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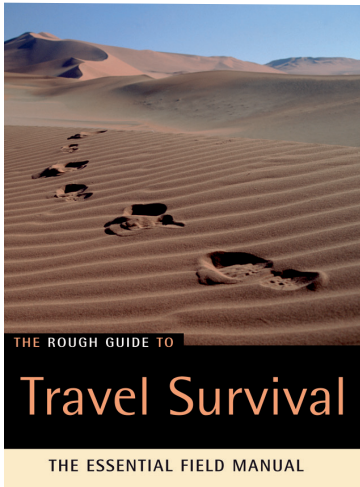
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The Rough Guide to Travel Survival

by Doug Lansky

THE ESSENTIAL FIELD MANUAL



Whether you're visiting a politically unstable country (see the **Danger Zones & Trouble Spots** section), hiking in a remote region, or find yourself in an unexpectedly dire situation in the course of your more "standard" travels, knowing how best to react can be the difference between life and death. To say nothing of the brownie points you'll earn from fellow survivors for your stellar new rope-tying abilities.

With the all-new **ROUGH GUIDE TO TRAVEL SURVIVAL** on hand, you'll never be at a loss for practical information on how to deal with the worst that the sun, sleet, and sea serve up. This slim, information-packed volume is indispensable for every adventurous traveler, aid worker, or foreign correspondent whether you're trekking through the 6% of the world covered in rainforest or are forging through a distinctly more

urban jungle and need to spot scams and thwart pickpockets. From avoiding and treating altitude sickness to building an A-frame to eating ants, this bountiful book - the latest from acclaimed travel writer Doug Lansky - has got you covered, come hell or high water.

HIGHLIGHTS INCLUDE:

- A special **DANGER ZONES AND TROUBLE SPOTS** chapter shows how to handle *kidnappings, hostage situations, land mines* and more in war zones and other volatile areas
- Appendices on *Field Medicine, The Survivor's Mindset, Navigation, Ropes, Knots & Traps, Starting Fires, Signalling, Emergency Numbers* and so much more
- Personal stories* from those who've been lost in harsh environments and survivors of volcanic eruptions, hurricanes and other perilous run-ins with nature
- Useful *maps, easy-to-follow diagrams and illustrations* throughout
- Step-by-step advice* to help you survive in any environment, from approaching animals in game reserves to how to ride out a storm to ways to test which plants are edible
- Sections devoted to key environments, including **ARCTIC & MOUNTAIN, DESERT, TROPICS & JUNGLE, AND THE SEA.**

THE ROUGH GUIDE TO TRAVEL SURVIVAL / DOUG LANSKY

1-84353-406-1 / December 2005 / 224pp

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Adventure travel writer **DOUG LANSKY** has tried to avoid unnecessary risks while covering stories over the last ten years in 100+ countries. That said, he has been in a bus accident in Namibia, had an indigenous rainforest dweller in Colombia put a machete to his head at 3am, and been run over by a car in Thailand. Which is to say he has much wisdom to share on the all-too-timely subject of travel survival. Currently a resident of Sweden, Doug is the author of two other Rough Guides titles: *First-Time Around the World* and *First-Time Europe*.

ROUGH GUIDES - 345 HUDSON ST. 4TH FLOOR, NEW YORK, NY 10014

from **THE ROUGH GUIDE TO TRAVEL SURVIVAL** (pg. 98 & pg. 136):

Finding Food - INSECTS

Bugs don't look nice to eat, but they're a survivalist's most reliable energy source (insects are 65-80 percent protein, compared to the 20 percent in beef). There are 1462 recorded species of edible insects; when choosing, avoid caterpillars and spiders as well as all insects that are hairy, brightly colored or have a pungent odor.

Fending Off Sharks - IF YOU ARE IN THE WATER

1. **Bandage all wounds and cover jewelry.** Bleeding, shiny objects, urine and feces will attract sharks.
2. **Watch the shark.** Large circles mean curiosity. Sharp turns and tight circles mean an attack may be imminent.
3. **Bluff aggression.** Swim towards the shark with confident strokes. If it is not deterred, slap the water with the palms of your hands and shout underwater.
4. **Fend off with your feet.** Try to kick or punch the shark's snout. If there are others in the water, form a tight circle with locked arms and feet pointing outwards.
5. **Go for the eyes and gills.** Try to insert your fingers or punch at them.



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About **ROUGH GUIDES**:

ROUGH GUIDES publishes more than 200 travel guides, a unique series of waterproof, rip-proof maps, phrasebooks, acclaimed music books, reference titles on a host of subjects, world music compilation CDs, and an unbeatable travel website. For more information, visit www.roughguides.com.