

10 survival skills for lost forest goers

Lost in the deep forest will be an obsession. If bad luck falls into that situation, it should be very calm, patiently looking for a way out.

You are a person who goes to the forest and likes to discover the wonders of nature, the animals in the forest and listen to the murmur of the wind . by discovering passion, you suddenly realize that you have been lost in the forest deep and never found a way out, then the sky was dark, so you were even more worried?In this case, what should you do?

Before starting the forest discovery journey, each of us should equip ourselves with 4 steps and 10 skills to survive in the forest if unfortunately one day gets lost in the deep forest.



For 4 preparation steps, we need the following. Before going to any location, the first and most important thing is to learn about the area you will explore. We can find out online or regional maps, and that map always carries along the journey, this will help you avoid the risk of getting lost in the forest. In addition, knowledge of flora and fauna (such as which plants can be eaten, the habitat of dangerous animals to avoid) in the area is also essential.



Before each trip, make sure your stomach is well fed, and besides you should tell your relatives around the trip you are planning on about the place and expect the time to go and Come back, so that if you get lost in the deep forest, someone will know and call the police to rescue.



Bring appliances and equipment to help you survive in the forest such as knives, steel wire, horns, space blankets (light thin but very warm keeping), reflective mirrors, matches to keep in a waterproof box, compass . Don't forget the first aid kit for personal injuries and medicines because there's nothing you can say in the deep forest.



And always carry with you a phone with a rechargeable battery so you can communicate when needed, besides a device that can broadcast radio, these are essential items that can save you when You are lost or injured.

When you are prepared to add 10 survival skills below, when unfortunately getting lost in the forest, you can completely survive and get help to escape from that place.

1. Don't panic when you get lost in the forest



To survive in the deep forest when lost, the first thing we need is to calm down to look at the situation so that we can help ourselves survive in the deep forest and quickly find help. .

Panic will not help you solve the problem that is facing you, it will cause you to lose strength, the spirit will be unstable and may be more dangerous in the deep forest. When he realized he was lost, the first thing to do was stand back, take a deep breath and keep calm. Act according to the principle of acronym STOP:

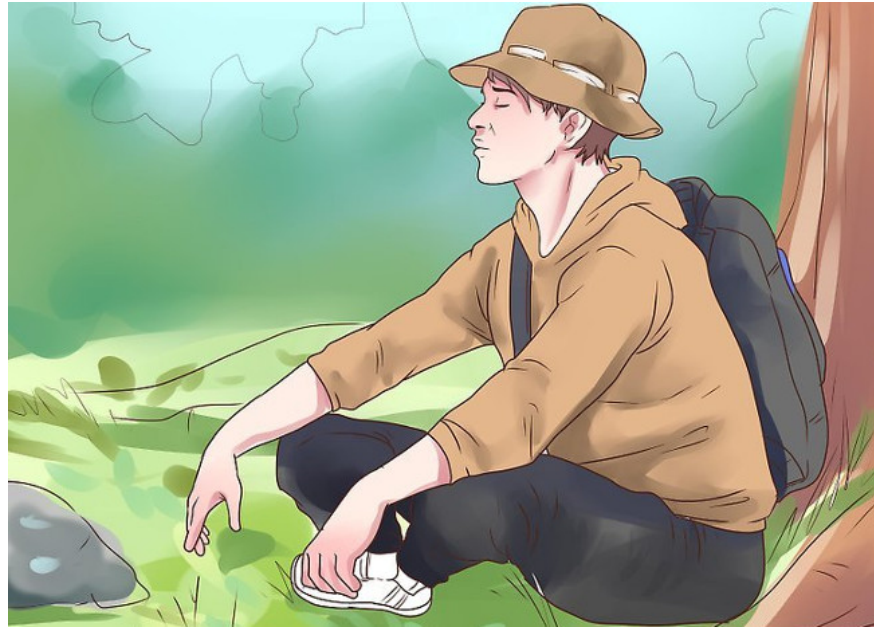
1. S - sit down (Sit down)
2. T - think (Think)
3. O - Observe the surroundings (Observe your surroundings)
4. P - Prepare to find the solution by carrying items (Prepare for survival by gathering materials)

2. Need to determine the direction



Any place in the forest can become a strange place for you, so to identify the place you went through, use a cloth or a sheet of paper or whatever you can see. see from afar. Determine the direction based on the direction of the sunrise and sunset, use the compass (needle compass clockwise starting 12 hours in the order of North - East - South - West) to find an exit.

3. Stay in one place



If you feel tired and exhausted, the best way to sit still is to be able to stay healthy, which not only helps you limit the amount of water and food you need to load but also Help you increase your chances of being found. Sit down and rest. If you go with many people, it is absolutely not advisable to separate, because the more people there are, the more beneficial they are and help you survive in every situation.

Protect your skin by letting go of your sleeve, wearing long pants and tight-fitting pants to avoid insect bites. Treat wounds as soon as possible, avoid prolonged infection.

4. Burn a fire



Look for dry trees around it and divide it into 3 piles and burn fire to help keep your body warm when night falls, don't think it doesn't matter in warm weather. It is recommended to burn a small amount of firewood to

save as well as to avoid the occurrence of forest fires. If the fire is durable enough, you can burn some fresh branches to create smoke, calling for the rescue force's attention.

5. Create rescue signals



Create rescue signals by whistling, shouting or banging stones together. Mark the location so others can see it from above. If you are on a mountain, make 3 heaps of leaves forming triangles, in the desert draw a triangle with big sand. Anything related to number 3 in the wilderness is a signal calling for standard help.

For example, using fire to create a signal, maybe 3 fires in a straight line or 3 fires in a triangle. You can also blow the whistle 3 times, shoot the air 3 times (if any) or mirror the mirror 3 times.

On the other hand, it is possible to create a "trail" by marking stones, clothing fabrics. Avoid marking roads with food, fruits because it can attract wild animals, very dangerous.

6. Find out where you are



While it is not advisable to walk around when you get lost in the forest, if you can, go around nearby to find out how you are standing, what you can find. It's useful for you to get rid of this place.

Make sure you find the place where you originally stood when you went to find water, find shelter or find your way back.

7. Find clean water



Water is essential, indispensable in our bodies, usually our bodies can withstand 3 days without water, but without water our bodies will become dehydrated and gradually become exhausted. , it is impossible to survive, so try to find streams around it to provide water for your body.

According to Travel Overseas, it is possible to find water sources based on dense insects. Ordinary bees build their nests several miles away from water sources and flies about 100 meters. You can look out for nearby birds because they like to fly around freshwater sources, or large erosions on the ground can lead to springs.

If not, you can drink dew, dry the cloth in the dew and squeeze the water. You can also find water in the rocks.

8. Clean water



In preparation for your home, you should prepare yourself a water purifier or a small pot to boil water anytime, anywhere. If you do not have a water filter with a pot, you can also put water into a plastic bottle, then bring it to the sun and dry for 6 hours to kill all bacteria and organisms in the water. If you are poorer, you are forced to maintain life with water, avoiding your body from being exhausted.

9. Find shelter



Find a fallen or tilted trunk, you can create a place by lining up many big branches to create a frame and cover it with forest leaves. If possible, look for caves but make sure the cave does not have bears, newspapers, snakes . or other unfriendly animals.

Make sure your shelter is still available to others. Do not take too much energy to make a perfect shelter, but still cover the place to keep your body temperature warm.

10. Find safe food sources



Most healthy adults can survive for up to 3 weeks without food in warm weather conditions. You may be hungry but healthy will be better if you are sick. Therefore, make sure the food you eat is safe before putting it in your mouth.

Don't be afraid to eat insects and other bugs. Although you may find it disgusting to eat some types of grasshoppers, rather than losing our lives here, no one knows, these insects will provide useful nutrients for our bodies to survive. in.

All insects must be cooked or can be baked because these insects can contain parasites into your body and can kill you. Do not eat any colorful caterpillars, insects, or any insects that can bite or burn you. Please remove the legs, head and wings of any insect before eating.

If you stay close to water, fish is a good choice. Avoid eating any of the mushrooms or fruits you see, no matter how hungry you are. Many fruits in the forest are poisonous, especially white fruits.

It should also be noted that food should not be stored as river fish because it can attract wildlife.

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