

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

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Table of Contents Land Rover Survival Manual

1. Understanding the eBook Land Rover Survival Manual
 - The Rise of Digital Reading Land Rover Survival Manual
 - Advantages of eBooks Over Traditional Books
2. Identifying Land Rover Survival Manual
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in a Land Rover Survival Manual
 - User-Friendly Interface
4. Exploring eBook Recommendations from Land Rover Survival Manual
 - Personalized Recommendations
 - Land Rover Survival Manual User Reviews and Ratings

- Land Rover Survival Manual and Bestseller Lists
- 5. Accessing Land Rover Survival Manual Free and Paid eBooks
 - Land Rover Survival Manual Public Domain eBooks
 - Land Rover Survival Manual eBook Subscription Services
 - Land Rover Survival Manual Budget-Friendly Options
- 6. Navigating Land Rover Survival Manual eBook Formats
 - ePub, PDF, MOBI, and More
 - Land Rover Survival Manual Compatibility with Devices
 - Land Rover Survival Manual Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Land Rover Survival Manual
 - Highlighting and Note-Taking Land Rover Survival Manual
 - Interactive Elements Land Rover Survival Manual
- 8. Staying Engaged with Land Rover Survival Manual
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Land Rover Survival Manual
- 9. Balancing eBooks and Physical Books Land Rover Survival Manual
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Land Rover Survival Manual
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Land Rover Survival Manual
 - Setting Reading Goals Land Rover Survival Manual
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Land Rover Survival Manual
 - Fact-Checking eBook Content of Land Rover Survival Manual
 - Distinguishing Credible Sources

13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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