








## Second Step: Surviving In The Wild

**Circle what you think is the right answer.**

	Eating snow for hydration is a good idea.	True - 1 point	False + 1 point	Justification: It is risky if the snow spent some time on the ground as it might have accumulated pollutants notably. What's more, the snow has to melt inside your body, which uses your body heat.		
	If you are lost in the desert, you can drink cactus water.	True - 1 point	False + 1 point	Justification: There is a lot of water in cactuses because of their unusual type of photosynthesis called CAM, but they also contain noxious chemicals like oxalic acid. Cactus flesh may also contain alkaloids.		
	In case of emergency, it is possible to drink bodily fluids.	True 0 point	False + 1 point	Justification: It is only safe to drink urine for a day or so, as the waste products may build up faster than your kidneys can eliminate them. In large amounts, eating blood is toxic (contains too much iron).		
	Using moss for direction will help you out.	True 0 point	False + 1 point	Justification: It is actually not so useful for navigation as it is true in general, but not a 100 % reliable all of the time. Moss may be found on shady, cool and damp sides of trees that do not point North.		
	Drinking alcohol will enable you to stay warm.	True - 1 point	False + 1 point	Justification: Alcohol, as a vasodilator, opens up the blood vessels near the surface of your skin. It transports warmth towards the surface of your skin, away from your body where you need it.		
	If you have frostbitten extremities, you would:	Rub them -1 pt	Plunge them into hot water -1 pt	None of these +1 pt	Justification: On a cellular scale, frostbite means ice crystals: they are sharp and may puncture cell membranes. If hypothermia actually sets in, the key is slow reintroduction of warmth not to cause a heart attack.	
	A venomous snake bit you. You should:	Suck out the venom from the snakebite - 1 pt	Resort to tourniquets -1 pt	Lower your arm. + 1 pt	Justification: Sucking the venom will increase the risk of infection, possibly spread the venom and not actually remove very much venom. Doctors recommend keeping the wound below the level of the heart.	
	How would you deal with a jellyfish sting?	Rinse the sting with alcohol. -1 pt	Pee on the sting. - 1 pt	Douse the sting with vinegar. + 1 pt	Justification: Pee does not work. Jellyfish contain stinging cells called cnidocytes. – the trick is to get them off you without triggering the thousands of cnidocytes which did not fire.	
	You should cross a river...	At its widest point. + 1 pt	At its narrowest point. -1 pt	Justification: The narrowest point is dangerous because of fluid dynamics : when a flowing liquid is concentrated through a smaller cross sectional area, it is forced to move faster, producing a stronger current.		
	To prevent any bear attack, you should...	Make noise. + 1 pt	Remain silent. - 1 pt	Justification: The vast majority of bear attacks on humans occur when the bears have been startled or suprised : it is generally a good idea to make noise while in bear country.		
	In a quicksand you must...	Lean back and spread your limbs. + 1 pt	Not move. - 1 pt	Justification: Standing still in quicksands just keeps all your weight pressing down : the more pressure, the deeper you sink. Spreading your arms and legs will increase your surface area : wiggle, float your way out.		
	You find yourselves with leeches attached to your body. You should...	Burn them. - 1 pt	Salt them. - 1 pt	Rip them off. + 1 pt	Wait. + 1pt	Justification: Burning or salting a leech could cause it to regurgitate the contents of its stomach into the wound. You should slide a flat object under it to break the seal, or wait as they stay attached for 30-60 minutes and drop.