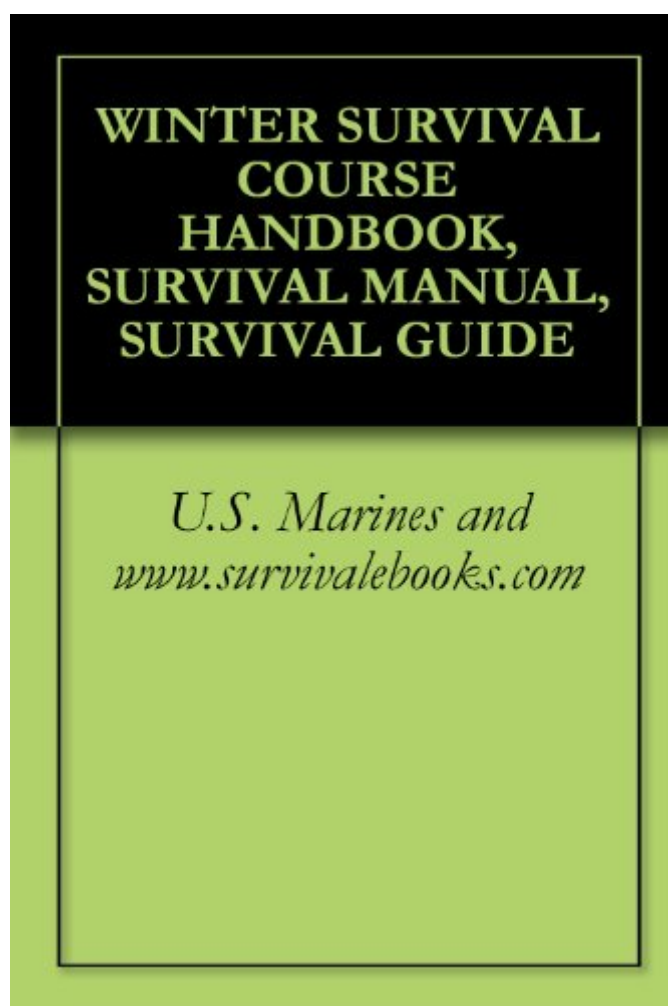


The book was found

WINTER SURVIVAL COURSE HANDBOOK, SURVIVAL MANUAL, SURVIVAL GUIDE



Synopsis

WINTER SURVIVAL COURSE HANDBOOK, SURVIVAL MANUAL, SURVIVAL GUIDE 1
REQUIREMENTS FOR SURVIVAL 2 SURVIVAL KIT 3 WATER PROCUREMENT 4 EXPEDIENT
SHELTERS AND FIRES 5 CORE VALUES AND MOUNTAIN LEADERSHIP CHALLENGES 6
SURVIVAL SIGNALING AND RECOVERY 7 SURVIVAL NAVIGATION 8 TRAPS AND SNARES 9
USES FOR GAME 10 SURVIVAL FISHING 11 FIELD EXPEDIENT TOOLS, WEAPONS, AND
EQUIPMENT 12 EXPEDIENT SNOWSHOES 13 WINTER TRACKING 14 SURVIVAL MEDICINE
15 WEATHER 16 INTRO TO EVASION 17 AVALANCHE AND ICE HAZARDS APPENDIX A
EVASION PLAN OF ACTION FORMAT B • THE EDGE • GUIDED DISCUSSION C SURVIVAL
QUICK REFERENCE CHECKLIST D ANIMAL HABITS E TACTICAL CONSIDERATIONS F
GRADING STANDARDS SURVIVAL STRESSORS. (WSVX.02.01b) Any event can lead to stress.

Often, stressful events occur simultaneously. These events are not stress, but they produce it and are called "stressors". In response to a stressor, the body prepares either to "fight or flee". Stressors add up. Anticipating stressors and developing strategies to cope with them are the two ingredients in the effective management of stress. It is essential that the survivor be aware of the types of stressors he will encounter.

- a. Injury, Illness, or Death. Injury, illness, and death are real possibilities a survivor has to face. Perhaps nothing is more stressful than being alone in an unfamiliar environment where you could die from hostile action, an accident, or from eating something lethal.
- b. Uncertainty and Lack of Control. The only guarantee in a survival situation is that nothing is guaranteed. This uncertainty and lack of control also add to the stress of being ill, injured, or killed.
- c. Environment. A survivor will have to contend with the stressors of weather, terrain, and the variety of creatures inhabiting an area. Heat, cold, rain, winds, snow, mountains, insects, and animals are just a few of the challenges awaiting the Marine working to survive.
- d. Hunger and Thirst. Without food and water a person will weaken and eventually die. Getting and preserving food and water takes on increasing importance as the length of time in a survival setting increases. With the increased likelihood of diarrhea, replenishing electrolytes becomes critical. For a Marine used to having his provisions issued, foraging can be a big source of stress.
- e. Fatigue. It is essential that survivors employ all available means to preserve mental and physical strength. While food, water, and other energy builders may be in short supply, maximizing sleep to avoid deprivation is a very controllable factor. Further, sleep deprivation directly correlates with increased fear.
- f. Isolation. Being in contact with others provides a greater sense of security and a feeling someone is available to help if problems occur.

Book Information

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Customer Reviews

Having already read the US Army Survival Manual and several other wilderness / survival guides, I was impressed to see so much material that was new to me. I doubt I'll have my Kindle with me to guide me through the post-nuclear holocaust, or the winter of all winters, but I am sure that I picked up information that will stay with me. Excellent coverage of shelters, wild food and the psychological components of survival. And how do you beat the price?

I went through this course during mountain training while I was in the military, but did not have the book then, we'd been taught by lecture and performance. Bought the book to refresh myself for when I have the opportunity to get out in the mountains, somewhere, during winter. Great book!

This book probably came out before spellcheck and it was written by a Marine, so there are quite a few typos. Don't get me wrong, I love the Corps, but they are not known for their spelling ability. That being said, this does give a good overview on winter survival gear and techniques. It's mostly presented in list format, so in-depth analysis is largely lacking. It seems to assume that the reader is already fully conversant with standard Marine Corps operating procedures and equipment. The

emphasis is on winter survival DURING WAR, so some of the chapters aren't very helpful for the average camper. Still, it does give some very interesting tips. It's definitely a nice addition to any survivalists' library.

If you are used to military manuals, you understand that they aren't known for their beautiful writing style, but rather getting important information across as quickly and simply as possible. This manual is no exception. It is packed with valuable and detailed information and helpful illustrations. My only gripe is with the formatting. Despite the original book being well-outlined, the ebook runs together in disarray with erratic indenting, no spaces between lines and paragraphs, and tables thrown off so that you have to guess what values line up with what labels (see the product image I uploaded above). That being said, the book has excellent navigation formatting with the ability to skip chapter-to-chapter and use the TOC to go directly to a specific portion of the book. For \$.99, this book is definitely recommended, but I would gladly pay more for better formatted text that would make it easy to read.

This book has many interesting techniques and skills accompanied with pictures. It may not be the most basic survival book, but for its field it is quite good. I enjoyed reading it and snagged some good ideas.

This book could come in handy in case of a weather emergency or an accident. Very good reference investment for a just in case scenario.

I got this ebook for a dollar. Great book for a great price. I am really enjoying this book so far.

i have not finished reading this yetâ |.however, it seems to be very detailed on some pointsâ |â |but the downfall for my kindle version is there are no illustrations which are referenced to in the book.

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