

is to be guaranteed: it will provide the castaway with a chance to calm down and make sensible decisions.

2. At the earliest convenience, water – fresh water, not salt water from the sea – must be located as a priority. Without it, survival is unlikely! Cautiously, fill the bucket with the precious liquid and use a piece of material to filter the dirt from it; this will make it drinkable. (It is also possible to use a coconut to create a natural filter.)

3. Next, it is necessary to build a fire: this will provide vital heat, attract attention from passing ships and should deter wild predators – hopefully! Spend time retrieving firewood from the surrounding area for roughly an hour; this will ensure that sufficient wood has been collected for both the fire and the shelter. Remember that the wood must be dry or the fire will not start when you attempt to light it with the lighter or flint.

4. When the fire is well-established, a shelter must be carefully constructed. Use the wood which was collected earlier to create a simple structure. Rope, which is needed to secure the

branches, can be made from thin and bendable branches. The leaves and foliage from the surrounding trees and bushes should be cut with a sharp knife; this will provide the cover needed to keep out the night's cold winds and sub-zero temperatures. However, take care to not exert too much energy on this task, especially if food has not yet been sourced.

5. Immediately after the shelter has been built, food must be found. It can be difficult to recognise the wide variety of edible fauna and flora when in the wild; however, if great care is taken, it is possible to find a whole plethora of food which will not lead to stomach upset.

A final note of warning. This guide has shown that, with some ingenuity and clever thinking, it's possible for you or anyone else – even the most biophobic of people – to sustain themselves in the wild using little more than what nature has provided. However, it is essential that steps are taken to protect yourself from predators which are likely to lurk in the undergrowth. If you don't do this; all of this will have been completed in vain!

