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make sure you are prepared to explore and enjoy by checking out our guide on 10 tips for navigating the wilderness like a pro and never let being a beginner hold you back from the adventure of a lifetime the essential skills of wilderness survival shows you our systematic approach to wilderness survival that will increase your confidence in the outdoors and teach you exactly what to do and in what order if you find yourself in a survival situation imagine you re miles deep into a hike far away from any cell signal and your gps fails would you know what to do next in this wilderness survival guide we look at the survival skills that could make the difference between life and death master wilderness navigation 101 with our expert guide learn essential gear map and compass techniques gps use and how to stay safe in the backcountry here in one essential volume are the basics of wilderness survival the most ancient and important skills preserved for generations are presented in a simple easy to use format with clear illustrations and instructions a complete must have companion to the great outdoors as shown in this video just plant the stick in the ground and mark the tip of its shadow with a rock wait 15 30 minutes then mark the tip of its new shadow the line between those rocks is east backpacking is best when done with a minimalist attitude minimalism is best when you have the proper backpacking gear layer your clothing and bring the essentials like rain gear and an extra wilderness areas usually lack roads buildings and other artificial structures they provide a natural environment for plant and animal species and allow scientists to study healthy ecosystems very few places on earth are complete or pristine wildernesses

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