

**Making Everything Easier!™**

# **Wilderness Survival**

FOR  
**DUMMIES®**

**Learn to:**

- Use survival techniques to stay alive on land or at sea
- Understand basic navigation
- Find enough water and food
- Signal for help and get rescued

**John Haslett**

*Expedition leader and adventure writer*

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*Arctic explorer*





# Wilderness Survival For Dummies®

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# ***Wilderness Survival For Dummies®***

**by John Haslett and  
Cameron M. Smith,  
PhD**



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## About the Authors

**John Haslett** is a veteran expedition leader and adventure writer. He is the author of various adventure books, magazine articles, and academic papers, and his work has been featured in *National Geographic Adventure*, *Archaeology*, *QST*, and other magazines. He has spent decades catching unpleasant tropical diseases, explaining himself to local authorities, fleeing from various misguided animals, and putting into practice many of the tenets of this book.

In the 1990s, with the help of an isolated community of Ecuadorian mariners, John built four 30,000-pound wooden rafts and then voyaged on the Pacific Ocean aboard those primitive vessels for hundreds of days. He and Cameron are now preparing their most extensive expeditions to date.

John lives in Los Angeles with his wife, film director Annie Biggs.

**Cameron M. Smith's** mountaineering, sailing, archaeological, and icecap expeditions have taken him to Africa, South America, arctic Alaska, Canada, and Iceland. In 2004, he made the first solo winter ski crossing of Iceland's storm-lashed Vatnajökull icecap, an expedition televised on the *National Geographic Channel*. He is currently documenting arctic Alaska in winter by trekking on, piloting a paraglider over, and scuba diving beneath the sea ice.

Cameron has written for *Scientific American Mind*, *Hang Gliding & Paragliding*, *Archaeology*, and *Spaceflight* magazines and in the books *The Best Travel Writing (2008, 2009)*, *Science under Siege*, *They Lived to Tell the Tale*, *The Top 10 Myths about Evolution*, and *Anthropology For Dummies*.

A Life Fellow of the Royal Geographical Society, a Fellow of the Explorers Club, and a member of the Society for Human Performance in Extreme Environments, Cameron is currently writing a narrative of his Iceland expeditions and preparing for balloon exploration of the stratosphere as well as another Pacific expedition with John Haslett.

You can track his expedition at

[www.cameronmsmith.com](http://www.cameronmsmith.com).

## Dedication

**John Haslett:** This book is dedicated to Annie Biggs, Cameron Smith, Alejandro Martinez, Cesar Alarcon, and

Dower Medina — five extraordinary people who know a thing or two about surviving in bad conditions.

And to the boys and men of Troop 100, BSA, wherever you are . . .

**Cameron M. Smith:** Like John, I dedicate this book to my companions in adventure: namely, John himself; my mountaineering partners, Dr. Chiu Liang Kuo, W. McRee Anderson III, and Jamie Anderson; my flight instructors, Larry Pindar and George McPherson; my diving partner, Todd Olson; Arctic Expedition Coordinator Chuck Sullivan; and Dr. Evan T. Davies. Thank you all for throwing your dice with me. I also dedicate this book to the indigenous people across the globe — the Samburu of East Africa, the fisher-folk of West Ecuador, and the Inupiat of Alaska — who taught me how to survive in places where suburbanites like me would otherwise just vanish.

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