

FINDING WATER

In the desert, you can lose up to one litre of water in sweat every hour. Don't stay thirsty. Try and drink regularly in small quantities to avoid dehydration.

Signs of water

- ! Flocks of birds often circle over waterholes.
- ! Sound carries over a great distance in the desert. So even if you can't see them, listen for the chirping of birds to locate activity.
- ! Most animals return to a water source often. It's probably a good idea to follow their tracks.

Build a solar still to get water

- ! Dig a hole 3 feet across and about 2 feet deep.
- ! Make a smaller hole in the middle of it and put in a container (such as a plastic bag) to collect the condensed water.
- ! Cover the big hole with a sheet and place a rock in its centre to make it curve down.
- ! The condensation will collect as water in your plastic bag.



Don't stay out for too long without drinking water.
Being thirsty means you're already in danger of dehydration.

FACTS ABOUT FOOD

On average, a woman needs 2,000 calories a day and a man needs 2,500. The organs use about 70% of these just to function. That means even if you sleep all day, you'll still need around 1,700 calories.

Your body uses water to break down food into nutrients. That's why you always feel thirsty while you're eating.

Bad food makes you even thirstier. As your blood becomes saltier, it pulls water out of your cells which fight back by sending a distress signal to your brain.

You can survive for a long period without food but it's no picnic. A quick look at what to expect:

- ! Day 2: Lethargy and loss of concentration.
- ! Day 4: Heightened irritability.
- ! Week 1: Beginning of depression.
- ! Week 2: Severe mood swings and erratic behaviour.
- ! Week 3: Prepare for hallucinations.



Without water, you probably won't live 10 days.

Land Rover Survival Manual

VM Jensen



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