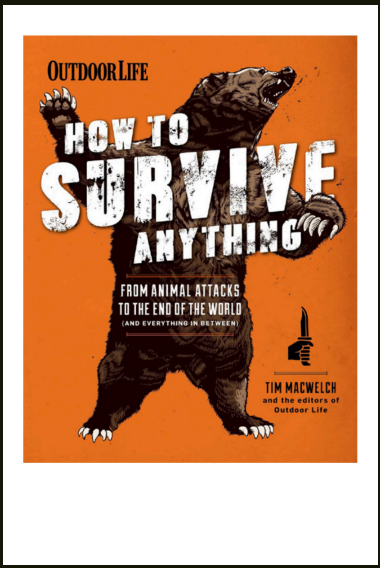
Anything From Animal Attacks to the end of the world (and



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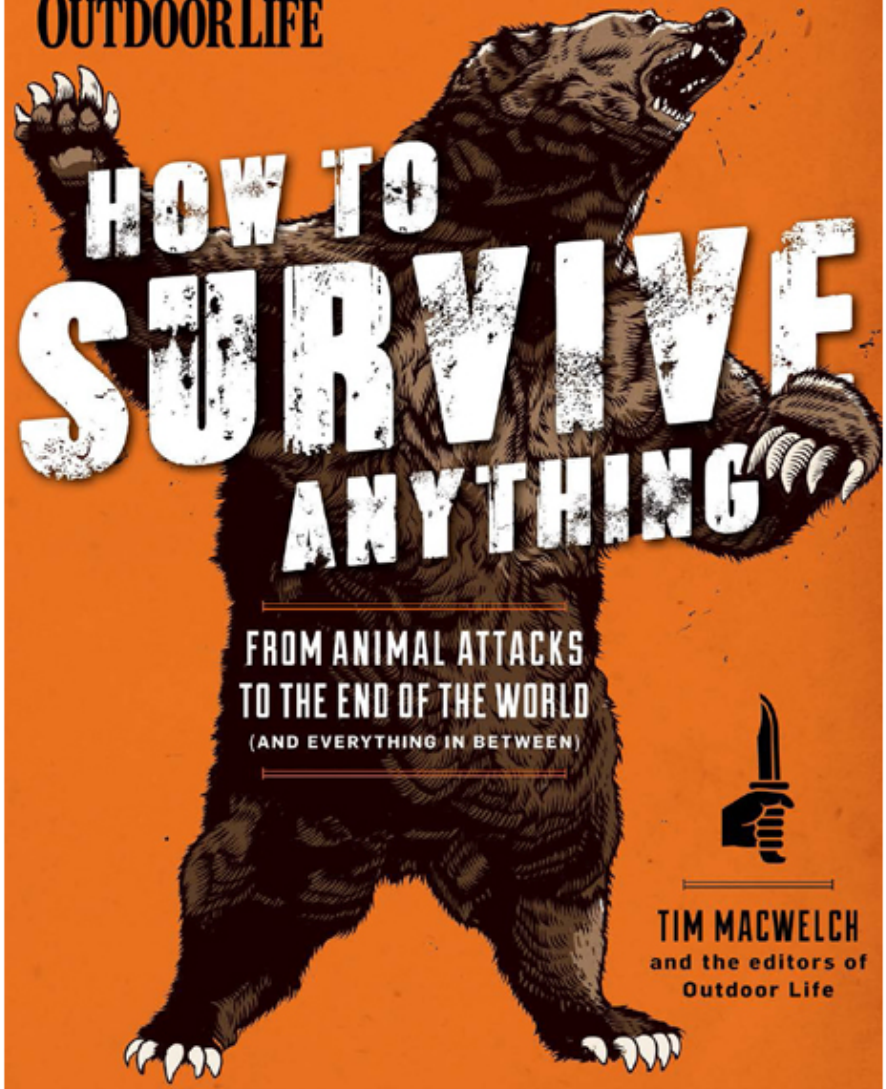
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OUTDOOR LIFE

HOW TO SURVIVE ANYTHING

FROM ANIMAL ATTACKS TO THE END OF THE WORLD

(AND EVERYTHING IN BETWEEN)



TIM MACWELCH
and the editors of
Outdoor Life

HOW TO SURVIVE ANYTHING

TIM MACWELCH
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Outdoor Life

Illustrations by
TIM MCDONAGH
and Carl Wiens

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GOD FORBID!

One minute you're picking blueberries; the next you're being dragged into the brush by a grizzly. Or you're at 33,000 feet, choosing a beverage, when there's a sickening lurch, followed by screams and darkness. Or the new buddy you met is suddenly pulling you outside, and there's a car with its engine running, waiting for you. What do you do?

Every one of those scenarios seems almost extravagantly unlikely. Yet every year, people just like you encounter these very incidents, and how they survive says a lot about their mental and physical preparation. The point of this book is to start that process: to remind you that chaos is all around and to equip you with the skills required to be a survivor.

There's no better guide to this world of rife and ruin than Tim MacWelch. Tim is one of the nation's foremost authorities on survival. He teaches our most lethal soldiers how to live for weeks on mushrooms and moss. Dropped into the wilderness, Tim could walk out healthy and well-fed a year later, wearing a wolf hide and picking his teeth with a bear claw. Tim is the guy you want with you when your car goes off the road, the lights go out, or the chemical factory down the street starts to belch and fume.

But here's the thing: Tim's the nicest guy you'll ever meet. He's funny and smart, and likes to cuddle small animals. In other words, he's one of us. But he knows the worst can happen, so he's taught himself—and many others—the specific, sequential, often simple steps required to survive anything.

Tim's grounded, sensible advice is wrapped around the gorgeous illustrations by Tim McDonagh. You'll be tempted to gaze at this beautiful art as your ship goes down, terrorists storm the building, and the tornado alerts blare. But resist the urge to give in. Instead, fight, defend, combat, endure. Survive. It can be difficult, painful, and alarming. But it's far preferable to the alternative.

ANDREW MCKEAN

YOU CAN DO IT

I believe that if you're truly prepared, you can survive anything. This isn't about owning the latest survival kit, or sitting through a bunch of doomsday prep classes. It's about the skills, knowledge, and mindset that everyone should possess. This life-sustaining assortment includes keen situational awareness, a willingness to improvise and adapt, the knowledge of what basic survival supplies each household should keep, and the mental toughness to persevere when things get rough. The world can be a dangerous place, and we don't always see the danger coming. That's why you need to know how to react. At its core, survival is all about reacting correctly to the danger at hand. Make the right move, and you'll live to fight another day. But make the wrong move, and you'll be on the fast track to activating your life insurance policy—and if your demise is legendary enough, you'll receive a Darwin Award.

The survival situations described in this book range from the most likely issues you'll face in your lifetime to the things that you'll probably never see. This arrangement is intentional, and it mirrors a very critical teaching point: Deal with the biggest threat first. It's practically a mantra at my survival school, and its meaning is simple. Take care of the most pressing threat to your survival before you do anything else. This means that you'll have to figure out (rapidly and accurately) what would kill you the quickest, and remedy the problem effectively. Then take care of the next most likely threat, and so on. Do this until the immediate threats are eliminated, and your survival is very likely.

You can always get sucker-punched by bad luck, despite your best efforts, or you might wind up in a situation that isn't discussed in this book. But you'll adapt, whatever the case, and with the basics you'll learn here for handling a staggering variety of emergencies, you really can survive just about anything man or nature throws at you.

TIM MACWELCH

BE PREPARED

SURVIVAL IS ALL ABOUT BEING PREPARED AND MAKING THE RIGHT CHOICES. THIS PREPARATION SHOULD INVOLVE TRAINING, KNOWLEDGE, SKILLS, AND SUPPLIES, BECAUSE YOU'LL NEED THEM ALL. HERE ARE YOUR ABSOLUTE BASICS, THE FOUNDATIONAL SKILLS AND GEAR FOR SURVIVAL.

A big part of surviving in the moment lies in being prepared beforehand. To put it another way, if an ounce of prevention is worth a pound of cure, then an ounce of prep is worth a pound of survival. But what exactly should we prepare for?

Since doomsdays and getting lost in the wild are pretty rare events, it makes the most sense to prepare for the more likely events that could strike you and your family. Although crime prevention, natural disaster prep, and fire drills are a lot less exciting than zombie-apocalypse training, the former are a lot more likely to actually happen. Thankfully, a lot of the prep work for day-to-day emergencies is easy.

Talk about survival with your family, and have a plan for what to do if disaster strikes while you're separated. Now is the time—not during or after the emergency—to make plans detailing how you'll cope and where you'll meet up, especially if mom and dad are at work, Susie's in day care, and Bobby's at the high school. Basic, everyday survival skills aren't hard to perform, but they do require some effort. Make time to talk to your kids about the dangers that strangers pose, and how important it is to lock up. Familiarize your family with evacuation routes and alternate ways to get out of town in an emergency. Stock up on basic disaster supplies as detailed in this book. Add a few layers of security to your home, and do a fire drill twice annually when you change your smoke alarm batteries.

Teach your family members, especially the young ones, to stay put if they become lost on a hike or campout. When staying still, they are much easier to find. Have them wear a whistle and