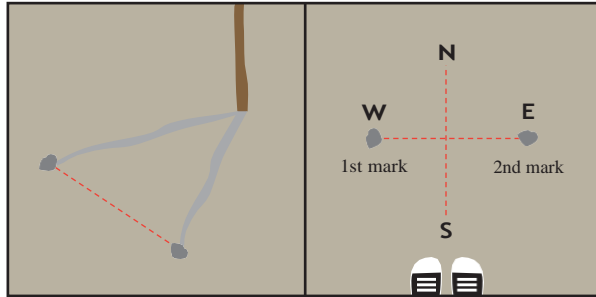


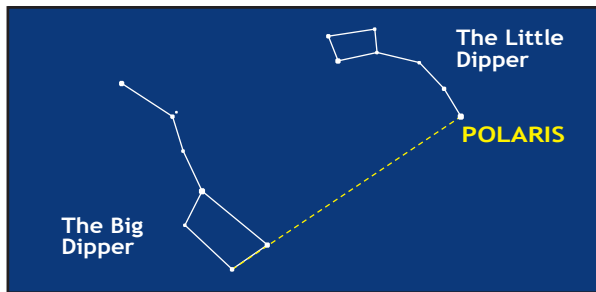
COOL SURVIVAL SKILLS

So you've escaped the zombie horde, and now you are hiding out in the wilderness. What if you have to stay out there for a while? Here are some important tips to help you make your way in the wilderness.

How to find North:



1. During the day, you can find north by sticking a stick straight vertically in the ground, then marking with a stone exactly where the end of the shadow is. Wait between 30 and 60 minutes, then mark with another stone where the end of the shadow is. The first stone is your west marker, and the second stone is your east marker. Now stand facing the line, with the west marker on your left, and the east marker on your right. Now you are facing north!



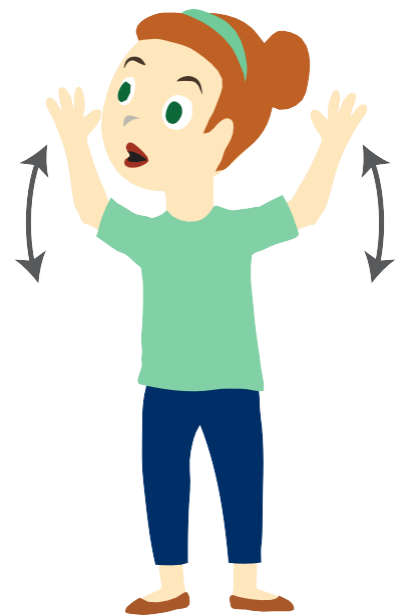
2. At nighttime in the Northern Hemisphere, you can easily find north by finding Polaris, also known as North Star. Find the Big Dipper constellation, and line up the two outermost stars in the dipper (opposite the side the handle is on, see diagram). If you continue the line made by these two stars, and you stop at the first bright star you see, you've found Polaris! Polaris is also the last star in the handle of the Little Dipper.

Getting Rescued:

If you're dealing with a zombie apocalypse, you wouldn't want to draw attention to yourself! However, if you're waiting to be rescued by emergency rescue teams in a natural disaster, these techniques can help them find you.

1. If you see a low-flying plane or helicopter, **DO NOT** wave with one hand! Emergency workers use a one-handed wave to show that everything is fine. Instead, raise your arms in a Y shape and wave them up and down. If you can, try to get their attention by laying out brightly-colored fabrics or objects on the ground, or use a flare or flashlight or use a mirror to reflect the sun towards them.

2. If you hear potential rescuers but can't see them or find them, call to them in a deep voice. Most things in nature make a high-pitched sound -- think of the sounds that birds, squirrels, bees and crickets make -- and a deep noise is more likely to stand out. Just be sure what you hear aren't zombies shuffling through the woods!



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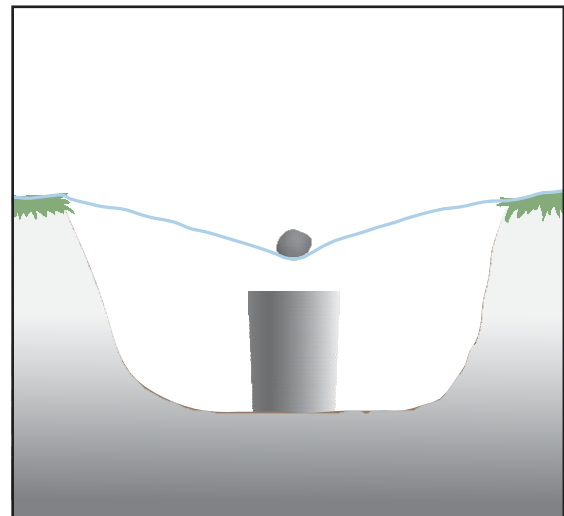
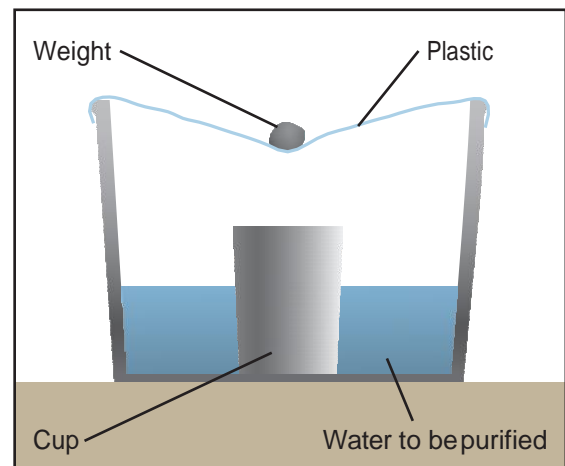
Safe Water is Important:

While food is important to survival, water is actually more crucial! A human can only go a few days without water, but can go without food for much longer. In the event of an emergency, finding clean water should be a priority. Here are some tips and tricks to make sure you have clean water to drink.

1. No matter how clean water may look, boil it at a rolling boil for at least 10 minutes before drinking it.
2. Don't drink stagnant water – water that has been in one place for a long time, like a puddle or a swimming pool – even if it's been boiled.
3. You can collect dew from grass, or place a sealed plastic bag over some branches of a tree or shrub for a few hours to get a small amount of water in a pinch.
4. You can make a still to make salt water safe to drink, to purify freshwater, or to get safe water from moisture in the ground. See directions below.

YOU WILL NEED:

- A cup
 - A large plastic sheet
 - You will need other items depending on what you are using your still for.
1. To get water from the ground, dig a large hole (about 2 feet deep and 3 feet across) in a sunny spot, and place your cup in the center of the bottom of the hole.
 2. Lay the plastic over the hole, and seal the edges as well as you can with rocks, logs, or dirt (you want to prevent air from escaping).
 3. In the center of the plastic, directly over your cup, place a small rock to weigh the plastic down. This causes the condensation to drip into your cup instead of back onto the ground.
 4. After a few hours, there should be water in your cup that came only from the moisture in the soil!
 5. To purify water, or make saltwater fresh, put the water in a large bowl or container, and place your cup in the center. Make sure the water is low enough to not get into the cup. Cover the container with plastic or plastic wrap, seal the edges well with a rubber band or string, and place the weight at the center of the plastic, same as before.



COOL SURVIVAL SKILLS

Now How About Safe Food?:

Now that you have a good water source, it's time to find safe food to eat. Even if you have food with you, it can be a good idea to supplement with edible items that can be found in nature to make your food supply last longer.

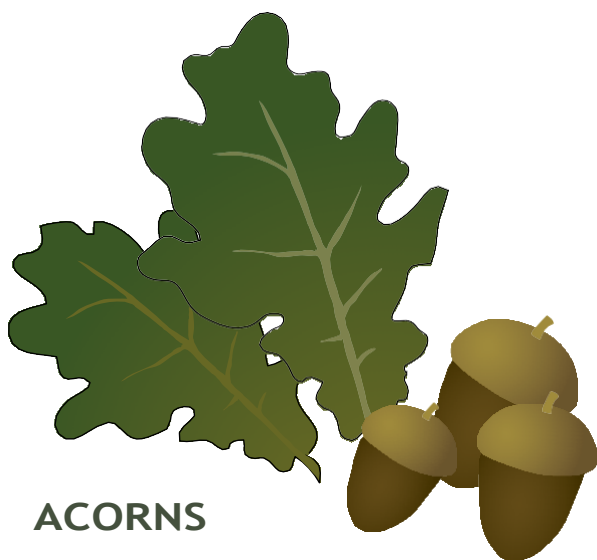
1. Grass: Believe it or not, most grass is edible. Young stalks under about five or six inches tall can be eaten raw or cooked, and the base of the grass (where it turns white) contains starch.
2. Acorns: A staple food for Native Americans for centuries, acorns are available in fall and winter. Most have a bitter taste, but grinding them and between two smooth rocks and boiling the flour will remove the bad taste. Just strain the water containing the powder through a T-shirt or fabric!
3. Pine: Pine needles contain vitamin C, which is an important nutrient. You can chew pine needles and spit them out, or you can boil water to make pine needle tea.
4. Cattails: Even though cattails don't look very appetizing, many parts can be eaten cooked or raw. In the winter the rhizome (see diagram) contains a lot of starch, which can help you feel full. Even the stems and pollen can be eaten! Some people even grind the rhizomes to make flour for cattail bread.
5. NEVER eat mushrooms you find in the wild!

Carry a plant identification guide with you. These guides will have more information, and can help identify different plants that may look similar! Don't eat any plants until they have been positively identified.

CATTAIL



CATTAIL



ACORNS

****Note:** Pregnant women should never drink pine needle tea, or chew pine needles.