



How to Live in the Wilderness

Living in the wilderness is pretty hard, but you can survive! This is a matter of opinion, of course: some of us watch the "Survivor" series on television just for laughs, because with so much food around them, the competitors should be eating like kings, but they haven't a clue about living in such bountiful surroundings. Do not panic and everything will go okay.

Steps

- 1 Collect your belongings in a backpack that has everything you need, but easy to carry.**



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- 2 Pick a safe, secure site where you can stay.** Close to a water source, but far enough where you will not be in danger of animals or high tides.

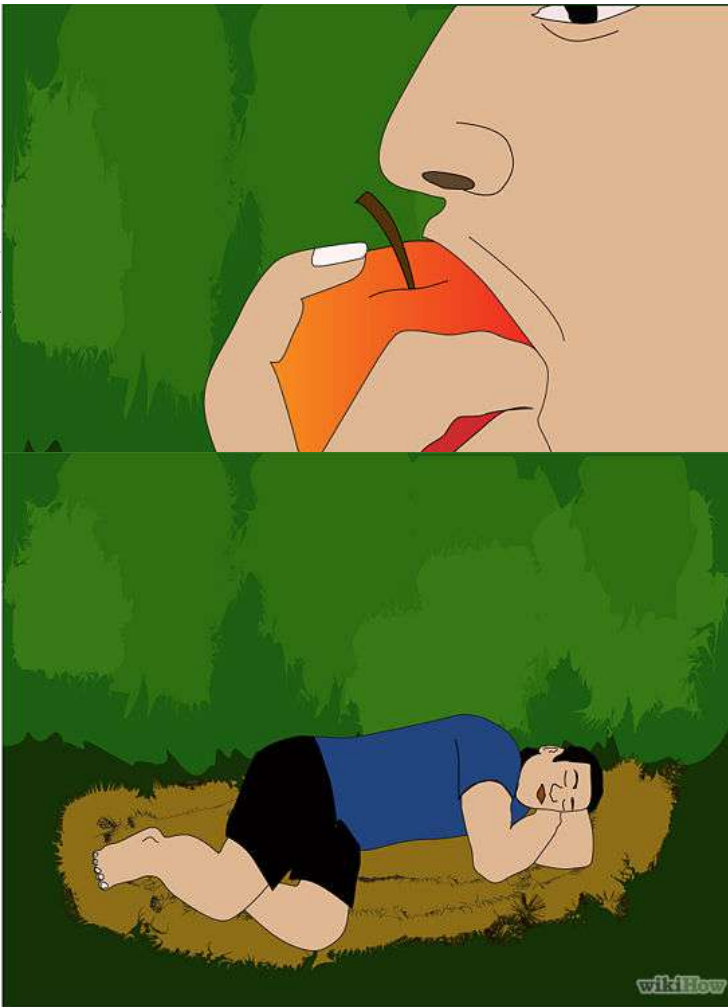


3 **Use fire to create a barrier to comfort in the wild.** Burning hemlock bows keeps away flies and mosquitoes. When you cook with fire do not use flame, build a fire long before you eat to create a hot bed of coals, open flame will burn your food to a black crisp.



4 **Find food.** Do not eat anything unless you know that it is edible.

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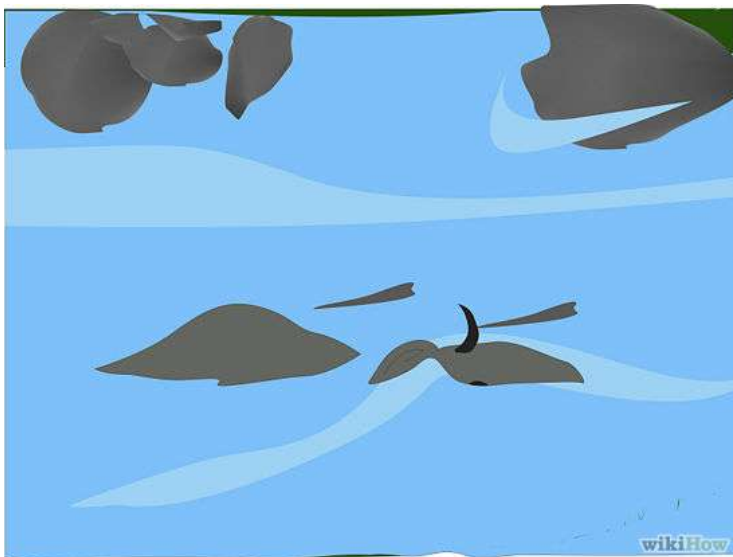


Never sleep on bare
or something like hemlock
sleep on the dirt.

6 Stay calm and as relaxed as possible.



- 7 Make water a priority.** You can last without food for up to a month, but water is essential. Drinking purified water is critical. You can get many diseases from dirty water. You never know if there is a dead animal upstream from you. So purify all your water.



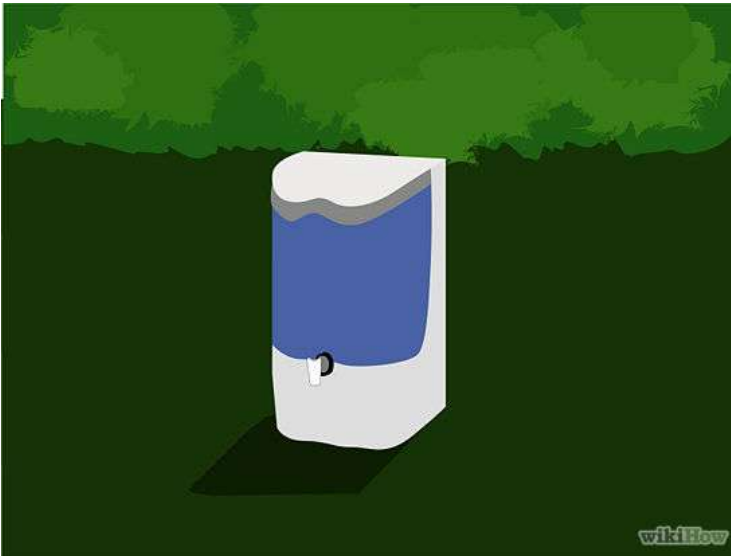
- There are several ways to purify water. One is to boil it for 10 minutes. This is the easiest.



- Another is to use iodine tablets (NOT liquid iodine from the drug store). Use according to directions.



- water with a bandanna on that dirty water. The minimum size filter you need is 1 or 2 micron. This allows particles of 1 or 2 micron in size to pass through the filter. The smaller the micron size, the better the filter, and the slower the water will come out.



- A gravity filter is easiest. You pour the water in, do more chores, and an hour or two later return to find fresh water.



containers. NEVER get a
ainer. All it takes is one



- To sterilize your clean container again, boil it in water for 10 minutes. Make sure all parts of the container are under water while boiling.



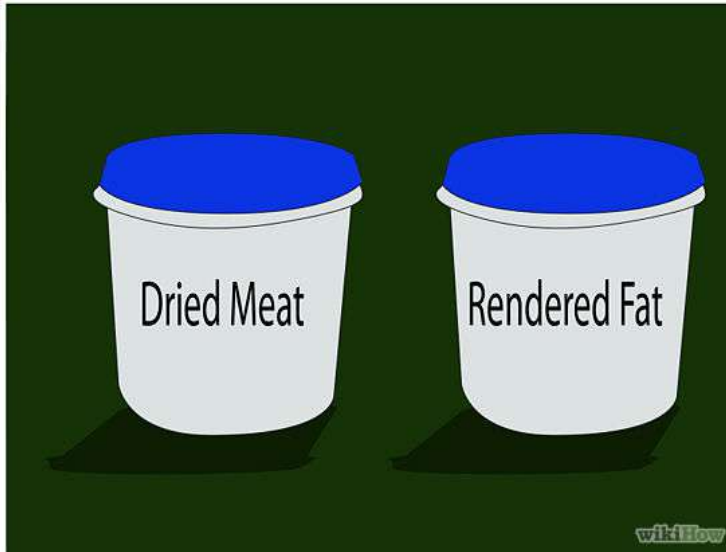
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- 8 **Eating bland foods such as salt, spices and sugar will make you feel thirsty.** You can collect morning dew from grasses and leaves with a clean cloth (rag) and squeeze it out into a container. It may not be the cleanest, but it will help to keep you hydrated.



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- 9 **Realize that different environments require different courses of action.** Practice "survival techniques" at home before you need them: learn to eat insects and grubs, find ways to collect water and learn to make small, efficient fires. Then, when you do end up in the wilderness, you won't be too bewildered (excuse the pun).



- 10 Carry pemmican (dried meat and rendered fat) with you whenever you go off on a trip.** Make your own favourite recipe at home. It requires no cooking and if you have enough fat in the mix, will sustain you longer than any other "survival food". You can live on it for months in any situation, even at home. If you find that there is animal tracks there's probably a source of food and water near by.



Tips

- Always keep a fire starter on you -- flint, matches, whatever works best. This way when you are far from your shelter, you can catch food and eat right where you are. Even the sparks from an empty lighter can catch a cotton ball on fire.
- Pick a site near water, but not too near! Some have awoken only to find themselves and their gear under a foot of water, be sure you are not one of those individuals. Be sure your campsite is well above the high water mark of any lakes or rivers. Never camp in a dry riverbed.
- Keep essentials on you at all times, make sure you have a water bottle, a knife, a pack of matches, and a small food item.
- Never sleep on the ground directly. Instead, lie on leaves. This will reduce the chance of losing body heat overnight.

- If you want to be found, build a signal fire. If possible, find some copper and occasionally add it to the flames. This will give off a green flame and make it stand out from a forest fire. Adding damp leaves or twigs will also generate smoke for a signal.
- When using the facilities, make sure you "go" at least 100 feet from a water source. You really don't want to be drinking self-contaminated water if you know what I mean.
- Always keep some sort of weapon on you in case of attack.
- Look for birch bark to start a fire. Birch bark, wet or dry, is highly flammable and is great for starting fires in wet or cold locations.
- Keep food high - out of range of bears. As added insurance smoke any meat you get as this will make it last longer. Also, most animals fear smoke so only the larger predators will come near.
- If you go out into the wilderness, always tell someone where you're going.

Show 1 more tip

Warnings

- Don't eat mushrooms, on average 80% percent are poisonous. Do not eat a mushroom unless you know what it is.
- Learn to identify poison ivy, poison oak, or poison sumac. Also learn to identify any other poisonous plants and avoid them. There are some plants (cow parsnip) whose sap makes your skin hyper photosensitive. That is, the sun will cause your skin to painfully blister.
- Black bears can often be scared away with loud noises. Brown bears and polar bears however are attracted to noise, the trick is to know where all three roam.
- Never go near an animal's young, especially bears, bobcats and mountain lions.

- Always stay calm and busy, by accomplishing set tasks, confidence grows and will improve your survivability.
- When you go in the woods expect large swarms of painful insects wherever you go and prepare for the eventuality of meeting them. Beware dusk and dawn both often signal the onset of these swarms.
- Do not eat anything that has a milky liquid bleed, exceptions to this rule are dandelions and milkweed, both are edible and palatable if cooked correctly.
- Don't sleep in the clothes you cooked in -- the scent will linger on your clothes and body, attracting bears and other animals.
- Do not eat ferns as some are poisonous. However if you contract an intestinal parasite those same ferns can be ingested in small amounts to rid yourself of the parasites.
- Expect the unexpected; nature will surprise you when you least expect it
- Relying on Iodine-Purified water for more than about 5 weeks can begin to upset your stomach. If you happen to have enough tablets to last for that long, try boiling some water, too.
- Do not touch anything with shiny leaves and beware of plants that have three leaves.

Things You'll Need

- Water Source (creek or river)
- Food source (small game and plants)
- Warm clothing
- A way to start fires
- Thick warm blanket
- Small skillet, Small bowl and plate, fork, knife, and spoon.
- Multi-tool or Swiss army knife
- Bug spray
- Flash light
- Bandages

- Medicine
- weapon (in case of attacks)

Related wikiHows

- [How to Make Campfire Starters](#)
- [How to Clean Dishes on a Camping Trip](#)
- [How to Choose a Tent](#)
- [How to Build a Swamp Bed](#)
- [How to Survive in the Woods](#)
- [How to Put up an A Frame Tent](#)
- [How to Lighten-Your-Pack-for-a-Backpacking-Trek](#)