

Crucial Survival Secrets

101 Survival Secrets from a Professional Survival and Rescue Specialist



"Hi, my name is Steve Marvell. I'm a Survival and Rescue Specialist with over 15 years experience as a Search and Rescue Operative and Survival Instructor, Writer, and Speaker. I've personally curated these Crucial Survival Secrets to ensure you are getting the Ultimate in First Hand, Highest Quality Expertise, making you a more Informed Adventurer."

1. The goal of survival is to get home and the strategy for survival is to get rescued
2. Herbivores are more dangerous than carnivores
3. Learn how to use every part of your emergency survival equipment
4. Beware of armchair experts, blogs, and non-trusted sources
5. During self-rescue, leave markers on your route in case need to return or be followed
6. Have a gear inspection a long time before you head out on an expedition
7. Almost all forms of long distance public transport carry flares and radios
8. Bravery is doing the right thing, even though the outcome may not be favourable
9. Your smart phone can tell you your position without signal and internet
10. Don't rely on help from others in an emergency
11. Tidal waters can have up to an 8 metre range
12. Hand to mouth is the fastest route to spread germs
13. Washing prevents parasite infestation and yeast infections
14. Store supplies in the attic rather than the cellar
15. Everything is more difficult and more dangerous in the dark
16. Do not drink urine or seawater unless you have distilled it
17. A one minute boil of pre-filtered water will kill any germs or viruses
18. Do not eat snow unless you have warmed it or you will reduce your core temperature

19. Check your body for parasites daily
20. Isolate snails for a day before consumption
21. Always cut away from yourself and never between your legs
22. Rescue services will not start looking unless they know you are missing
23. Use all of your senses, up, down, near and far, to assess your situation
24. When attempting self rescue, head downhill and follow a river to the sea
25. Replace wood that is hissing on the fire because it is wet
26. Even if you know the situation is bad, attack it with a positive mindset
27. Leave word about your plans, and when you expect to return
28. You have seconds to light a signal fire, not minutes
29. You cannot live on leaves alone, you need to find a reliable source of calories
30. Radios work on line of sight and will be affected by any obstacle
31. Remain objective about potential negative outcomes
32. Done is better than perfect
33. Use wild water first if possible and save domestic water for later
34. Immobilization of a fracture is the quickest way to reduce pain
35. There is no South Star like there is a North Star
36. Make sure you get the fire lit first time
37. When the situation is in flux, trust your gut
38. Avoid sitting and sleeping on the bare earth
39. Conserve food and water by consuming little and often
40. You can burn wood from an ash tree without it having to dry it
41. The targets for signals are civilians and rescue services
42. All UK seaweeds are edible
43. In extreme heat, travel and work at night if possible
44. Size of search area and danger to themselves limits rescue services
45. Stress not kill you; it gives you focus and prepares you for action
46. Plan for self rescue at all times

47. True north may be as much as 20 degrees off of magnetic north
48. Keep your feet dry to prevent fungal infections and frostbite
49. Waterproofing shelters is extremely difficult when using only natural materials
50. Burning a tire will create black smoke, which is easier to see than white wood smoke
51. Make a stew to retain all the nutrients of the food
52. Attend to ripped clothing as soon as possible
53. Balance danger against acquisition of vital resources, such as a radio
54. You are not lost if you can confidently go back the way you came
55. Know your emergency exits before you need them
56. Regularly check the batteries in your car torch
57. Bury food scraps and faeces away from camp to keep away scavengers and flies
58. Make an inventory of all renewable, perishable, and consumable resources
59. If you can't tie knots, tie lots
60. You can find eggs on the ground as well as in nests
61. Very flat ground can become a bog after one rain storm
62. Build a shelter earlier rather than later
63. There should be no good reason to enter water
64. A torch is arguably more important than a knife
65. Do not wash skin, hair, teeth, and wounds with untreated water
66. Many medical conditions cause you confusion. Make maps, notes and a calendar
67. You need not know how to transmit a MAYDAY distress call if you know how to start it
68. Signals should have high contrast and regular geometry to be most effect
69. Ensure your shelter is not camouflaged and hidden
70. Keep your loved ones in mind when things feel hopeless
71. On balance, coffee is still hydrating
72. Rescuers will search where you are likely to be, which may not be where you are
73. Signs must be very large to be read from the air, so one big cross is more effective
74. Fires to not repel wildlife they attract them

75. The situation will only become hopeless if you stop taking action
76. Longitude increases in magnitude to the west of the prime meridian
77. People can be as much a danger as wildlife
78. Put your phone in power saving mode and stop all non-vital apps
79. Check weather forecasts before going on an excursion
80. Leave a note with a date and your intentions before you leave on self rescue
81. Shelter and clothing are for protection from wind and rain and retain heat
82. Tend to cuts early to prevent infection
83. The coldest time of night is 3am
84. Older phones don't need to be mains powered as they get power from the socket
85. Treat burns with cold water and cling film
86. Save energy by burning branches in half rather than cutting them
87. Make a plan with options for emergencies and stick to the plan
88. A text can be more likely to be received than a phone call
89. You can dehydrate in the arctic and freeze in the desert
90. Utilise daylight to conserve torchlight
91. In cold weather, avoid getting wet and replace wet clothing as soon as possible
92. Do not build a shelter under a beech tree as they can randomly drop heavy branches
93. Save salt and sugar sachets to make a rehydration remedy
94. Be present, accept the situation, and commit to being responsible for the solution
95. Your gut feeling is the product of experience, training, and practice
96. Light a fire before nightfall and have a stock of wood on hand
97. In extreme conditions, stay up in shifts to keep the fire going
98. An increase of 3 degrees of body temperature is more dangerous than a decrease
99. You need minerals and water to remain hydrated
100. Choose any action that takes you closer to your goal and commit to it
101. In an emergency, there is no place for entitlement, blame, or victim culture