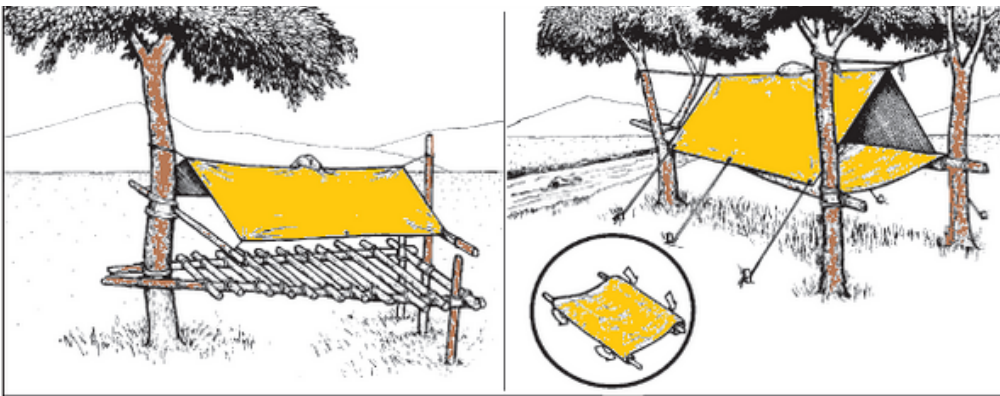


Maddie's guide to Survival

Want to survive in the rainforest? Want to know how to defend yourself from dangerous animals? Then follow these steps to secure your chances of survival!

Shelter: The first thing you must do when living in the rainforest is to build a shelter that's probably the most important thing because night can come very quickly in the rainforest. Your best option is to try and build a shelter off the ground and away from trails and caves (because of predators) use giant palm trees to cover the shelter and to make it water proof so the rain wont extinguish your fire.



Building a fire: The second most important thing to do is to build a fire; this is difficult in the rainforest because it can rain up to several times a day making all the wood wet. Another reason why it's important to build a fire is the smoke from the fire drives away insects and mosquitos which is very important because mosquitos can transfer deadly diseases such as malaria.

Fact: If possible set a nest of termites on fire I know it sounds crazy but the smoke will drive all the mosquitos away beautifully.

Finding food: This also difficult in the rainforest because getting around the rainforest is really hard one slip and you could find yourself with a broken ankle. The best thing to do is to wait until night light a torch on fire (you can do this by finding a big long stick and wrapping around the top a palm leaf) and search for a river (it will be best to find a river in the day and try and navigate it at night) when your find one put the torch close to the river, this will attract fish by hitting them over the head with a wooden tool it will stun them and they you'll have a chance of grabbing the fish. In my opinion fruit will be the best option yes you will have to climb a tree but it is safer than going around looking for food at night (you might be lucky to find fruit already on the ground) but the fruit you can eat are: banana, pineapple, figs, mango, avocado,,

papaya, various berries, wild fruits, dates palm and palm shoots. You can also find and eat stuff like: peanut, millet, rice, sugarcane, larvae of insects and termites, wild honey, crickets, ants' eggs, caterpillars (those without hairs), snakes (without head, skin and intestines), lizards, bats, whitefish, eels, shrimp etc...

Yes they might sound disgusting but its food. If you wish you can also eat termites because they are full of protein but you need to eat a lot of them to have a full meal.

Advice: If you can't find any source of food try and find a dead animal (make sure it's fresh) and either:

A: cook the meat if you have a fire

B: if you don't have a fire drink the animal's blood I know it sounds like what a vampire might do but animal blood is rich in vitamins, minerals and energy (make sure the animal is fresh).

Danger: NEVER! Eat any mushrooms.

Water: When it comes to water you've got to be very careful because if you drink dirty water it can make you very sick so to make sure you drink fresh water look for these signs:

If you find a river, you must be very careful to drink its water. Always boil water if you can.

Signals to see if the water is drinkable:

It flows quickly (it's not stagnant).

It appears clear and clean.

It doesn't emanate a strange smells.

There are small animals like stoneflies and shrimp that swim inside.

Before swallowing the water, wet your tongue to taste it. If the water is odorless and tasteless, you can drink it.

Usually where the animals drink, the water is definitely harmless even if there isn't the assurance that is potable.

You can ease the sense of thirst, chewing a blade of grass or sucking a wet pebble.

The water can transmit any sorts of viruses and microbes. The water is the leading cause of diarrhea and diseases in the forest. When you venture into these areas it is always better to bring a supply of mineral water, water purification tablets or a pot to boil water.

Advice: Try and make a bow out of a bendy stick and lianas for the string and to make your arrows poisonous rub the arrow tip on a dart frog or scorpion.

Navigating a river: If you find a river follow it because a river might lead you outside the rainforest or maybe into civilization. If you can build a raft with bark and lianas, while you're surfing the river if you see mangroves it means you are leaving the rainforest and entering the sea. If the current gets too strong leave immediately because you get dragged off into the open ocean.

