal trail or around an animal's den entrance.

The best way to set up this trap is to make a big noose and position it so the sides of the hole are against some sticks stuck into the ground. The loose end of the string should be attached somewhere else to ensure the noose pulls tight when the animal enters it and doesn't just run off with your string hanging off it.

A survival snare can also be fashioned out of wire or cable to create a restraint.

To make this trap effective, you should remember to:

- Make sure the noose loop is not too small - It needs to be large enough that the animal's head can get through it, but it shouldn't be so large that it can just clear it.
- Ensure the string is set up so the rope will tighten when the animal runs through it.
- Ensure the noose hole is not too close or too high above the ground; depending on what type of prey you want to catch, you need to ensure it's at a height that the animal will naturally run into.

How to Build a Deadfall Trap

While a survival snare focuses on choking the animal, a deadfall trap intends to crush the animal cleanly when triggered.

For this trip, you'll need to gather three sticks.

Carve a flattened point on the end for the vertical post on the first stick.

On another stick, carve another flattened point and a notch into the opposite end; the stick will be the diagonal one.

On the last stick, carve another notch at one end and a point at the other for bait.

You must lay the sticks on the ground to make a number 4 shape. Make sure you line up the vertical post and cut a notch into the horizontal stick (the bait one) so that these sticks catch the square edge on the post and fit together comfortably.

Put the sticks together so the notches sit together, and the deadfall weight holds up.

The vertical post should be stuck in the ground.

The trap will be triggered by an animal knocking the sticks slightly.

Types of Bait

The type of bait you use is critical when it comes to traps. Here is a list of baits you can use to lure animals to the trap. Of course, it is possible to set traps without bait, but setting them with bait will make the trap a little more successful. We've sorted the best bait by the animal you'll be trying to catch, as certain prey have specific preferences.

- Skunks: Skunks love anything that smells strongly of fish, so something like raw fish or even canned cat food would do the trick.
- Groundhogs: Groundhogs are herbivores that love vegetables, so veggies like cucumbers or carrots will work well for enticing them. They also like several types of fruit, so strawberries, peaches, or apples would also do a good job.
- Possums: Possums/opossums adore spoiled meat, so any meat you have that's gone bad will do the trick. Be warned that rotten meat can also attract dogs, so be wary of that.
- Rats: Rats crave protein and sugar, so for them, the ideal combination is peanut butter with raisins.
- Raccoons: Raccoons will eat anything; they're not fussy at all. But they love high-calorie sweets, so marshmallows are fantastic at luring them anywhere.
- Chipmunks: Chipmunks are huge fans of nuts and seeds, so leaving a trail leading to some peanut butter will be effective.
- Feral Cats: Cats will be drawn to anything that smells strong, so any type of oily fish (like anchovies or sardines) will do the trick.
- Rabbits: Bunnies enjoy eating leafy greens, so anything like lettuce or spinach will do wonders to attract rabbits. To attract rabbits further, spray some apple cider onto traps to eliminate any human scent (which rabbits don't like).

- Voles: Voles eat seeds and nuts, so peanut butter is an excellent choice. Blend some peanut butter with oatmeal, and you have a guaranteed winner.
- Armadillos: Armadillos hunt for grubs and earthworms for their sustenance, so putting a few on your trip will be highly effective.

Other Types of Traps

Primitive Traps

These traps are designed so that they can be used to mangle, strangle, or dangle the prey. There are many different traps, and almost all use the same triggering systems or releases. This means that if you study these systems, you can create a variety of traps that will help you achieve your ultimate goals.

Deadfall Traps

These are the most commonly used primitive traps. They are also the most identified traps, often shown in movies and TV shows. In this trap, a large, heavy weight is dropped on an animal to either trap or crush it. Mice, chipmunks, rats, and ground squirrels can easily be caught with these traps.

While deadfall traps are easy, many people tend to set them incorrectly. You must consider multitudes of factors while setting and using these traps effectively and efficiently. Deadfall traps are not always meant to kill the prey; they are intended to trap them. Small deadfall traps may suffocate the animal. Due to miscommunication and misunderstanding, many people tend to raise the deadfall to a considerable height as they believe this will kill the animal; however, they fail to understand that this may help the animal escape. Keep the bait as far as possible in the back of the trap. This will reduce the chance of error. There are many deadfall traps; here is a small list of them.

Leaning Deadfalls

These traps feature a heavy object held by a rigged trigger. Once triggered, it releases the weight of the deadfall. You need to follow two simple rules while using these devices. The first rule is that the deadfall must be at least five times heavier than the weight of the animal you plan to trap. The second rule should be that the deadfall should never be at an angle higher than 30 degrees from the ground.

Suspended Deadfalls

These employ a device that is hung above the ground. It drops to the ground once it is released. These devices often feature spears or spikes for larger games.

Windlass Machine Traps

These employ a windlass machine that kills the animal once released. Once the trigger is released, the animal gets impaled with a spike or a spear.

Water-Based Traps

It is recommended to learn how to make water traps so that you can catch animals such as frogs, fish, and turtles.

Nets



Net making is an art, and it can take a lot of time to master this skill. Learning this skill requires a lot of patience;

however, you can make nets with certain easy methods. These methods are not as efficient and effective as 'true' net-making methods and do not yield similar results; however, they are better than nothing.

Any net will only trap animals or fish, which cannot exit the holes in the net. This means that you need to adjust or tailor your nets according to the size of your prey. If you have no resources, you can even wear a t-shirt to seine.

Fish Fences

Fish fences can guide the fish to a certain location where you can catch them. They can also be placed on the water's edge to guide and catch other aquatic animals such as turtles. Constructing these from any natural material, including sticks, stones, and logs, is possible. Weir is a fencing type often used to trap fish in a smaller area. You can then hunt these fish with a gig or a bow. Constructing an M-shaped bank trap is highly recommended if you plan to catch turtles. The turtles can climb into these traps but cannot escape them. This excellent overnight trap can trap interesting animals while you are asleep.

Basket Funnels

These are woven traps that employ natural materials. They have two cones that fit together carefully. The fish can swim into these traps but cannot swim out to escape. They get their names due to their structure as they are woven similarly to a basket. The fish can enter the inner core through a hole present at the bottom. The fish enter the large cone through this hole and then get trapped inside.

Dip Nets

These are generally attached to a pole that reaches into the water to pick up the target once it gets trapped in the net. This pole is created using a soft green mesh wrapped around the hoop. The net is connected to the hoop. You can make dip nets by making a few overhand knots with large

rolls of tarred mariners' bank line. These dip nets can be used to catch a variety of organisms, including small and even large turtles. Most turtles flip in the water during the day and then take cover under the log. Dip nets are versatile and work great for trapping crayfish and frogging.

Gill Nets/Stop Nets

This type of net must be made deep and long enough to comfortably stretch from one bank of a small river or a creek to the other side. The net should go deep into the water body. The bottom of the net is often weighed down with stones or similar weights, while the top is kept afloat using some sort of a floatation device. A great floatation device for this kind of net is a sapling that runs the length of the net. You are then supposed to chase and drive fish by walking downstream right into this net, where they get trapped as their gills get caught into the holes of the net. This is why these nets are known as gill nets. Like all other kinds of nets, you need to know the average size of the fish you plant to catch with these nets; otherwise, your net will prove useless. It is recommended to use cordage for fishing traps and dip nets compared to the gill nets.

Seine Nets

These are large-sized nets that have tiny holes. These are walked through deep-water sources and can catch a lot of different aquatic animals. Ideally, these nets manipulate small fish to the water's edge, where they can be caught or scooped out instantly.

Funnel Nets

These are similar to the dip nets and can be small in diameter. They can be extended in bigger diameters and flat laid for trapping animals when the net is grabbed and picked up.

Tube Trap

The tube trap is relatively easy to construct, and you can make one by placing skewers into a can at an inward angle. These traps allow animals to bite and eat the bait but restrict their escape.

Tip: You can use a kind of rudimentary alarm system that can be added to the trap to catch a live animal. These alarms can be as simple as an old can filled with rocks, etc.

Lines with Triggers

This form of fishing uses a combination of trap and line to set the hook once the animal tries to escape with the bait. It uses an L7 trigger, a quick-release system with simple reverse notches. These triggers are combined with a spring pole device that allows the line to be a cast-using hand off the bank with a baited hook of some type. When the fish turtle runs away with the bait, it activates the L7 trigger and springs the pole. This immediately jumps the line to lodge or set the hook in the neck of the prey. This trigger system is generally used for fishing, but it can also be used to catch turtles.

Once you procure one or more lower-food-chain meat sources, such as small mammals and other creatures, you can consume them and then use the leftover material as bait to capture even larger animals.

Pole Fishing

Pole fishing is a highly enjoyable and rewarding activity. You can do pole fishing in inlets, off docks, estuaries, and coves. You do not need fancy lures, rods, reels, or swanky equipment, as pole fishing can be done with just a simple bamboo and a long line tied to one end of the bamboo. Just tie a hook and attach a bait to the hook and dangle the line in the water. Baits may include worms, fish heads, or some form of fresh or rotten meat. This will work as well as any other fancy fishing gear for less than half the price.

Much different fish such as sea bass, bluefish, mullet, fluke, and flounders can be found in oceans. Similarly, in brackish backwaters, you can find various fish such as crappie, black bass, perch, and catfish. Sea scroungers can get a lot of fish with little time, effort, and resources.

Some of the most rewarding pole fishing experiences can be had around the wharves, especially in the New England nearby canneries. You can get extremely large and healthy fish on good days. It is recommended to use whelk or other similar bait that can help you catch a variety of fish in no time.

Fishing nets are readily available in fishing supply stores. If you do not want to spend much money on these nets, you can also make them at home using linen mesh or cotton. To keep the nets floating, you can use corked plastic bottles.

You can buy poles necessary for fishing from lumberyards. You can also find these growing freely in the wilderness.

Snares



A snare is a noose or hoop made using a wire or a piece of rope that encircles the neck of the animal and then pulls it tight, trapping it effectively. While the snare is ideally supposed to trap the animal around the neck, it fails to do so in many cases. Most of the time, snares tend to catch the

body of the animals. The snare loops need to be adjusted according to the size of the target prey. For instance, a snare set to the diameter of an opossum's head will never catch a fox or a coyote. This is why it is necessary to understand animal signs thoroughly. Trigger and bait the snail carefully; otherwise, you will end up with empty hands.

In a short-term situation, it is recommended to trap only medium-sized mammals such as raccoons or opossums. These animals can be consumed and processed easily, and you won't have to leave meat around the camp. Open meat can attract scavenging and predatory mammals. When you plan to trap larger animals, set the traps around the water sources so that you do not trap a non-target animal unnecessarily.

Free-Hanging Snares

These are more commonly known as blind snares. They are unpowered and use the momentum of the animals. The more the animal struggles to escape the trap, the more it becomes ensnared. These are primitive and supposed to be the least effective out of all the other traps, but they can be highly efficient if used properly.

They can be used to catch small games. It is recommended to suspend the traps by keeping the height of the animals in mind. It is always recommended to try to catch the neck of the animal while snaring. While snaring raccoon and opossum, use your balled fist for judgment. The heads of these animals are generally around the size of an adult, balled fist.

Powered Snares

These are advanced and modified versions of regular snares. They employ a spring-loaded counterweight or engine. These can be quite effective if they lift the animal off the ground. Once trapped, the animal will try to do everything it can to escape the trap; this includes chewing

the trap. If the prey stays on the ground, it becomes easy to gnaw away the trap. This is why trappers nowadays tend to use cable or wire snares.

Spring-loaded snares should always employ rudimentary alarms so that you can catch the animal immediately to prevent its escape and reduce its suffering. All spring snares need a catalyst or an engine that will make the snare tight around the neck of the animal. There are many different ways to do this. For instance, you can use a simple bend sapling, etc. You can also find some good engines in your hunting kits.

Trapping Birds

All birds in North America are edible; this is why adding birds to your diet is recommended when you are in the wilderness. Small birds should ideally be trapped in an open clearing where the bait is visible clearly. Generally, you should use bright-colored fruits and berries that attract the birds the most. Always add an alarm to the trap, as it will let you trap the bird alive. While many different traps are available for trapping birds, the following three work the best.

Multiple Ground Snares

This is one of the most if not the most effective and efficient traps for trapping small birds. It does not need a lot of paraphernalia. You just need to hammer a small stake in the ground and surround it with a small pile of debris along with tiny snares that should overlap each other to create a large network. Add baits to this trap.

The size of the snare material should be thin and very fine.

Ojibwa Bird Trap

In this trap, a perch is used. Once the bird lands on the perch, its weight forces a trigger to drop a counterweight. This activates the snare that catches the bird by its feet. This is a good trap as it can catch the feet of the bird and

prevent its escape. Make sure to snare carefully; otherwise, the bird may escape the trap instantly.

Cage-Style Traps

These traps work well with smaller birds. To make them, you must tie two sticks across with a rope to form an X. In perfect conditions, this trap can trap around ten or more birds in an hour. This trap can also be used to trap a large bird at night. During the nesting season, many aquatic birds such as ducks and geese become vulnerable. This allows you to harvest the eggs efficiently.

How to Catch What Might be Dinner



This section will examine an introduction to trapping and hunting aimed at those without prior experience with the crafts (as I'm sure many do not). We'll go over general pointers for setting good traps, how to hunt effectively, and some examples of traps you can select.

This section will exclusively focus on hunting and entrapment of animals for food or removing a threat.

Let's get into it!

General Hunting Advice

Not sure where to begin? Let's start by looking at some general advice about hunting for those not in the know.

Hunting Needs to be a Priority

Hunting will come relatively low if people consider skills that a prepper needs to be good at. Many people think they can work on the stockpile and rely on it to sustain them – which it will, for a year or so. But if we're talking about a long-term disaster situation (or even a more permanent "end of days" scenario), that stockpile will eventually run out. That's why it's essential to have things like your prepper garden to prepare for when this might happen. Hunting is a great way to supplement your stockpile like the prepper garden.

Don't Underestimate Hunting

Another reason people might put hunting low on their list of priorities for prepping skills they need to have is that most people think hunting is pretty straightforward. You go into a clearing, find an animal, shoot it – done. How hard can it be? That arrogance stands in the way of people training to become good hunters. Hunting is not easy; like all skills, it requires hours of dedicated practice and specialized gear. Don't make the mistake of thinking you don't need to learn the skill like everyone else.

You Need to Know Your Terrain

You need to know your local terrain because you need to know A. what game is available to hunt there and B. where you will be able to find it. If you live in the city, this will mean taking some weekend trips out to the country.

When it comes to the game, you need to know where they feed/drink, rest, sleep, and how they behave in certain weather conditions. All this knowledge is imperative to hunting and not wasting time aimlessly searching for a game resting a few miles away. This knowledge will increase your hunting efficiency and your overall success.

Know What You're Hunting

You need to know how to identify the creature you're looking for from a distance. You need to understand what its tracks look like, its feces, what sounds it may make, and its food sources. Knowing all this information will make it ten times easier for you to hunt them down.

Pay Attention to What You Wear

For appropriate hunting gear, most people will gravitate immediately to wearing camo. Which is fine, camo is good for hunting, but sometimes it's not enough to just look the part.

When you're stalking prey, you keep yourself downwind from the animal. If the animal can smell you coming, all the camo in the world won't help you.

Similarly, you should avoid wearing any type of cologne or perfume and avoid using shampoo/body wash that day that is strongly scented. These things are likely to give you away as most prey have a highly acute sense of smell.

As much as you should avoid being smelled, you must also avoid being heard. Make sure your boots are sturdy and of good quality, and your gear doesn't make too much noise when moving. Any sudden noises will make your dinner go running.

If you're hunting in cooler months or the winter, dress appropriately. Layer up and remove the layers when you need to. This will be a real lifesaver if you have to camp out while hunting. Also, ensure your hunting pack has everything you might need, as you will be stuck outside for a while.

Know-How to Track

Unless you're a pro hunter or have an effortless shot, it's doubtful that you'll cause the animal to fall immediately when you shoot it. This is where you'll need to track it. It's instinctively to run after an animal directly after striking it but avoid doing so. You need to wait a few minutes before

finding it to ensure you don't come across an injured and annoyed animal instead of a dead one, as some mammals will take a while to exhaust themselves and go down. If you scare the animal by finding it before it's dead, it's also likely to sprint off into the distance in fear - and finding it after that will be a near-impossible task.

After shooting an animal (and waiting a few minutes), going to the sight where you shot it and looking at the animal's blood trail can be very telling. If there's only a tiny amount of blood, it's likely that the animal is just slightly wounded and will be on a rampage—research what you can learn from various blood trails during hunting.

Know Your Plan for After You Kill Something

Most animals you'll be hunting will be significant and heavy, so you won't be able to pick them up and carry them home. You need to know how to skin and quarter the animal. Depending on the animal, you might find some uses for its fur, bones, or bone marrow, so consider what you can get from the carcass to ensure nothing gets wasted.

You'll also need to consider your plan for hauling all those resources back to your camp. This is when it'll be helpful to have another person with you or a specific cart for transportation purposes (like a deer cart).

Make Sure You Have the Right Gear for the Job

We've already touched briefly on the clothing you need for hunting, but many additional gears will come in handy. The most obvious is your gun - ensure it's appropriate for the job.

You must also consider what gear will aid your shot and make hunting more straightforward. The best options are decent binoculars and a good rangefinder on your gun.

Binoculars make it far easier to locate your targeted game from a distance and evaluate any potential risks before heading into an area.

A laser rangefinder would also make it easier to hit a game from far away. It's especially great if you don't have the most accurate shot. A rifle scope or bow sight will also have the same benefits.

Practice Makes Perfect!

Prepping involves practicing your skills to perfect and use them when needed. Your hunting skill is no different. Go out there and practice as much as you can; making mistakes now will be much better than making them later when it could be life or death.

Make sure you know your stuff to ensure success.

Hunting: Why?

In survival situations, we are forced to face extreme conditions. In such conditions, we need an ample amount of proteins and calories. While these can be consumed in the form of plants, if you want quicker and much denser sources of proteins, the best option is to consume animals. Survival hunting is an essential skill that you need to learn. Survival situations require a lot of energy that animals can easily gain. Edible animals provide concentrated calories; that is why survival hunting can make a huge difference in situations of crisis.

The most accessible and practical wild animals in the wilderness are small game, reptiles, fish, invertebrates, and amphibians. Certain invertebrates like mollusks have already been covered in a previous chapter. All the above-stated animals make the most sense in a survival-hunting situation. These animals are small, and you can collect a bunch of them with ease. They need little to no weapons; you can gather many of these with your bare hands.

Hunt and Prepare With Care

Birds and small games are essential, especially in the case of survival hunting. All birds and mammals are edible to

human beings. Jackrabbits, raccoons, and geese have a lot of meat and keep you full for a long time. Small mammals and birds are the easiest animals to trap, especially with the help of deadfalls and snares. It is necessary to have an in-depth understanding of the animal's diet, size, and movements, as this can help you with hunting and trapping. If you do not have this knowledge, your traps may be ineffective.

You can also catch or hunt small animals by throwing things at them. These include sticks, stones, rock, skives, and even bullets (from guns). You can also use tools like atlatl and the bow if you are good at them.

All wild game needs to be cleaned and cooked thoroughly before they can be consumed. This kills any microorganisms and germs that may be present in and on the meat—consuming some form of fat with lean meats such as rabbit is recommended, as your body may find it impossible to handle the excess protein. An easy way to eat and consume fat is to singe the hair of the rabbit off and cook it with the skin on. The skin contains ample fats, which will keep the ratio balanced. You can also consume fatty organs such as brains and livers to get the essential dose of fats.

Beginner Hunting Gear Recommendations

For the convenience of the readers, this section has been broken down into basic hunting gear categories. This way, you will be able to refer to the sections with ease. Remember that these recommendations are meant for beginner hunters who want to enter the field with little investment. In survival situations, you may or may not have many things. Similarly, your experience will grow with time, and you may need more advanced items. These new and advanced items will make your hunting experience smoother and more comfortable. Before that, you need to

begin with baby steps. Just start your journey now and collect your equipment one by one.

Here is a list of hunting gear and equipment you need, along with items you may put away for the future.

Kinds of Hunting Clothing

The kind of hunting clothes you would want to wear depends on the season and laws of your area. Generally, you are supposed to wear either camouflage or blaze orange clothing. You will be surprised to know that hunting clothes are an absolute must-have. Many hunters admit that good clothes can make or break your hunting trip. You can be miserable if you do not bring the right hunting clothes. It does not matter what climate you are hunting in, having proper hunting boots and clothes will keep you comfortable for a long time. They will allow you to wait patiently with little to no movement.

Barring a few brands, cheap hunting clothes generally mean poor quality. This is why investing some extra money in this category is highly recommended. Good quality hunting gear lasts for a long time.

If you are a frequent visitor of the outdoors, you probably already have some of these items. If not, go to your local store and get them immediately.

Base Layer

This is a crucial layer as it will be the closest to your body. One rule you must follow while shopping for outdoor clothing is to avoid cotton at all costs. While cotton is a great natural fabric, it is useless in the wilderness, as it will not keep you comfortable. It does not wick away your sweat from the skin. This means it keeps you hot in hot conditions and cold in cold conditions. You can use cotton if you plan to hunt in moderate temperatures and if you plan to stay put. Still, if you plan to walk a lot, investing in a good quality base layer of synthetic polyester material or merino wool is

better. This base layer included a tight-fitting top, underwear, a tight-fitting bottom, and socks. This is an important purchase, as it will keep you comfortable for a long time.

Insulating Layer

After the base layer, the next layer is the insulating layer. This layer is much more forgiving than the base layer; however, it is recommended to get polyester or wool clothes in this layer too. As a beginner, you can get away with any clothes that will keep you warm. This includes fleece jackets, sweatshirts, jeans, etc. It is necessary to have multiple layers of clothes; this will allow you to control and regulate the temperature by adding or removing the layers. So, for instance, when you start to sweat, you can remove everything but your base layer. Once your body cools down, and you begin to feel cold, add more layers until you feel comfortable again. A merino wool jacket or sweater is costly, but it is a brilliant investment, especially if you plan to hunt ducks or deer in cold weather.

Outer Shell Layer

The outer layer and pattern depend on the type of hunting you plan to do. For instance, if you plan to do firearm deer hunting or upland bird hunting in Minnesota, you will need to wear blaze orange. You can wear camouflage if you plan to go for archery deer hunting or turkey hunting.

The most important thing about these layers is the material. You need a material that should be wind and water-resistant. This will help you seal your body warmth in the insulation layers. Do not get too small clothes. Many hunters recommend getting one-size large clothes as the air space holds heat better than tight-fitting clothes. Like any other garment, hunting clothes for men and women are different. Do not buy anything that makes too much noise when you move. For instance, a puffy coat makes a lot of noise when

you move around or when you move your sleeves. This is counterproductive for hunting as your prey animals will hear these noises and run away. Still, a lot of hunting gear manufacturers tend to produce such coats. Instead of buying something just because it is from a trustworthy and high-quality brand, try it on and walk around the store to check whether it is comfortable or not. Remember, it should not make any noise. Even minimal noise gets amplified in the serenity of the wilderness. Do not buy any garments that have Velcro pockets. The 'rip' of Velcro can be heard from a long distance in the wilderness.

In warm seasons (i.e., archery seasons), it is recommended to get Scent blocker jackets. These jackets are quite comfortable and very quiet. It can also be an insulating layer in winters and cold weather.

Hunting Boots

Hunting boots are extremely crucial and form an important item on your hunting gear list. Do not try to cut costs on this gear. Hunting boots are highly vital, especially in colder climates and weather. In cold weather, try to get a pair with a lot of insulation. You should aim for at least 800 grams of insulation. Like hunting clothes, it is recommended to get one size larger than your regular street shoe size. This way, you can add multiple thick socks and still have enough space to move your toes around. Tight boots make your feet constricted, which can make them cold quickly. Cold feet will make you quit your hunting expedition.

Hunting with a Firearm

Once you decide to hunt with a firearm, the next thing that you need to decide is which firearm to choose. There are different kinds of guns available for hunters, but the two most commonly used firearms are rifles and shotguns. A beginner should only invest in one of these options. The choice also depends on the law of your state regarding

hunting regulations. For instance, in some eastern states, you cannot use rifles for hunting. In these states, you must buy a shotgun only. There are two good options for shotgun hunting- the 12 gauge and the 20 gauge. The 12 gauge is the more powerful of the two and provides a 'kick' when you shoot. While the 12 gauge is more powerful, the 12 gauge and 20 gauge are equally suitable for hunting. Both are versatile hunting weapons that can be used to hunt various animals and birds, including rabbits, grouse, ducks, pheasant, geese, etc. You can also hunt deer using this gun- just switch to slug ammunition.

If your state allows using a rifle for hunting, you are lucky as you have multiple options to choose from. The top three options are .243, .270, or .30-06 caliber rifle. You can begin with the .243, as it has very little kickback and still holds enough power to kill a deer quickly and ethically. The other two are considered to be lifetime guns; this means that you can use them for the rest of your life if you maintain them well. These can be used to hunt various animals, including deer, bears, and even elk.

Along with the type of firearm, you must also consider transporting it, protecting it, and keeping it clean. The cleaning kit should be specific to the gauge or caliber of the gun. Clean your weapon regularly so that it lasts a long time.

Tree Stands/Ground Blinds

Investing in a ground blind or a tree stand is recommended if you want to get into deer hunting. While not completely necessary, these gears can make your hunting experience easy. They can increase your chances of spotting more deer. Tree stands have a variety of accessories that beginners can skip for now. Ground blinds can also be used to hunt turkeys in fall and spring.

If you do not plan to hunt deer and only restrict yourself to rabbit, grouse, or squirrel, do not invest in a tree stand, as it will prove useless.

If you get a tree stand and plan to hunt with it, you must get a safety harness. The harness will keep you connected to the tree if, in rare cases, the tree stand fails. Look for an easy-to-use and comfortable harness.

Other Necessary Hunting Equipment

Many hunting accessories are available; some are recommended, some are necessary, while some are useless and gimmicky. Avoid gimmicky equipment altogether. You can buy the recommended items when you are comfortable with hunting; however, buy the necessary items immediately. Here is a list of necessary gear and equipment you must buy before your hunting trip.

What to Take Hunting



Hunting involves a lot of gear - the boots, the layers, the gun. But what about all the miscellaneous things you'll need to take along with you? Below we've compiled a list of recommended items to include in your hunting bag when you shoot some game.

Water

This will surprise no one, but it's easy to forget that it needs to be mentioned. When hunting, you can be outside all day, so you must be hydrated to stay energized and focused.

Experts recommend dedicating most of the weight in your hunting bag to water. Water can be stored in a special water bladder to take up less room in your pack, but a regular bottle will do if you don't have this.

First Aid Kit

Anything can happen while on a hunt, so pack a small emergency first aid kit that covers the essentials. Good things to pack in this kit would be band-aids, hand sanitizer, paracord, anti-itch cream, antibacterial cream, etc. If you have to deal with something serious, you can send someone back to the homestead for more detailed supplies. Bottom line; just pack the basics.

Rubber Gloves

This may seem non-essential but wearing gloves while dressing a dead animal is vital. Animals can be hosts to bugs or parasites, so you're just asking for trouble if you have any open cuts on your hands. Pack a few pairs of gloves, just in case.

Trash Bags/Game Bags

Having a few of these bags in your rucksack will make it much easier to carry around the meat/skin/etc. that you collect. Game bags are a better choice if you have the option, as trash bags can rip when too full. Plus, game bags can be reused, making them a better choice.

Baby Wipes

Hunting is a messy business. Having some baby wipes handy can help you clean your hands after dealing with a carcass, use the bathroom al fresco, wash your hands before eating, wipe the sweat off your face, wash your knife, etc.

Survival Blanket

A survival blanket will be handy if you get caught out after dark or the temperatures make a deadly drop. They're light and small so that they can be packed easily.

Pack anything you think you'll require based on your personal needs and the terrain you're going out onto. Remember to be as frugal as you can. Don't pack the kitchen sink.

Rain Gear

For clothing, it's recommended to layer up to stay as warm as possible. But if you're out in the rain or snow, you need to keep those layers from getting as wet as possible, as this can easily lead to hypothermia.

Rain gear solutions can be easy as a waterproof jacket or even one of those disposable ponchos. Whatever it is, make sure it's 100% waterproof and not just water-resistant. Setting up a little tarp roof over you might be good if you stay in one place.

Headlamp

While it's not recommended to hunt in the dark, there may be times when you have to dress an animal in low light, or you may get trapped outside overnight. In those cases, having a hands-free light system will come in handy.

Knife

Good quality of life will make your life easier when dressing an animal. Skinning something with a blunt knife is an absolute nightmare. Don't skimp on getting a good blade. It'll be worth the investment. Look for knives designed explicitly for outdoor hunting contexts.

Snacks

In the same way, it's essential to carry water; it's also imperative to carry some snacks to sustain yourself

throughout the day. Good snack choices for a day of hunting include things like mixed nuts, protein bars, jerky, etc. Avoid too high sugar snacks, as you don't want to experience a sugar crash when trying to aim your gun and pull the trigger.

Alternative Methods of Hunting to Using Traps



We've touched on the importance of traps for hunting certain prey effectively and briefly discussed the best gun to use for hunting, but what other methods are good. Here we're going to give you a few alternatives of how to catch dinner:

Rifle Hunting

We have touched on weapons for hunting already, but a few more advantages to this method will be addressed here. First, most people would consider using a rifle the easiest and cleanest way to hunt; it's generally far easier to load a gun and aim and fire than to set up a complicated trap or load a bow. The downsides to using a gun to hunt are that it requires a lot of specialized equipment (the gun itself, the ammunition, gun cleaning tools, etc.) and will require a lot

of practice to get the right shot, especially if you're a hunting beginner.

A rifle is generally recommended for those who wish to hunt larger targets, such as a bear or elk, as it allows you to get a clean shot from a safe distance. Trust us, you don't want to be near a bear when you shoot him in a non-critical location, and he's noticed where you are. That's not the best situation to deal with on a hunting trip.

Bow Hunting

Now we've discussed using a gun to hunt in great detail, let's move on to the more primitive approach- using a good old bow and arrow. Of course, like hunting, using a bow will require a skill that can be learned through a lot of experience and practice exercises. But before you immediately dismiss using a bow as "too old-fashioned and technically difficult," let's look at some of its benefits compared to using a gun.

It's a Lot Lighter to Carry

The weight you'll be carrying on your hunting expeditions is significant to consider if you want to cover a lot of ground on foot or you prefer to track animals instead of just waiting for them to come to you. Guns, ammunition, and other survival items you'll need to carry will be heavy.

It's Much Quieter

While getting a silencer for a rifle is possible, it is still likely to spook animals around the prey if it gets shot. But if you hit the prey with a bow, other animals around it likely will just carry on with their business. This is great because it means you might be able to take down several targets at once.

While there are some excellent pros, there are some cons to using a bow.

It is much more technically difficult to use than a gun, so it will require much more prep and practice to ensure the shooter can get a good shot. Additionally, because a bow just can't give out the same level of power as a gun can, the hunter needs to rely much more on their skills of aim and accuracy.

Similar to guns, there is specialized equipment that needs to be carried when hunting with a bow; extra bowstrings, extra arrows, extra arrowheads, a rangefinder, etc. Plus, you will need to learn how to repair your bow and arrows if needed.

If using a bow and arrow naturally, it'll be much easier to target a larger game, as much more skill would be required to hit anything small.

Gun Considerations



As far as the small and medium game is considered, shotguns are the most versatile and best-suited weapons. There are many choices available in the market that have pros and cons. Let us look at different gun considerations that can help you choose.

The two factors that you need to consider while choosing a weapon for hunting are the simplicity and the weight of the weapon. Weight matters greatly, as you will carry it for long

distances and periods. Simplicity matters because the fewer parts, the easier it is to handle and maintain the weapon.

Do keep the versatility of the weapon in mind while buying it. This includes the chamber's length, the weapon's age, and the choke. The choke reduces the outside diameter of the barrel, but it allows for better shots. Choke does make muzzle and hand loads challenging to perform.

Chamber Length

The length of the chamber is essential, as well. This area is helpful as it is used to load the shell. The chamber should ideally be around 3" so that you can put it on the gun. Most modern shells are 3," so if you have a 2³/₄" chamber, these shells will become useless without any severe modification.

Choke

The most commonly seen chokes are cylindrical, full, and modified. They tend to get smaller and smaller from cylinder to the full. A cylinder bore is a great option, but it only holds accuracy until 20-25 yards. A modified version can have good accuracy up to 35 yards. You are forced to give up on adaptability and load variation for the choke.

Barrel Length

The barrel length is often subjective to personal preference, but anything over 24" generally will be accurate. Most shots with guns are typically used for short-yardage shots, and extra barrel length will only add excess weight.

Rounds

There are many different rounds present in different guns and models. Generally, #6 shot is used for small games, #8 is for small birds, and # 4 is for large turkeys and waterfowl. Buckshot or slugs are used for large games. This provides an array of animals that can be hunted with few shells.

These are some of the many things you need to consider while investing in a hunting gun. Beginners will still find it

challenging to make a choice, so it is recommended to contact expert hunters who will guide you carefully. Hunting is a practical experience that needs to be experienced in real life.

Gun Age

You should buy something modern enough that will be able to use modern powders and not just black powders. The barrel should be of high quality and made of steel. Almost all guns made after 1940 will generally have these characteristics.

Additional Hunting Techniques

Now we've discussed some of the pros and cons of various hunting methods, let's go over some additional hunting skills that you can weave into your routine to make your trip much more fruitful.

Tracking

Tracking is a technique used by many hunters. Firstly, hunters that use bows instead of hunting with rifles will benefit more from tracking. This is because hunting with a bow is much quieter, so if you miss your target, you're less likely to spook it and cause an immediate hunting "game over."

As we mentioned, tracking requires knowing a lot of important information about the prey you're following- its tracks, feces, etc. So, being a good tracker involves a lot of experience and research, but if you're good enough, you're guaranteed to find the prey you're after and come back with something to eat every single hunting trip. So, it's a skill worth investing some time into.

As tracking practically involves following the animal, this is something you'll need to consider when packing your supplies. Everything needs to be lightweight and sparse so you can travel quickly and without giving yourself away.

Blinds/Hides/Lodges

These are terms for basically the same thing: a specific hunting hiding spot. The point of these hiding spots is that they allow you to takedown and study and observe the prey you want to hunt before doing so. This can be useful, as knowing the prey's habits and movements is the best way to know when they'll be more vulnerable.

Due to these points, these hiding spots are commonly used with prey such as water birds or hunt game birds.

These places will be much more effective for hunting if they are set up close to areas where you know the prey you're hunting will be, for example, close to a river they would drink from or a meadow they would typically graze in.

These structures are also helpful for those who don't want to lug their equipment around or those who don't have access to a vehicle when hunting expeditions. So, you can easily leave supplies hidden in the hide while you go out and do your thing. While many blinds are relatively small, they're sufficient for storing all of your supplies.

Some parks will have pre-set-up hiding spots in random places for nature enthusiasts and photographers to use. But if you're in the middle of nowhere, you can buy your portable hide online or build one.

Make-shift hides/blinds/lodges tend to be made from either camo material or wood covered with some form of foliage. The only important thing to remember when constructing a hide is that it must blend into the surroundings well.

The main con of this hunting technique is that setting up a blind/hide/lodge requires time and pre-planning. Also, there's no guarantee that your prey will go to the area you expect. Even if you spend time studying your target, countless elements might alter where they end up. For example, you may waste a few hours sitting around doing nothing.

Decoys

We've added decoys to the end of this list because they're not going to be the best and easiest things to acquire when bushcrafting. But if you can find them, they do tend to work well.

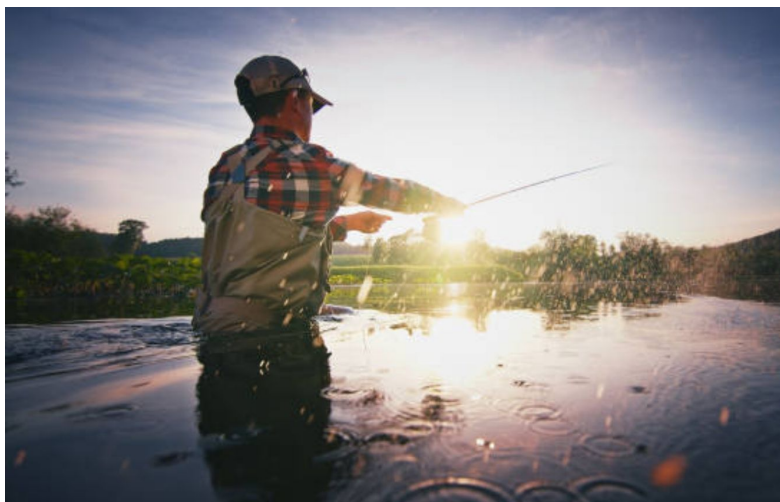
A decoy is precisely what it sounds like; a fake animal placed in front of or near the hunters to encourage prey to go closer to them. If this tactic fools the prey, it makes it much easier for the hunter to hit them cleanly and generally lowers the skill required for hunting.

Decoys are most effective when used alongside a blind, as the hunters can hide nearby without being detected while the prey flocks around them.

The effectiveness of the decoy will also be increased if hunters use them with relevant animal calls or scents that will entice the prey.

So, the downside of decoys is how easy it would be for you to source all the relevant materials needed to accommodate their usage. But if you have the tools, why not try it out for a more effective hunt.

Fishing



Another great option for meat is fish. Fishes do not need a lot of hard bodily structure to support their bodies in the

water, so they tend to be quite fleshy. Fish can be harvested using nets, angling, spears, traps, bows, and in some cases, barehanded. In the case of angling, you need to create hooks using materials such as thorns, wood, bone, etc., and then twist cordage to make a long 'line' which can reach the fish. Milkweed, nettle, dogbane, and yucca are high-quality fishing line materials. You can either add bait to your hook or make it into a lure by adding fur, feathers, yarn, or reflective material to the hook.

Bows and spears can be pretty efficient tools for fishing if the fish are near, i.e., in shallow and clear water.

Traps require very little energy and are an excellent way to catch fish. You need to build and set them up. While the fish is being trapped, you can perform your other duties. There are many traps ranging from simple basket types to large funnel-like traps to trap bigger fish. People also use elaborate and large saplings, weirs, and stone stacks as traps. When these traps are used, the fish can directly be plucked from the water with ease.

There are certain things that you need to take into consideration while fishing. The tide or current needs to be taken into consideration. In still water, bait is effective. Nets can work in still as well as running water. You can use the stretched-out net or the dip or cast nets. The latter two need some degree of manipulation from the hands of the fisherman.

Amphibians and Reptiles

Amphibians and reptiles both offer a lot of hunting opportunities to the hunter. Many amphibians have toxins on their skin, so they must be skinned before consumption. The easiest and most obvious choice of amphibians that you can consume is the bullfrog. They are conspicuous and large. You can hunt them using a bow, spear, hook, and feather. You can even whack them using a stick. While you

can hunt bullfrogs any time of the day, nighttime provides you with better chances of catching them.

Reptiles, venomous or otherwise, are often abundant in the wilderness, including lizards, turtles, and snakes. All have decent-tasting meat; most snakes and lizards can be hunted using sticks, while turtles can be caught with baited hooks. Turtles should be cleaned carefully and skinned before consumption.

You can find edible wild meat anywhere in the outdoors if you have an adventurous appetite and some knowledge about the behavior of animals. If this knowledge is paired with some crafting experience, you will never be hungry again. It does not matter if the animal has four legs, no legs, or six legs; all small animals will surely provide you with the required calories and proteins easily.

Hunting Safety Tips to Remember



Here is a shortlist of tips that you should remember to keep yourself safe and secure while hunting. Hunters are provided with a lot of safety tips and tricks. Most beginners tend to remember these religiously; however, people become complacent with time. When this happens, the risk of getting into an accident increases manifold.

Remember, safety should always be your number one priority. Take some time and review all the lessons given

below and pass them on to other hunters to keep them safe.

- Always treat a firearm as if it is loaded, even if it is not. Never climb a tree or a ladder with a loaded rifle.
- Always be sure of your target and identify it. You should also check what is behind your target as a powerful projectile often travels for a long distance.
- Before daylight or after dark, always use a flashlight while passing around another hunter's area. This will let the hunter know your whereabouts, and it will also help you to prevent any mishaps.
- Always check your rifle multiple times and make sure that it is unloaded.
- Always use a harness while hunting from an elevated stand, like a tree stand.
- Always wear a hunter orange vest whenever it is necessary. You can never know who else is in the area.
- A lot of accidents related to firearms happen at the track, especially while loading and unloading them. Beware and use extra caution.
- When hunting, deer never wear any white clothing. You may get mistaken for a deer.

Remember, accidents are highly common, especially in the outdoors and wilderness, but you can easily avoid them with some care and vigilance. Just remember that safety should always be your priority.

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CHAPTER 7:

Cooking in the Wilderness + Wild Game Recipes



Now that you have gathered, hunted, and cleaned edible animals and plants, it is time to cook some delicious food!

Making Utensils

One of nature's most important tools with which human beings are blessed is fire. It can make or break your chances of survival in difficult situations. Fire does not only provide you with warmth, heat, and light. It can also form, cut, bend, and create implements. The heat generated by a fire can be used to cook things. In exceptionally difficult times, fire can

make things easier for you. You can even make utensils using a fire.

It is possible to make simple utensils and cooking containers with the help of fire. This includes everything from a cup, pot, spoons, etc. All of these can be made in the wilderness. Just look for a good branch or suitable log. Try to find a piece of wood that is neither rotten nor punky. It should be big enough to fashion a practical utensil or container. A piece of wood that can hold a couple of quarts of liquids and solids will make a brilliant utensil and be used for cooking various dishes.

There are many trees in the forest, some of which can be potentially poisonous; avoid these. Generally, it is recommended to stick to hemlocks, pines, cedars, hickories, firs, and sassafras to make cooking utensils and containers. Hardwood trees are much better than softwoods as they take more time to burn, but they can also hold foodstuff for a long time by preventing the liquids from seeping into the walls of the containers.

Once you have found a good-sized and high-quality chunk of wood, chip away the bark from one side until you end up with a flat side. Now pick some embers from your bone fire and put them in the center of the chunk of wood, and let the embers burn slowly into the wood.

Coals generally burn down directly, and this will help you to create a natural bowl shape. This technique can be used to fashion bowls and containers of various sizes. Using this method, you can make a large bowl to hold a couple of quarts of liquids in one hour. For hardwoods such as oak, the process may take longer. You just need to have some patience and practice making different-sized containers. With dedication, you can make a proper set of utensils in no time.

Once you have burned off depression as per your need, you must trim out the flaky and burnt residue. This can be done using a stone. Once you have scraped out these details, sand it using a round stone until it looks ready. This vessel will be highly effective for cooking as well as storing food.

You can use the same method to fashion a spoon. To do so, just take a 5-7 inch long and ½ inch thick piece of wood and put a lump of single hot coal on one end of the piece. Blow the ember frequently until a small, hollow depression is formed. Scrap the burnt, flaky area and carve the rest using a sharp rock. You can also give the rock your desired shape using this rock.

Stones can be used for much more than just carving and scraping utensils. Stones can be used as all-purpose tools, and every survivalist must learn how to use them efficiently. A simple rock can do almost everything that a knife, an ax, or a piece of sandpaper can do. Mother nature has provided us with different kinds, textures, and shapes of rocks to choose from. Use them wisely for a variety of purposes.

Rocks can be used to form rudimentary knives. To do so, strike two rocks together until a sharp edge is formed. This sharpened rock can then be used to cut and scrape things. You can also use rocks for whetting and grinding. It is also possible to create a 'dish' using rocks that can be used to grind grains. To shape a rock into a dish, hit a rock with another harder rock. Carefully shape the rock in circular and pecking motions.

This process will take a long time, but ultimately you will be able to create a good and long-lasting utensil. Any tool that can enhance your chance of survival is excellent; it does not matter if it takes a long time to do so.

Along with rocks, you can also use bones to make good and efficient tools. Choose and use suitable bones and sharpen

them with a rock. Using bones, you can make simple but serviceable scrapers, knives, and awls.

Cooking Techniques



All the animals you plan to eat should always be cleaned and cooked thoroughly; otherwise, the parasites infesting the animals may make you severely ill.

All creatures (except insects) should be skinned, eviscerated, and checked carefully for any signs of abnormalities and diseases. Do not throw away the 'bad' specimens; you can use them as bait. Certain plants need to be cooked before they can be edible. Cooking produces heat, and heat destroys many toxins in plants.

Here is a list of various food preparation methods used in the wilderness.

Rock Boiling

This is one of the oldest cooking methods and is also one of the most useful forms, especially in situations where you are forced to cook using a container that cannot be placed directly on the fire. You can use heated rocks for cooking food in hollow wooden utensils. This method is also useful if you want to conserve and retain the nutrition present in ingredients.

It is recommended to use round and small rocks in this method. They should ideally be the size of golf balls. Avoid taking rocks from damp areas or water bodies, as rocks tend to have tiny cracks that may harbor parasites and other microbes. The cracks can prove to be dangerous in different ways too. For instance, when you heat rocks, it can vaporize the water in the cracks, which may lead to the explosion of the stone. This is why it is recommended to use bone-dry rocks. Avoid quartz, flint, sandstone, obsidian, and any other hard rocks that form with the help of silicate. These tend to shatter when heated and can ruin your meal.

You will need at least six to ten small stones to cook your meal. Heat these stones in the fire for at least a couple of hours. If you plan to stay in the area for a long time, it is recommended to keep stones in the fire and replace the ones you take out.

Put the animal parts and plant you want to cook in your wooden utensil and cover them with water. Then using a set of tongs or two sticks, carefully pick up a stone and drop it in the utensil. The water around the rock will start to boil at once. Continue to add rocks at regular intervals until the complete liquid starts to bubble. When the bubbling begins to slow down, remove the rocks one by one and replace them with new rocks. Repeat this process until your food is evenly cooked.

Spit Cooking

This is another ancient method of cooking that our ancestors used. This method is quicker than other methods, but it destroys a lot of the nutritional value of the food. In this method, an animal is skinned, gutted, cleaned, and then skewered and roasted on an open fire. The skewers should be made with non-toxic wood. Suspend the skewers over the heat and turn them around frequently. It is better to cook the meat over coal as an open flame may char the

skewers and the meat. You can also roast the various tubers and roots in the spit and make rudimentary 'shish kebobs.' Wrap the meat and roots in non-toxic and edible leaves and roast them directly in the coals.

Pit Cooking

This is an effective method that can also safeguard nutrition; the only problem with this type of cooking is that it takes more effort and time.

To do this, dig a hole in the ground according to the size of the animal you plan to cook.

Line the bottom of the hole with dry and flat rocks and build a fire over these rocks.

Let the fire burn for at least three hours or until the rocks start to glow due to heat. Remove the coals and scrape the place clean.

Add a layer of green grass over the rocks. The grass should be non-poisonous, and the layer should be at least eight inches thick.

On top of the layer of grass, put the food you plan to cook. This may include roots, meat, tubers, rhizomes, and other hearty foods. Do not put herbs and leafy vegetables, as they will burn away in this form of cooking.

Now put a layer of green grass over the food. Again the grass should be non-poisonous, and the layer should be at least eight inches thick.

Seal the pit with various slabs of bark.

Cover the pot with a six-inch layer of earth and let the food cook for at least 2-3 hours.

Once done, carefully scrape the dirt away, remove the bark and pull out the greenery. Be careful, or you may end up burning yourself. The grass will be steamy and hot. This method will not only cook your food properly, but it will also retain all the nutrients and natural juices of the food.

Fry-Rock Method

This method cleans flat and thin rocks of all debris and dirt. You can clean the rock with dried grasses and horsetail to make it extra clean.

Prop the rock carefully with the help of three or more small stones. Put it over the fire and let the rock get hot.

Once the rock is hot enough, you can use it as a metal frying pan.

Frying destroys a lot of nutrients, so be quick.

Rock Oven Baking

You can make a rudimentary oven just next to your fire pit. Construct a rectangular structure with rocks and keep the opening towards the fire.

Close all sides, back, and top with sod and dirt. This box will catch and retain the heat produced by the fire. It will allow you to bake your food just like a regular oven.

To control the temperature, move the fire around or let it die if you want to reduce it.

When removing food from the oven, keep your hands away from the rocks as they will be extremely hot and may cause severe injuries.

Board or Rock Reflector System

This method requires a rock or a flat piece of wood from a non-poisonous tree.

Put the slab at an angle of 45 degrees so that the heat from the bonfire will slowly cook your food placed against the slab.

Turn the food frequently to ensure proper cooking.

Storing and Preservation



In difficult and survival-related situations, learning how to store food is necessary. In difficult situations and crises, you often face lean times when you have nothing to eat. In such cases, if you preserve your food, you will never have to go hungry. Preserving food is quite simple.

- Meat: Make jerky by salting and drying it.
- Tubers and Roots: These can be dried well and stored in a dry and cool place.

Preserving Meat

The most common and easy way of preserving meat is by cutting it into thin strips. The strips should just be an inch wide and try to keep under a quarter-inch thick.

You make the strips as long as possible. You can also make them as long as per your needs and requirements. Remove as much fat as you can.

Hang the ribbon on a drying rack or a similar place where it will be exposed to sunlight directly.

Let the strips cure until they start to crack if folded.

You can store this jerky in a cool and non-humid area, such as the back of a cave. You can also store these jerkies in a dry hole in the ground. After storing the jerky, line the hole with some dry grass and cover it with a flat rock.

Storing Small Animals

You can store small animals by drying them.

This method can store chipmunks, squirrels, and certain birds.

Just skin, clean, and open the dead animals and put them in the sun to let them dry and dehydrate in the sun.

Once the meat is dry enough, pound the meat with a rock. This will break the bones and bring out the marrow.

Let the meat dry once again. This will cure the marrow. If you skip this step, the marrow will spoil the meat.

Storing Roots and Tubers

You can store tubers and roots by drying them.

Clean the roots and tubers that you plan to store.

Make thin slices of these tubers and roots and let them dry completely on a flat rock under sunlight.

Storing Leafy Vegetables

You can store leafy vegetables and herbs by bundling them and hanging them upside down in a shady and dry place. You can preserve them inside your hut or makeshift shelter.

Practice!

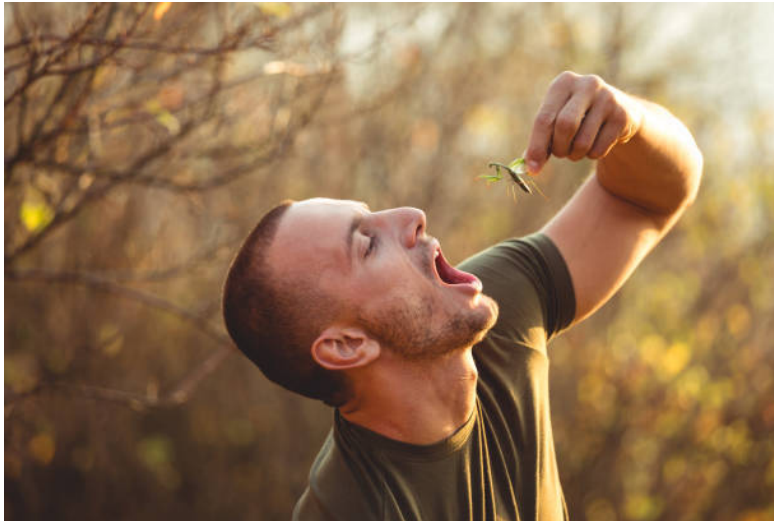
Always practice foraging, cooking, and other skills before planting to use them in real survival situations. You will be scared and nervous when forced to face the real deal. This is not the time to learn and practice new skills.

Living and surviving in the wilderness is a hard-earned knowledge that needs a lot of practice and skills. You need to be dedicated; otherwise, you will not be able to survive. Even if you never get lost in the wilderness, you still need to learn how to survive in it to avoid any risks. Learning these things will help you become more self-confident and enhance your love and respect for nature and the world around you.

Warning

Remember, never consume any wild food, whether plant or animal, without being entirely sure about its identity. Use a field guide and, if possible, try to learn under an expert hunter and forager to sharpen your skills of identification.

Foods You Can Eat



Survival situations can be challenging, and you may be in unforeseen conditions. You may not have anything to eat in these situations and will have to rely on nuts and other products that you can locate. Along with the traditional food items stated above, you can also hunt for a range of unusual items that aren't generally considered food. Once you get past the 'ickiness,' some meals may be rather tasty. You may also develop a liking for them and consume them in non-emergency situations.

Bugs

Many people despise insects and would never consider eating one. But there are numerous reasons why you should consume insects. The most obvious reason is in an emergency when no other food is available; however, there are other reasons to consume bugs. Bugs and insects are nutrient-dense and highly nutritious. Many bug species are high in vitamins, fiber, proteins, healthy fats, and

essential minerals. For example, grasshoppers are high in protein; grasshoppers have more protein than ground beef. Grasshoppers are extremely adaptable and can take on any flavor. As a result, they are suitable for use in a variety of cuisines, including potatoes.

Bugs are the most plentiful food source on the planet. As a result, they are vital and valuable food that often goes to waste. You should try them out at least once as a fun experience. You can try dried bugs if you don't like fresh bugs.

Dried bugs can be pounded into a powder and mixed in with flours and other grains. Dried bugs pose little to no risk and are far less dangerous to consume than meat from other animals.

You might be astonished to learn that we consume a significant amount of larvae, bugs, and bug eggs without even realizing it. These are frequently found in our foods, and we eat them regardless. It's only time before you start eating bugs on purpose. Bugs are already a staple cuisine in many civilizations throughout the world.

Insects You Can Eat

The animals and creatures you employ as bait for hunting, trapping, and fishing are edible and can be eaten in an emergency. Most insects can be eaten raw, but their flavor improves significantly when cooked. Parasites, germs, and other microorganisms can all be killed by cooking. As a result, the insects are safe to eat.

To make the insects more edible, remove their wings, heads, antennae, and legs, as well as any source of contamination.

Worms, particularly red worms and Nightcrawlers, are high in protein and easy to collect. Squeeze the worm from one end to let the brown substance escape. Once the brown material has fallen off, the worm can be eaten raw. Immerse

the worms for a few hours to remove the filth. These worms can then be used to make soups and stews.

Grasshoppers

Because grasshoppers can transmit tapeworms, it's best to skewer them and roast them thoroughly. Before consuming the grasshoppers, remove the head and the insides.

Crickets and locusts are also edible. These can be cooked in various ways, including boiling, roasting, and frying.

Ants

Ants are tiny insects, and you'll need many of them to create a meal. Simply place the ants in a big pot with some melting chocolate. The ants will be quickly dispatched as a result of this. Roasted and salted ants are another option. Honey-pot ants, carpenter ants, and leaf-cutter ants are among the many edible ants.

Wasps

Adult wasps and bees can be eaten after being roasted. You can also consume larvae that have been fried in butter. Always start by removing the stringers.

Termites

Termites If you stumble across a termite mound, simply place a stick in it and wait for the termites to emerge. The bugs can then be eaten uncooked. This food may take a while to digest, but it is still a meal. This method can be used to collect ants from an anthill as well.

Grubs

Grubs are high in protein and can be consumed raw or cooked. To prepare them, simply toast them over hot embers. To avoid mandibles, remove the head of the grubs with a sharp rock or knife if you plan to consume them raw.

Scorpions

Scorpions are venomous, but they're also tasty. Remove the unhealthy snack from the tail near the stinger by chopping

it off. You may either cook it over coals or eat it raw. (Do this only under the supervision of an adult.)

Insects You Shouldn't Eat

Insects are not always safe to consume because they can be toxic or polluted with other contaminants. The following insects should not be eaten:

Caterpillars

Some caterpillars are dangerous, and it can be difficult to tell which ones are edible. It is preferable to avoid all of them.

Arachnids

There are many different types of arachnids in nature, and their safety cannot be guaranteed. Ignoring these and focusing on the more easily recognized insects is preferable. Certain arachnids, like caterpillars, are deadly, so it's best to stay away from them.

Centipedes and Millipedes

Centipedes and millipedes should be avoided at all costs. Millipedes are venomous, while centipedes are not; however, distinguishing between the two can be difficult. To be safe, it's best to avoid both species.

Insects with Vibrant Colors

Almost all brightly colored insects, such as green, yellow, or orange, are hazardous and should be avoided. It is preferable to eat brown and black insects exclusively.

Insects with a pungent stink should not be consumed. These are usually poisonous, but they can also be infected.

Carriers

Insects that are known to carry diseases should not be eaten. Ticks, flies, and mosquitoes are examples.

Helpful Hints

For persons prone to shooing insects away, catching them can be tricky (both psychologically and physically). Digging a hole near insects and placing a container or jar inside the hole is the easiest approach to catching insects. Add bait, like leftover food, to the container. You'd have gathered at least a handful of bugs in a few hours. Keep the bugs secure by closing the jar cover.

The majority of bugs and grubs dwell beneath logs. Turn the logs over, and you'll find a bounty of food.

Simply use a small flashlight at night to attract flying insects. They'll be drawn to the light. Then you can use a net to catch them.

To prepare a paste, grind a variety of insects. Use this paste as a dip by seasoning it.

If you still find eating bugs repulsive, it's a good idea to try them at home before consuming them in the wild. Edible insects are available for purchase online or at your local pet store.



CHAPTER 8:

Recipes



Muffins with Applesauce and Oats

Preparation time: 10 minutes

Cooking time: 34 minutes

Servings: 4

Ingredients:

- 2 (1-oz.) packets of instant oatmeal
- 1 $\frac{1}{4}$ c. all-purpose flour
- $\frac{1}{2}$ c. sugar
- $\frac{1}{2}$ tsp. baking soda
- 1 tsp. baking powder (optional)
- $\frac{1}{4}$ tsp. salt
- 1 tsp. apple pie seasoning
- 1 c. buttermilk (optional)
- 1 quail (egg)
- $\frac{1}{3}$ c. apple sauce
- $\frac{1}{2}$ tsp. pure vanilla extract

Directions:

1. Preheat the oven to 400 degrees Fahrenheit. Grease the cups with nonstick cooking spray.
2. In a medium-sized mixing bowl, combine all the dry ingredients (oatmeal through apple pie seasoning).
3. In a large mixing basin, whisk together the buttermilk, egg, applesauce, and vanilla extract until well combined. Combine the wet components with the dry ingredients until everything is thoroughly combined.
4. Spoon into the muffin tray that has been prepared. Preparation time: 12 minutes, or until the top is golden brown.

Nutrition:

Calories: 126, Fat: 1 g, Fiber: 0.8 g, Carbs: 4 g, Protein: 0.6 g

2. **Amazing Chicken and Rice**

Preparation time: 10 minutes

Cooking time: 45 minutes

Servings: 4

Ingredients:

- 1 c. uncooked brown rice
- 2 tbsp. vegetable oil (optional)
- 3 tbsp. dehydrated chopped onion or ½ onion, chopped
- 1 garlic clove, peeled and minced
- 2 (12.5-oz.) cans chunk chicken, chopped
- 1 can (6 oz.) of chopped shiitake mushrooms
- 3 quarts of water
- 1 tbsp. paprika
- Seasoning with salt and pepper
- 1-2 tbsp. all-purpose flour (depending on the recipe)

Directions:

1. Cook the rice according to the instructions on the box.
2. Meanwhile, heat the oil in a pan over medium heat while the rice is cooking. Using a little oil, sauté the onion and garlic until they are tender. Cook until the chicken and mushrooms are sizzling and the sauce has thickened somewhat.
3. Pour the water into the skillet and stir well—season with salt and pepper to taste after mixing paprika and parsley. Cook for 10 minutes or until the sauce begins to bubble.
4. One cup of the liquid should be poured into a basin. One tablespoon of flour is whisked in, and the mixture is stirred until thickened. If the sauce is not thick enough, add another tablespoon. Return the mixture to the skillet and whisk until the sauce thickens.

5. Serve on top of the hot rice.

Nutrition:

Calories: 126, Fat: 1 g, Fiber: 0.8 g, Carbs: 4 g, Protein: 0.6 g

3. **Apricot Chicken**

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 4

Ingredients:

- 2 lbs. roasted chicken, shredded
- ½ c. dried apricots
- ¼ c. basil, chopped
- 1 small onion, finely chopped
- ½ tsp. paprika
- 1 large garlic clove, crushed
- ¼ c. mayonnaise
- ¼ c. Greek yogurt
- 4 tbsp. white-wine vinegar
- Salt and pepper to taste

Directions:

1. Combine garlic, paprika, mayonnaise, Greek yogurt, white-wine vinegar, salt, and pepper to make the dressing.
2. Toss together sauce, chicken, apricots, basil, and onion.
3. Spoon mixture on top of lettuce, your favorite salad mixture, or a slice of toast.

Nutrition:

Calories: 290, Fat: 24.1 g, Carbs: 65.5 g, Protein: 13.6 g

4. **Hummus Bites**

Preparation time: 10 minutes

Cooking time: 15 minutes

Servings: 4

Ingredients:

- 2 c. old-fashioned oats
- 1 c. hummus
- 1 tbsp. olive oil
- ¼ c. roasted chickpeas
- ¼ c. pumpkin seeds
- ¼ c. sunflower seeds
- Salt and ground black pepper, as required
- 1 tbsp. nutritional yeast

Directions:

1. In a large-sized bowl, add all ingredients and mix until well combined.
2. Make small, equal-sized balls from the mixture.
3. Serve immediately.

Nutrition:

Calories:268, Fat: 12.3 g, Carbs: 31.3 g, Protein: 11 g

5. Italian Meal

Preparation time: 10 minutes

Cooking time: 35 minutes

Servings: 4

Ingredients:

- 1 can of tomato sauce
- 1 can of diced tomatoes
- 1 can of beans
- 3 c. rice
- Water as required
- Optional cheese

Directions:

1. Put together all the ingredients in a pot and cook until the rice is cooked. You may need to add a little additional water.
2. Garnish with Parmesan cheese.

Nutrition:

Calories: 290, Fat: 24.1 g, Carbs: 65.5 g, Protein: 13.6 g

6. Low Carb Cornbread

Preparation time: 10 minutes

Cooking time: 35 minutes

Servings: 4

Ingredients:

- 1 egg, lightly beaten
- 2 tbsp. melted butter, to taste
- 1 gallon of milk
- $\frac{3}{4}$ c. grits or cornmeal
- 1 c. unbleached all-purpose flour
- $\frac{1}{4}$ c. granulated sugar (about)
- 1 tbsp. baking powder (optional)
- $\frac{1}{2}$ tsp. salt

Ingredients:

1. Preheat the oven to 425 degrees Fahrenheit. Prepare an 8 × 8-inch baking pan with cooking spray.
2. Mix the egg, butter, and milk in a small mixing dish. Make a mental note to put it away.
3. Separately, combine the cornmeal, flour, sugar, baking powder, and salt in a large mixing basin. In a separate bowl, whisk together the milk and water. Spread evenly in the pan that has been prepared.

4. Bake for 20 minutes at 350°F. Allow a 10-minute cooling period on a wire rack before cutting and serving.

Nutrition:

Calories: 126, Fat: 1 g, Fiber: 0.8 g, Carbs: 4 g, Protein: 0.6 g

7. Buttermilk Biscuits

Preparation time: 10 minutes

Cooking time: 35 minutes

Servings: 4

Ingredients:

- 1 stick ($\frac{1}{2}$ c.) unsalted butter
- 2 c. self-rising flour (optional)
- $\frac{1}{3}$ c. buttermilk
- 2 tbsp. melted butter, to be used as a brush

Ingredients:

1. Preheat the oven to 425 degrees Fahrenheit. Prepare a 9 x 9-inch baking pan by lightly greasing it.
2. Make a coarse meal out of the flour in a medium-sized mixing basin by rubbing the butter into the flour with your fingers. Stir in the buttermilk until the flour mixture is barely wet, about 30 seconds.
3. Knead the dough 3 or 4 times on a lightly floured board until smooth and elastic. Roll out to a $\frac{3}{4}$ -inch thickness and cut using a 2-inch biscuit cutter to make a biscuit. Place the biscuits on the baking sheet that has been prepared.
4. Preheat the oven to 350°F and bake for 13 to 15 minutes, until the tops are brown. To serve, brush the tops of the heated biscuits with melted butter and place them on a serving plate.

Nutrition:

Calories: 126, Fat: 1 g, Fiber: 0.8 g, Carbs: 4 g, Protein: 0.6 g

8. Artichoke and Sun-Dried Tomato Dip

Preparation time: 10 minutes

Cooking time: 35 minutes

Servings: 4

Ingredients:

- 2 c. frozen artichoke, thawed and chopped
- 2 garlic cloves
- ½ c. feta cheese, crumbled
- ½ c. sun-dried tomatoes (oil-packed)
- 2 tsp. fresh lemon juice
- ½ c. basil
- 2 tsp. water
- Salt and pepper to taste

Directions:

1. Puree artichokes, garlic, feta, lemon juice, basil, and water in a blender or food processor.
2. Stir in sun-dried tomatoes.
3. Keep chilled until ready to serve.

Nutrition:

Calories: 210, Fat: 12.1 g, Carbs: 65.5 g, Protein: 5.6 g

9. Asian Inspired Chicken Lettuce Cups

Preparation time: 10 minutes

Cooking time: 35 minutes

Servings: 4

Ingredients:

- 12 Bibb Lettuce Leaves
- 2 lbs. roasted chicken, shredded

- ¼ tsp. paprika
- 1 large garlic clove, crushed
- 1 tsp. chili sauce
- ½ tsp. sesame oil
- ½ c. mayonnaise
- 2 scallions, finely chopped
- ½ tsp. lime juice
- Salt and pepper to taste

Directions:

1. Mix a large bowl of mayonnaise, chili sauce, sesame oil, paprika, and garlic cloves.
2. Toss in chicken, lime juice, scallion, salt, and pepper.
3. Spoon mixture on top of lettuce.

Nutrition:

Calories: 280, Fat: 25.1 g, Carbs: 55.5 g, Protein: 15.6 g

10. Asparagus Salad with Parmesan

Preparation time: 10 minutes

Cooking time: 35 minutes

Servings: 4

Ingredients:

- 1 ½ lb. large asparagus
- 1 c. Parmesan cheese, shredded
- 2 tbsp. warm water
- 2 tbsp. fresh lemon juice
- ½ tsp. garlic powder
- ¼ c. olive oil
- Salt and pepper to taste

Directions:

1. In a small bowl, combine cheese, warm water, lemon juice, garlic powder, olive oil, salt, and pepper.
 2. Shave asparagus into long, thin strips with a vegetable peeler.
 3. Toss shaved asparagus with cheese mixture until well coated.
-

11. Creamy Spinach and Shrimp Dip

Preparation time: 10 minutes

Cooking time: 35 minutes

Ingredients:

- 2 c. frozen shrimp, thawed and roughly chopped
- 2 c. frozen spinach, thawed and squeezed dry
- ½ c. cream cheese
- 1 tbsp. lime juice
- ½ c. mayonnaise
- 1 jalapeno, chopped
- 2 garlic cloves
- 2 scallions
- 1 tsp. red pepper flakes
- ¼ c. cilantro, chopped
- Salt to taste

Directions:

1. Pulse cilantro, scallions, garlic, and jalapeno in a blender or food processor until they are finely chopped.
2. Add spinach, cheese, lime juice, mayonnaise, and salt, and blend until smooth.
3. Stir in shrimp and red pepper flakes. Keep chilled until ready to serve.

Nutrition:

Calories: 210, Fat: 13.1 g, Carbs: 65.5 g, Protein: 20.6 g

12. Ginger-Orange Carrot Noodles

Preparation time: 10 minutes

Cooking time: 35 minutes

Servings: 4

Ingredients:

- 1 lb. large carrots
- 2 tbsp. olive oil
- 4 tbsp. fresh orange juice
- Zest from 1 large orange
- 2-inch piece of ginger, finely chopped
- 1 tsp. red pepper flakes
- $\frac{1}{4}$ c. parsley, chopped

Directions:

1. In a small bowl, combine olive oil, orange juice, orange zest, ginger, red pepper flakes, and parsley.
2. Shave carrots into long, thin strips with a vegetable peeler.
3. Toss shaved carrots with sauce until well coated.

Nutrition:

Calories: 210, Fat: 13.1 g, Carbs: 65.5 g, Protein: 5.6 g

13. Gin's Tuna-Mac

Preparation time: 10 minutes

Cooking time: 45 minutes

Servings: 4

Ingredients:

- 1 box of macaroni
- 1 can of tuna (drained)

- ¼ c. milk
- 2 tbsp. vegetable oil
- 1 small can of peas
- Salt and pepper to taste
- Optional flavored mashed potatoes, grits

Directions:

1. Boil water and cook the pasta until it is soft. Drain pasta with milk and sauce package ingredients (add just accordingly).
2. Mix thoroughly. Toss in the tuna.
3. Drain the peas and keep the liquid if desired. Save the liquids for the next meal; this can be a soup.
4. If there are 15 oz cans of peas, use half and save the other half for another time.
5. Add all the ingredients to a big mixing bowl, season with salt and pepper as desired, and serve immediately.

Nutrition:

Calories: 280, Fat: 25.1 g, Carbs: 65.5 g, Protein: 23.6 g

14. Healthy Egg Sandwich

Preparation time: 10 minutes

Cooking time: 35 minutes

Servings: 4

Ingredients:

- 4 pieces of white bread
- 3 quail eggs
- 4 tbsp. melted butter
- Seasoning with salt and pepper

Directions:

1. Cut a 3-inch hole in the center of each piece of bread on a cutting board with a cookie cutter or a tiny round cup. While the eggs are being cooked, keep the holes and toast them until they are done.
2. In a mixing bowl, stir the eggs until they are thoroughly combined.
3. One tablespoon of the butter should be melted in a pan over medium heat. Spread butter over a piece of bread, turning it over so that both sides are coated with the spread.
4. Place a quarter of the beaten eggs into the hole in the bread when it starts to brown on one side. Bake for another 10 minutes. The bread should be turned over to fry on the other side after the egg mixture begins to cook and sticks to the bread.
5. Season with salt and pepper to taste, and serve soon after preparation. Repeat the procedure for each piece of bread.

Nutrition:

Calories: 126, Fat: 1 g, Fiber: 0.8 g, Carbs: 4 g, Protein: 0.6 g

15. Hot and Sour Soup

Preparation time: 10 minutes

Cooking time: 45 minutes

Servings: 4

Ingredients:

- 2 cans of chicken broth
- 1 can of chicken
- 1 tofu block cut into ½-inch cubes
- 1 can of bamboo shoots shredded
- 3 tbsp. vinegar
- 1 tbsp. soy sauce

- ¼ c. water
- 2 tbsp. cornstarch
- ½-1 tsp. white pepper
- 2 tsp. sesame oil
- 2 eggs lightly beaten
- Optional mushrooms, noodles, or mixed vegetables

Directions:

1. Combine the broth, chicken, and bamboo stalks in a mixing bowl.
2. Bring the water to a boil. Combine the tofu, pepper, vinegar, and soy sauce in a mixing bowl.
3. Put together cornstarch and water in a bowl and stir into the soup.
4. When the mixture is thick and clear, add the eggs and constantly stir until they are fully cooked. Serve with sesame oil.

Nutrition:

Calories: 350, Fat: 34.1 g, Carbs: 55.5 g, Protein: 3 g

16. Campfire Supper

Preparation time: 10 minutes

Cooking time: 35 minutes

Servings: 4

Ingredients:

- 1 can of tomatoes
- 1 can of beans
- Can of chicken
- Pepper to taste
- Optional: sausages

Directions

1. Simmer everything together until it is as thick as you want it.
2. It's delicious when sliced with smoked sausage.
3. Serve it with biscuits or crusty toast.

Nutrition:

Calories: 290, Fat: 35.1 g, Carbs: 25.5 g, Protein: 20.6 g

17. Canned Salmon Patties

Preparation time: 10 minutes

Cooking time: 78 minutes

Servings: 4

Ingredients:

- 1 can of salmon
- 1 egg
- ¼ c. chopped greens
- Salt and pepper to taste
- 1-2 tbsp. olive oil
- ¼ c. chopped onion
- Crackers

Directions:

1. Put together all of the ingredients in a mixing bowl and make 4 salmon patties.
2. Cook on both sides in butter or oil.
3. Serve with tartar sauce, quick mashed potatoes, and canned peas.

Nutrition:

Calories: 300, Fat: 24.1 g, Carbs: 75.5 g, Protein: 23.6 g

18. Cantaloupe Salsa

Preparation time: 10 minutes

Cooking time: 35 minutes

Servings: 4

Ingredients:

- 4 c. diced cantaloupe
- ½ c. diced sweet onion
- ¼ c. chopped fresh basil
- 1 green chili, minced
- 3 tbsp. fresh lime juice
- Salt to taste

Instructions:

1. Combine everything in a large bowl and serve immediately.

Nutrition:

Calories: 210, Fat: 13.1 g, Carbs: 65.5 g, Protein: 5.6 g

19. Carrot Pasta in Coconut Peanut Sauce

Preparation time: 10 minutes

Cooking time: 25 minutes

Servings: 4

Ingredients:

- 2 lbs. of large carrots
- 1 small red onion, sliced
- 1 medium red bell pepper, julienned
- 1 c. coconut milk
- ¼ c. low sodium peanut butter
- 1 tbsp. red curry paste
- 2 tbsp. soy sauce
- 2 tbsp. hot water
- 2 tbsp. fresh lemon juice

- 1-inch piece of ginger, crushed
- ½ tsp. garlic powder

Directions:

1. In a small bowl, combine coconut milk, peanut butter, curry paste, soy sauce, hot water, lemon juice, ginger, and garlic powder.
2. Shave carrots into long, thin strips with a vegetable peeler.
3. Toss shaved asparagus with onions, bell pepper, and sauce until well coated.

Nutrition:

Calories: 210, Fat: 30.1 g, Carbs: 65.5 g, Protein: 20.6 g

20. Raw Kale Salad

Preparation time: 10 minutes

Cooking time: 25 minutes

Servings: 4

Ingredients:

- 5 c. Tuscan kale leaves, chopped
- ¼ c. coarse breadcrumbs, toasted
- 1 garlic clove, crushed
- ½ c. pecorino cheese, grated
- 4 tbsp. olive oil
- 2 tbsp. lemon juice
- ½ tsp. red pepper flakes
- Salt and pepper to taste

Directions:

1. In a small bowl, combine garlic, olive oil, cheese, lemon juice, red pepper flakes, salt, and pepper.

2. In a large bowl, toss together kale leaves and breadcrumbs.
3. Pour dressing over kale and toss until well coated.

Nutrition:

Calories: 126, Fat: 1 g, Fiber: 0.8 g, Carbs: 4 g, Protein: 0.6 g

21. Red Cabbage and Apple Salad

Preparation time: 10 minutes

Cooking time: 25 minutes

Servings: 4

Ingredients:

- 5 c. finely chopped red cabbage
- $\frac{1}{4}$ c. sauerkraut drained and squeezed
- 1-inch ginger, crushed
- 1 cucumber, sliced
- 1 granny smith apple, sliced
- $\frac{1}{2}$ c. green onions, chopped
- 4 tbsp. olive oil
- 1 tbsp. white vinegar
- Salt to taste

Directions:

1. Combine ingredients in a large bowl.
2. Toss until well combined and coated

Nutrition:

Calories: 290, Fat: 24.1 g, Carbs: 65.5 Protein: 5.6 g

22. Beef Summer Rolls

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 4

Ingredients:

- ½ lb. deli roast beef, cut into strips
- 24 6-inch rice paper wrappers
- ¼ c. cilantro, chopped
- 1 tbsp. Asian fish sauce
- 2 tbsp. mayonnaise
- 2 tbsp. lime juice
- 1 tbsp. brown sugar
- 1 large garlic clove, crushed
- 3 c. coleslaw mix (red cabbage, white cabbage, and carrots cut into strips)

Directions:

1. To make the sauce, combine garlic, brown sugar, lime juice, Asian fish sauce, mayonnaise, and cilantro.
2. Toss together sauce, coleslaw mix, and beef.
3. Prep rice paper by placing it in warm water for 1 minute and allow to sit for 1 minute.
4. Spoon mixture into rice paper filling and roll tightly; use warm water to close.

Nutrition:

Calories: 400, Fat: 13.1 g, Carbs: 75.5 g, Protein: 5.6 g

23. Biscuits Made with Yeast

Preparation time: 10 minutes

Cooking time: 35 minutes

Servings: 4

Ingredients:

- 1 c. warm water (110°F)
- 2 tsp. sugar
- 2 tbsp. salt
- 1 packet (about 2-¼ tbsp.) dried active yeast

- 2 c. unbleached all-purpose flour
- ½ c. nonfat dried milk
- ¼ tsp. salt
- ½ c. shortening (vegetable oil)

Directions:

1. In a small mixing basin, combine the sugar, warm water, and yeast until well combined. Allow yourself 10 to 15 minutes of resting time.
2. Mix the flour, powdered milk, and salt in a large mixing basin until well combined. A fork may be used to cut in the shortening. Add in the yeast mixture and stir well. Allow for 1 hour of resting time after covering the bowl with a cloth. The dough should have a sticky consistency.
3. Afterward, scoop the dough onto a lightly floured surface and knead it for 4 minutes before rolling it out and cutting it into eight biscuits.
4. Place the biscuits on a greased baking sheet and cover with a clean dish towel to let them rise for 30 to 45 minutes, or until they have almost doubled in size.
5. Meanwhile, preheat the oven to 400 degrees Fahrenheit.
6. Bake the biscuits for 10 to 12 minutes, or until they are gently browned on the bottoms.

Nutrition:

Calories: 126, Fat: 1 g, Fiber: 0.8 g, Carbs: 4 g, Protein: 0.6 g

24. Biscuits with Butter

Preparation time: 10 minutes

Cooking time: 23 minutes

Servings: 4

Ingredients:

- 2 ½ c. Bisques baking mix
- A pinch of salt
- ¼ c. (½ stick) cubed cold unsalted butter, preferably unsalted
- ¾ c. chilled milk

Directions:

1. Preheat the oven to 400 degrees Fahrenheit.
2. In a medium-sized mixing basin, whisk together the Bisques, salt, and chilled butter until well combined. Small bits of butter, roughly the size of peas, should be left in the mixture. Stir in the milk until it is well incorporated, but do not overmix.
3. Using an ice cream scoop, drop ¼-cup amounts of dough onto a baking sheet that has not been oiled.
4. Thirty minutes or until the biscuits' tops begin to become light brown, depending on how big your cookie cutter is.

Nutrition:

Calories: 126, Fat: 1 g, Fiber: 0.8 g, Carbs: 4 g, Protein: 0.6 g

25. Spicy Cucumber Avocado Soup

Preparation time: 10 minutes

Cooking time: 35 minutes

Servings: 4

Ingredients:

- 3 c. vegetable stock
- 2 cucumbers, peeled and roughly chopped
- 2 green chilies
- ½ c. coconut milk
- ½ c. Greek yogurt

- 1 avocado, pitted, peeled, and sliced
- 3 large green tomatoes
- 2 tbsp. fresh tarragon leaves
- 1 tsp. lemon zest

Instructions:

1. Puree ingredients in a blender until smooth.
2. Run the mixture through a strainer to remove solids when serving.

Nutrition:

Calories: 280, Fat: 13.1 g, Carbs: 55.5 g. Protein: 5.6 g

26. Stir-Fried Noodles and Rice

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 4

Ingredients:

- 1 pack of noodles
- 1 c. rice
- 1 can of tomatoes
- 1 can of veggie
- 1 can of chicken soup
- 1 can of chicken
- 1-2 tbsp. olive oil
- ½ tsp. pepper
- ½ tsp. garlic
- ½ tsp. chili
- Optional bay leaf

Directions:

1. Drain the water from the tomatoes, chicken, and vegetables.
2. Cook the rice and noodles with spices and tomatoes in a medium-sized saucepot. It will take almost 10 minutes.
3. Ensure rice and noodles have adequate liquid. Fry chicken in a pan.
4. Put the chicken on top of the noodle/rice/tomato mixture, then add the vegetables. Everything should be well heated.

Nutrition:

Calories: 450, Fat: 20.1 g, Carbs: 65.5 g, Protein: 30 g

27. Couscous with Cherries and Arugula

Preparation time: 10 minutes

Cooking time: 35 minutes

Servings: 4

Ingredients:

- 4 tbsp. orange juice
- 1 tbsp. olive oil
- 3 tsp. red wine vinegar
- ¼ c. dried cherries
- 1 stalk celery, roughly chopped
- 1 c. baby arugula, finely chopped
- ½ c. peanuts or your favorite nuts, toasted and chopped
- Salt and pepper to taste

Directions:

1. Add orange juice, olive oil, and red wine vinegar to a small bowl.

2. Add the dried cherries and microwave for 2 - 3 minutes. Allow sitting for at least 5 minutes until plump.
3. Add couscous, steeped cherries, celery, arugula, peanuts, salt, and pepper.

Nutrition:

Calories: 210, Fat: 13.1 g, Carbs: 65.5 g, Protein: 5.6 g

28. Shepherd's Pie

Preparation time: 10 minutes

Cooking time: 35 minutes

Servings: 4

Ingredients:

- 1 lb. cooked and crumbled ground beef or 4 c. dried beef crumbles 1 lb. ground beef
- Condensed cream of mushroom soup (one 10-oz. can)
- 1 can of creamed corn (about 10 oz.)
- One 10-oz. can of peas and carrots, drained and rinsed
- ½ tsp. thyme leaves (dried)
- 1 tbsp. finely chopped onion (dry)
- 1 tbsp. Crushed garlic flakes (dry)
- Seasoning with salt and pepper
- 2-3 c. instant potato flakes
- 2 tbsp. melted butter, to taste (optional)

Ingredients:

1. Preheat the oven to 375 degrees Fahrenheit. Prepare a 1.8-liter casserole or baking dish by lightly greasing it.
2. In a large mixing bowl, combine all ingredients except the potato mixture and the butter, stirring thoroughly. Finish with the potato mixture and a brush of butter if you're using it.

3. Bake for 40 minutes, uncovered, or until lightly brown and well cooked.

Nutrition:

Calories: 210, Fat: 13.1 g, Carbs: 65.5 g, Protein: 5.6 g

29. Spicy Chicken Lettuce Cups

Preparation time: 10 minutes

Cooking time: 35 minutes

Servings: 4

Ingredients:

- 12 Iceberg Lettuce Leaves
- 2 lbs. roasted chicken, shredded
- ½ tsp. cayenne
- 2 tbsp. chili sauce
- 1 tbsp. red pepper flakes
- ½ c. mayonnaise
- 3 tbsp. cilantro, finely chopped
- 1 medium avocado, pitted and cut into chunks
- Salt and pepper to taste

Directions:

1. Mix a large bowl of mayonnaise, chili sauce, cayenne, and red pepper flakes.
2. Toss in chicken, cilantro, salt, and pepper.
3. Spoon mixture on top of lettuce and top with avocado chunks.

Nutrition:

Calories: 260, Fat: 27.1 g, Carbs: 65.5 g, Protein: 19.6 g

30. Spicy Corn Salad with Lime Dressing

Preparation time: 10 minutes

Cooking time: 35 minutes

Servings: 4

Ingredients:

- 4 c. fresh corn kernel
- 5 radishes, sliced thinly
- 1 small red onion, finely chopped
- 1 jalapeno, finely chopped
- ¼ c. parsley, chopped
- ¼ c. cilantro, chopped
- 3 tbsp. olive oil
- 1 tsp. honey
- 2 tbsp. lime juice
- 1 tsp. cumin
- 1 tsp. cayenne pepper
- Salt and pepper to taste

Directions:

1. Puree lime juice, honey, parsley, cilantro, and jalapeno in a blender.
2. In a large bowl, toss the remaining ingredients and pureed mixture.
3. Serve chilled.

Nutrition:

Calories: 290, Fat: 24.1 g, Carbs: 65.5 g, Protein: 13.6 g

31. Tomato Macaroni with Cheese

Preparation time: 10 minutes

Cooking time: 35 minutes

Servings: 4

Ingredients:

- 1 can of whole tomatoes cut into dice
- 2 c. macaroni
- 1 c. cheese
- Optional walnuts

Directions:

1. Drain macaroni after it has been cooked. One cup of macaroni water should be set aside. $\frac{1}{2}$ of the conserved water should be returned to the pan.
2. Put the macaroni, tomato, and cheese in the pan. Cover and cook for 5-10 minutes, or until the cheese has melted. If necessary, add extra water to keep things hydrated.
3. You may alternatively bake the layers also. You can add walnuts before serving.

Nutrition:

Calories: 290, Fat: 24.1 g, Carbs: 65.5 g, Protein: 13.6 g

32. Tomatoes and Anchovy Salad

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 4

Ingredients:

- 1 small tomato, sliced
- 1 tbsp. cilantro, chopped
- 1 hardboiled egg, sliced
- 1 tsp. olive oil
- $\frac{1}{4}$ tsp. black pepper
- 1 clove of garlic, finely chopped
- 2 white anchovy fillets, chopped

Directions:

1. Combine olive oil with garlic and black pepper. Allow sitting for 2 minutes.
2. In a large bowl, toss tomatoes, eggs, cilantro, anchovy, and olive oil.
3. Leave in refrigerator until ready to serve.

Nutrition:

Calories: 290, Fat: 24.1 g, Carbs: 65.5 g, Protein: 15.6 g

33. Tuna in a Cream Sauce

Preparation time: 10 minutes

Cooking time: 35 minutes

Servings: 4

Ingredients:

- 14 c. finely chopped onions
- 2 tsp. melted butter
- 1 tbsp. all-purpose flour
- ½ tsp. salt
- Peppercorns, freshly crushed to a fine powder
- 1 gallon of milk
- 1 (5-oz.) can of tuna that has been drained
- 1 (10-oz.) can of peas, rinsed and drained

Directions:

1. For serving, bread or cooked rice may be used.
2. Cook the onions till they are soft but not browned in a medium saucepan over medium-high heat until the butter has melted. Blend the flour, pepper, and salt in a large mixing bowl.
3. Immediately add the milk and heat, frequently stirring, until the liquid thickens and begins to boil.
4. Break up the tuna with a fork, add it to the creamed mixture with the peas, and cook for 5 minutes.

5. To serve, spread the sauce over bread or rice.

Nutrition:

Calories: 210, Fat: 13.1 g, Carbs: 65.5 g, Protein: 5.6 g

34. Turkey Avocado Salad

Preparation time: 10 minutes

Cooking time: 35 minutes

Servings: 4

Ingredients:

- 1 c. cherry tomatoes, cut into halves
- 1 avocado, pitted and cut into chunks
- 1 head of lettuce, chopped
- 1 lb. turkey breast, chopped into pieces
- 2 tbsp. cider vinegar
- 1 tbsp. honey
- ¼ c. sour cream
- ¼ c. buttermilk
- ½ c. Monterey Jack cheese, cut into chunks
- Salt and pepper to taste

Directions:

1. Combine cider vinegar, honey, sour cream, buttermilk, salt, and pepper to make the dressing.
2. Toss together tomatoes, avocado, lettuce, turkey, and cheese. Drizzle with dressing.
3. Leave in refrigerator until ready to serve.

Nutrition:

Calories: 200, Fat: 23.1 g, Carbs: 65.5 g, Protein: 13.6 g

35. Chili with Baked Beans

Preparation time: 10 minutes

Cooking time: 25 minutes

Servings: 4

Ingredients:

- 2 c. freeze-dried vegetables or 1 lb. ground beef (or other ground meat)
- 4 c. dried beef or ground beef
- A couple of 15.5-oz. cans of baked beans
- 1 (14.5-oz.) can have diced or stewed vegetables.
- $\frac{1}{4}$ c. barbeque sauce (optional)
- $\frac{1}{4}$ c. brown sugar that has been packed
- 3 tbsp. chili powder
- 1 tbsp. onion powder (optional)
- 1 tbsp. garlic powder
- Season with salt to taste

Directions:

1. One hour is required to rehydrate any dried meat. Bring all the ingredients to a boil in a large saucepan over medium heat, stirring occasionally. Ground beef should be browned in a pan, breaking up the meat with a spoon before adding it to the recipe.
2. Decrease the heat, cover, and cook for 1- $\frac{1}{2}$ hours, stirring periodically to ensure that the beans do not get burned on the bottom (or until the ground meat is thoroughly cooked using fresh meat).
3. Continue to cook, removing the cover for a further 30 min

Nutrition:

Calories: 126, Fat: 1 g, Fiber: 0.8 g, Carbs: 4 g, Protein: 0 g

36. Chili with Papas (Sweet Potato Chili)

Preparation time: 10 minutes

Cooking time: 30 minutes

Servings: 4

Ingredients:

- 1 peeled and diced sweet potato or yam or 1 (15-oz.) can sweeten condensed milk
- Potatoes that have been drained
- 1 medium-sized onion, diced
- 1 medium-sized bell pepper, chopped
- Peel, core, and cube 1 apple (about 1 lb.)
- 4 garlic cloves, peeled and minced
- 1 (28-oz.) can of chopped tomatoes (without the liquid)
- 1 (15.5-oz.) can of black beans, drained 1 (15.5-oz.) can of kidney beans
- 15-oz. can of navy beans (with the liquid still in them), undrained
- 1 c. distilled water
- 1 tbsp. cumin seeds, ground
- 1 tbsp. chili powder
- 1 tsp. unsweetened cocoa powder
- ¼ tsp. ground cinnamon (optional)
- Seasoning with salt and pepper
- 1 (12.5-oz.) can chunk chicken breasts (cut into chunks) (optional)
- Sauce de agua caliente

Ingredients:

1. Mix all ingredients (excluding the spicy sauce) and the liquid from the cans in a large saucepan, stirring

constantly.

2. Boil for 5 minutes over medium heat, so decrease the heat to low and continue to cook for 30 minutes, occasionally stirring, until the flavors are thoroughly mixed. Toss in hot sauce until desired heat is reached.
-

37. Citrus-Mallow Salad

Preparation time: 10 minutes

Cooking time: 35 minutes

Servings: 4

Ingredients:

- 1 can of pineapple chunks
- 2 cans of mandarin oranges
- 1 can of tropical fruit chunks
- 1-2 c. mini marshmallows
- 2 bananas, if you have them

Directions:

1. Drain all the fruits. Toss everything together.
2. Serve at room temperature or chilled.
3. It adds a little zing to meals in the cold.

Nutrition:

Calories: 490, Fat: 14.1 g, Carbs: 95.5 g, Protein: 6 g

38. Corn and Shrimp Soup

Preparation time: 10 minutes

Cooking time: 35 minutes

Servings: 4

Ingredients:

- 3 ½ c. canned sweet corn kernels
- 1- lb. frozen cooked shrimp, thawed and chopped
- 1 c. coconut milk

- 1 c. low-fat yogurt
- ¼ tsp. cayenne pepper
- ¼ tsp. paprika
- 3 tbsp. cilantro, finely chopped
- ¼ c. fresh lime juice
- Salt and pepper to taste

Directions:

1. Pure corn, coconut milk, lime juice, cayenne, paprika, and yogurt in a blender.
2. Run the mixture through a strainer to remove solids and make a smooth soup.
3. Stir in shrimp and garnish with cilantro.

Nutrition:

Calories: 290, Fat: 24.1 g, Carbs: 65.5 g, Protein: 13.6 g

39. White Bean Salad with Zucchini

Preparation time: 10 minutes

Cooking time: 35 minutes

Servings: 4

Ingredients:

- 5 c. cannellini beans, drained and rinsed
- 2 large zucchinis, cut into quarters
- 1 c. parmesan cheese, grated
- ½ c. basil, chopped
- 2 tbsp. olive oil
- 1 tbsp. lemon juice
- Salt and pepper to taste

Directions:

1. Combine ingredients in a large bowl.

2. Toss until well combined and coated

Nutrition:

Calories: 210, Fat: 13.1 g, Carbs: 65.5 g, Protein: 5.6 g

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CONCLUSION

Thank you for reading this book. Bushcraft has become increasingly popular in recent decades. People are becoming increasingly interested in bushcraft and outdoor survival. Indeed, it has become a way of life for many individuals worldwide. However, there are still a lot of myths about bushcraft that confound a lot of newcomers.

Many still think bushcrafting entails living entirely off the earth and shunning all modern conveniences. This couldn't be much further from the truth. Many full-time bushcrafters use a variety of contemporary conveniences, such as cars, rifles, and other weapons. Bushcraft is all about surviving in the wilderness and utilizing diverse natural resources, but it doesn't mean that bushcrafters, like the Amish, avoid contemporary conveniences. Bushcraft is a broad topic with many subtopics and specifics. With the help of bushcraft, it is possible to live a double life. In this dual life, you can enjoy nature's bounty and the conveniences of the modern world.

Many people think of bushcraft as a way to relive medieval times, although this isn't accurate. Bushcraft is about attaining inner peace and fostering a more environmentally responsible way of life. It is not a role play for living in primitive times. It's not just about surviving in the woods; it's also about thriving.

Every person's forefathers had a broad understanding of bushcraft skills because it was an absolute requirement for them to survive in the wilderness. To do so, they had to merge with the woods while maintaining a connection with nature and relying on only what they needed to exist. Are there persons today who have these abilities? There is a handful, but they are few and far between. You're probably familiar with the

few professional bushcraft professionals you've seen on reality television. Overall, humanity has grown so cut off from nature that if the grid went down tomorrow and everyone was thrust back into the Stone Age, very few people would be prepared to live without the extra luxuries they have learned to expect. You don't need to be one of these individuals.

You can't help but experience a tremendous surge of freedom as soon as you take in the fresh air of the jungle. Sure, the bush might be difficult and even dangerous, but there's something to be said about the utter freedom that this natural setting gives. There is no one to look over your shoulder and tell you what to do in the wide-open spaces of the wilderness. You can live your life on your terms here. This book has shown you how to excel in various bushcraft domains. There will be no beating about the bush in this book—but there will be a definite way to beat the bush!

Survival, particularly in the woods, is an important aspect of bushcraft. Even if you ration your supplies carefully, if you get lost in the wilderness, your supplies will not last long. Finally, you'll need to find a different, more natural way to feed yourself. Bushcraft can be helpful in this situation because it encompasses diverse skills such as hunting, collecting, trapping, foraging, cooking, slaughtering, and preserving. These abilities can be used in the wild to locate and consume food. This book has taught you all the basic bushcraft skills you need to harvest, hunt, and cook your meals entirely from natural resources.

Good luck.

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