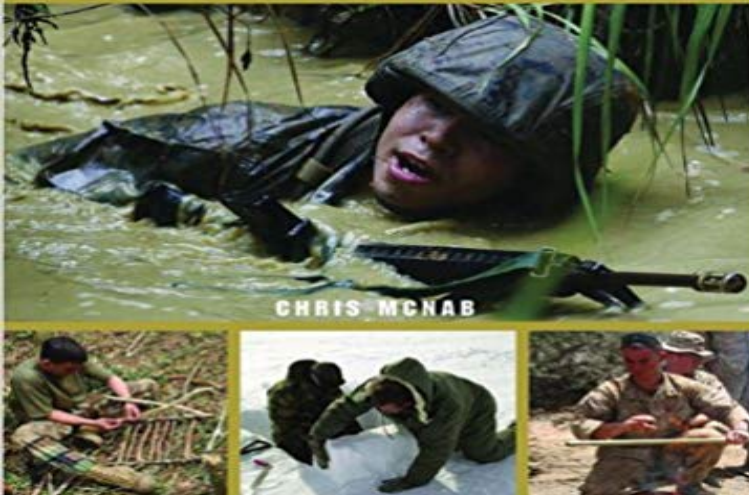


The Elite Forces Wilderness Survival Guide: Survival Skills from the Worlds Most Elite Military Units

THE ELITE FORCES WILDERNESS SURVIVAL GUIDE

SURVIVAL SKILLS FROM THE WORLD'S MOST ELITE MILITARY UNITS



The Elite Forces Wilderness Survival Guide introduces the core skills needed to survive in a wilderness environment. With tips and techniques based on special forces practice, the book is divided into seven convenient chapters, dealing with equipment and clothing, water and plant food, hunting and cooking, shelter and camp skills, dangers, first aid, and navigation. Clearly illustrated throughout, the book offers useful tips on a vast array of topics, including: *packing a survival kit *finding water *foraging for plant food *avoiding poisonous plants *building a snow shelter *making a fire plow *tracking animals *making a bird trap *mountain climbing *controlling bleeding *finding a pulse *navigating without a map With more than 250 easy-to-follow artworks and handy pull-out lists of key tips, The Elite Forces Wilderness Survival Guide is the definitive pocket guide for anyone stranded in the wilderness? it could save your life.

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