

How to survive on a desert island

Lost! Abandoned! Alone! These are three words which you don't want to think about if you find yourself on an unfamiliar desert island, having just escaped the jaws of death.

One minute, you are sailing on your luxury yacht on a holiday of a lifetime. The next, you find yourself facing certain death shipwrecked on a desert island! If this sounds like your current predicament, then fear not: help is here!

Equipment list

Clearly, this is not a pre-planned event; therefore, the suggested equipment is a guide and it may be possible to scavenge similar items from the flotsam of the shipwreck:

- a sharp knife
- multiple pieces of rope or rope fashioned from bendable twigs and roots

- a bucket (or another piece of apparatus which can carry water effectively)
- dry logs, sticks and twigs
- a lighter or flint

Method

1. Initially, it is imperative for anyone who has found themselves in a dangerous environment to give themselves some time to think and collect their thoughts. After all, the Scouts, who are highly regarded in such matters, recommend the use of the mnemonic STOP: 'Stop, Think, Observe, Plan'. It is important to allow at least thirty minutes to complete this step if success

