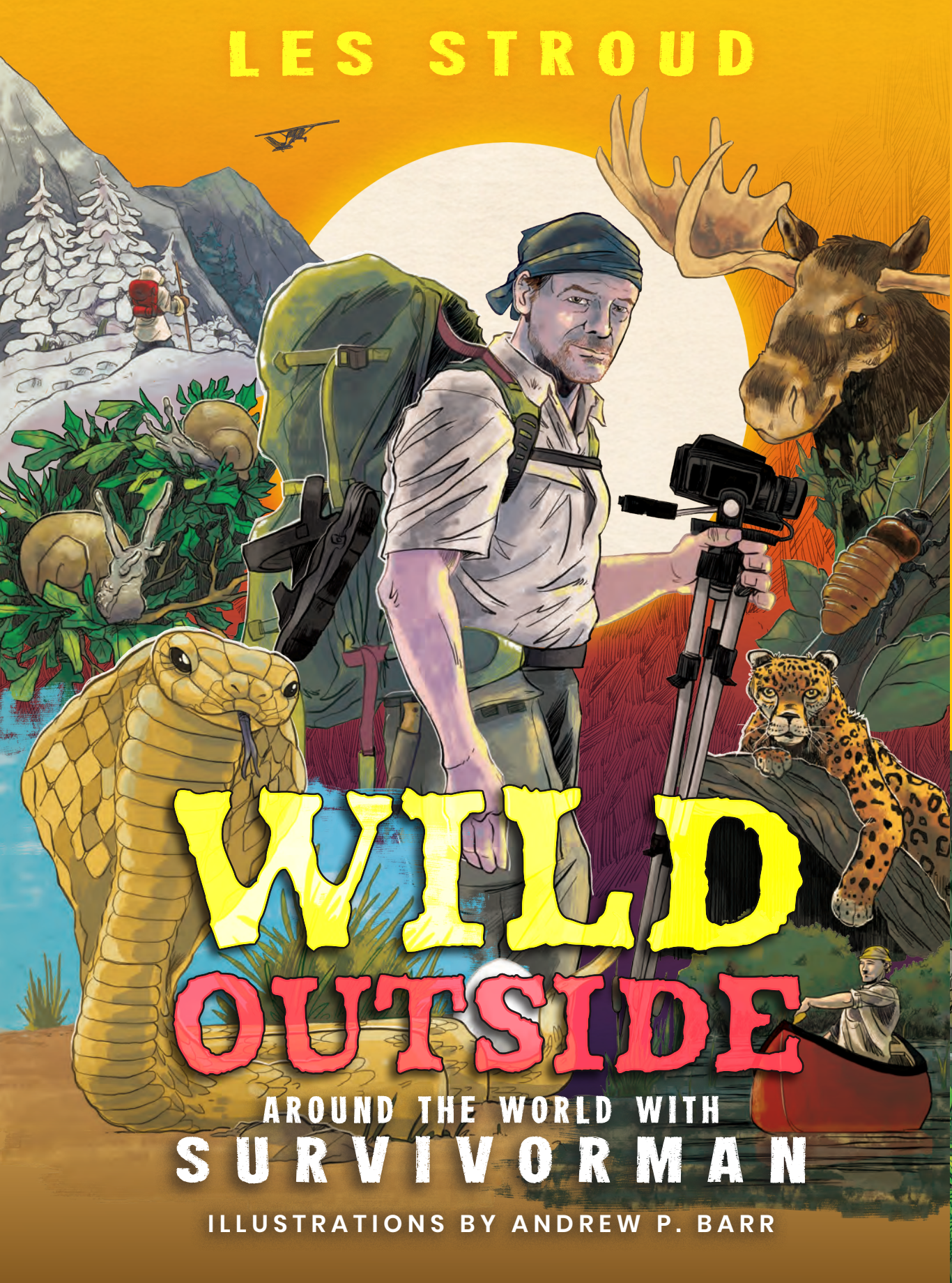


LES STROUD



**WILD  
OUTSIDE**

AROUND THE WORLD WITH  
**SURVIVORMAN**

ILLUSTRATIONS BY ANDREW P. BARR

# WILD OUTSIDE

AROUND THE WORLD WITH  
SURVIVORMAN



## LES STROUD

ILLUSTRATIONS BY ANDREW P. BARR

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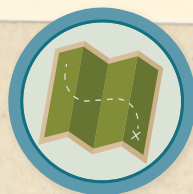


To the kid with an adventurous heart. Is that you?

—L.S.

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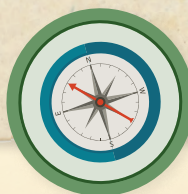
An unseen creature creeps through the bushes . . . and bursts onto the trail in front of Les!

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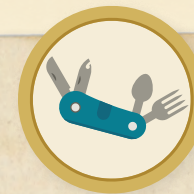
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# YOUR INTRODUCTION TO ADVENTURE

**ONE OF MY FAVORITE PLACES TO EXPLORE WHEN I WAS GROWING UP IN MIMICO**, in the west end of Toronto, Ontario, was a shallow and rocky local creek. It was behind a big hospital parking lot and underneath a highway, yet there were deer and foxes and blue herons and raccoons and bees and even some rare plants. I could pretend to be on a great wilderness adventure.

I had two heroes back then: an undersea explorer and filmmaker named Jacques Cousteau and a fictional book and movie character named Tarzan the Ape Man. Because of Cousteau, I wanted to be a nature filmmaker, and because of Tarzan, I wanted to go on adventures in the jungles of the world. Eventually, I combined both of them into one person: Survivorman—aka me!



After years of training in survival, adventure, and filmmaking, I came up with this idea of going out into the wilderness alone and figuring out how to survive in different locations all around the world. I wanted to film those adventures, so I could show people how to survive and share in the incredible experiences I had in nature. Soon *Survivorman* became a successful show seen by millions of people. I was credited as the guy who invented a whole new type of TV program: survival TV.



As *Survivorman*, I have traveled more than 800,000 kilometers (half a million miles) around the globe—from the lush jungles of Papua New Guinea and the sun-scorched sands of the Kalahari Desert to the harsh cold of the Canadian north. I've caught, trapped, fished for, foraged, and cultivated wilderness food to keep my belly full. I've learned how to make a home out of leaves, vines, branches, and rocks. I've watched animals and even plants to learn how they survive.

But it all started by that creek in the city. My experiences there gave me a thirst for adventure, the "itch" to see what was around the next corner. It was also where I learned to be aware of my environment, and to work with my surroundings to solve problems and overcome challenges.

That's something everyone can do, whether in your own backyard, at a local park, or on a camping trip far into the wilderness. Learning to prepare for your journeys, observe your surroundings, react to unexpected situations, and adapt to your environment can help you have wonderful adventures closer to home and beyond. In each chapter, I'll show you how I've put these four key components of adventure—preparation, observation, reaction, and adaptation—to the test in the wilderness, and what I've learned from the natural world. You'll see what can happen when one of these components is forgotten or ignored, and what I would do differently—or not—if I could do it all over again.

You don't need to be lost in the jungle or on a deserted island to enjoy the wonder of a new experience, to discover amazing plants and animals, or to challenge yourself in the outdoors. Nature is everywhere around you. It is right outside your door.

But, if you *are* inside and you are reading this book, then be aware that each page you are about to turn is another step along an adventurous trail. You won't be alone on your adventure; I'll be right by your side. And I want you to be super prepared! Every story in this book features some of the gear I used in each situation. But there are some basic tools I like to bring on most of my adventures. So grab your survival kit, and let's go!

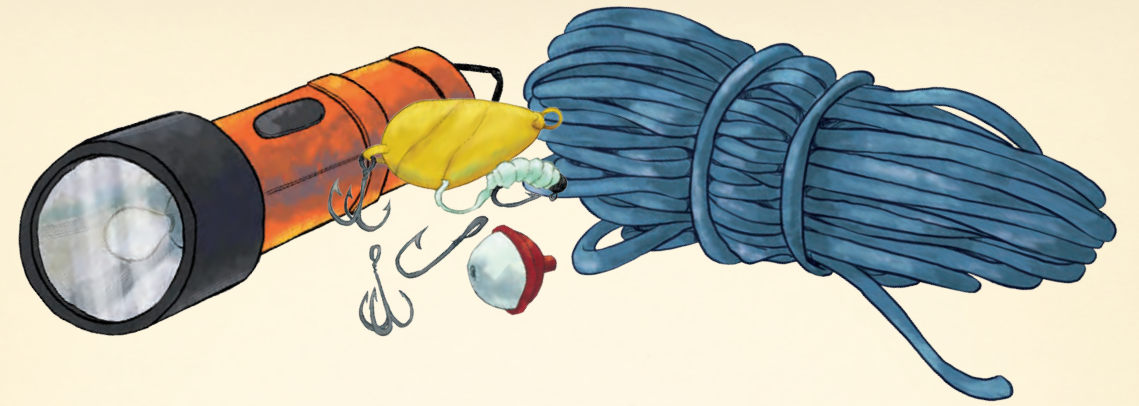
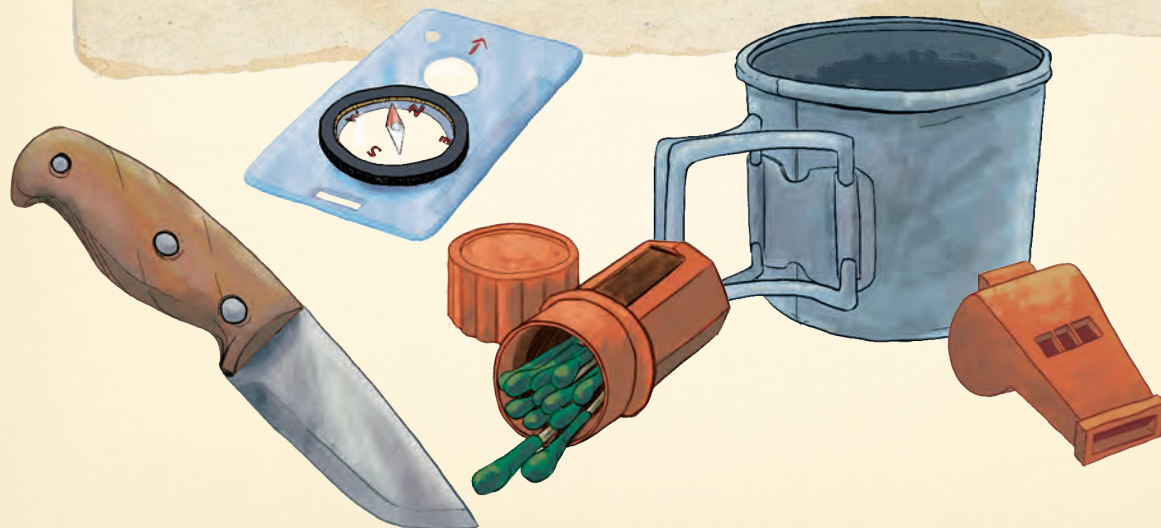


## SURVIVORMAN'S SURVIVAL KIT

Here's my minimum kit, based on years of experience in remote wilderness and extreme conditions. Depending on the type of adventure you're going on, you may not need every piece of gear listed here. Make sure to check with an adult before handling knives, matches, or other fire-starting devices. Never use these tools alone.

In pockets or hanging from my belt:

- high-quality (sharp) belt knife and a folding knife with a saw blade
- compass
- solid matches with striker in a waterproof container
- butane lighter
- magnesium flint striker (hey—I like fires!)
- one or two large, orange garbage bags (great as signaling devices and for cover from the elements)
- metal cup (for boiling water)
- rope (parachute cord is great)
- whistle
- bottle of water



In a small kit or fanny pack (or a coffee tin with a lid, which you can also use for boiling liquid):

- dried foods (I pack enough for two days, which is about 1,800 calories per person per day. Energy bars are a great option.)
- insect screen (seasonal)
- signal mirror
- small flashlight with batteries
- snare wire
- fishing lures (three), hooks, sinkers, and line
- small folding saw
- candle
- flares



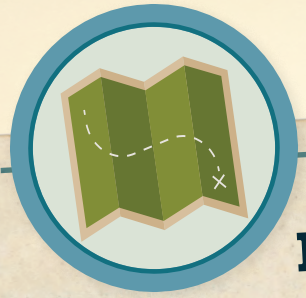
## SURVIVORMAN'S TOP FIVE SURVIVAL MUST-HAVES:

1. Something to start a fire
2. A container in which to boil water
3. A form of shelter
4. A hunting or fishing device
5. Something to split wood



Before setting out on an adventure, make sure you and your adventure buddies know how to use everything in your kit!





PART ONE:

# PREPARE

**AS THE OLD SAYING GOES, “AN OUNCE OF PREVENTION IS WORTH A POUND OF CURE.”**

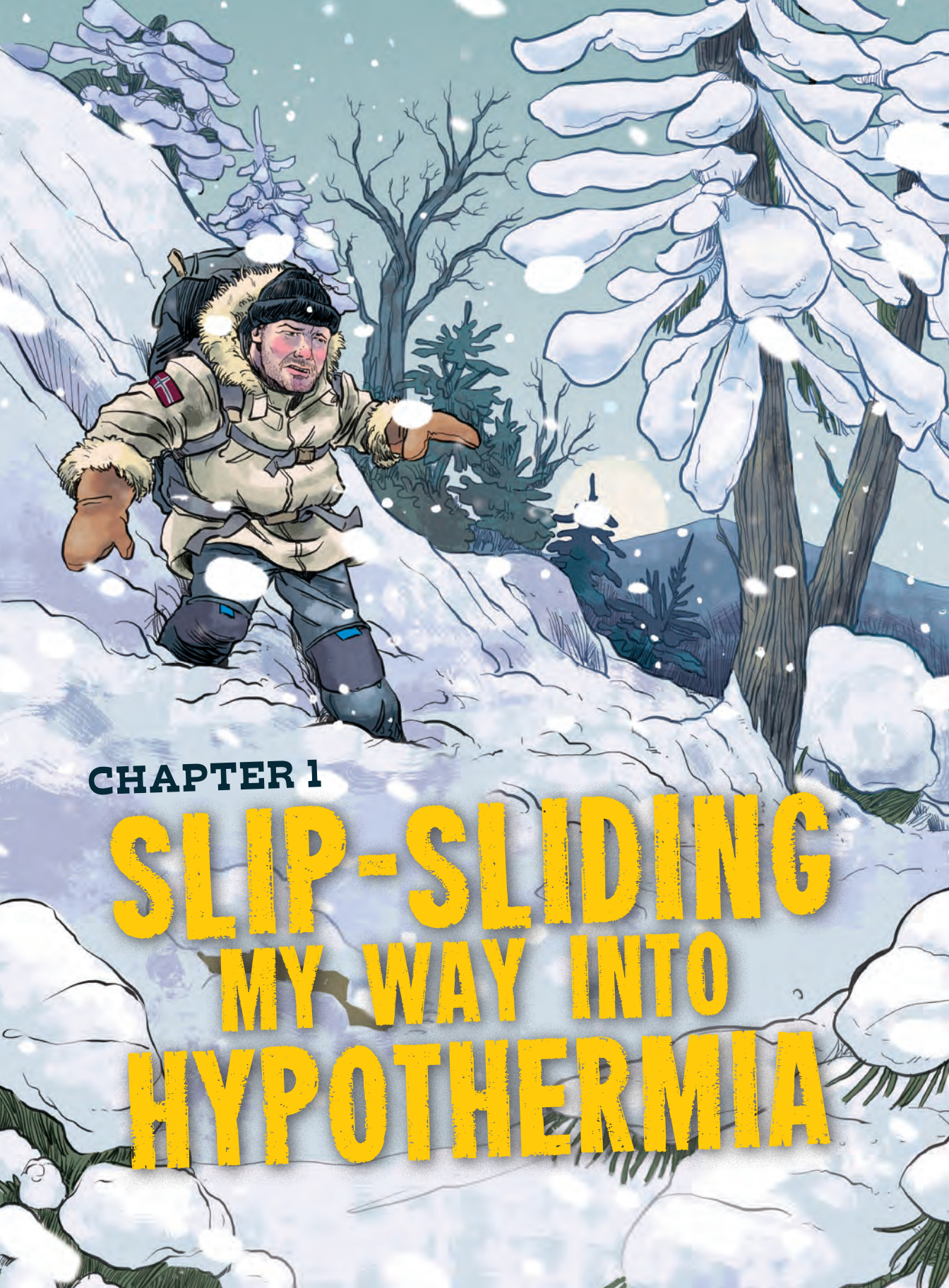
Benjamin Franklin, inventor and a founding father of the United States, said that. He wasn't talking about outdoor adventure, but the saying still applies. Many mistakes that can get us into real trouble in the field happen before we have even left home.

Say you're setting out on an overnight backpacking trip. Did you check the weather? Do you know what kind of terrain you'll be crossing, and how long the hike is supposed to take? Did you check to see that that old tent of yours still has all its pegs and poles, and does not leak? How about your clothing? Did you pack all the right gear?



Preparing doesn't mean you won't encounter the unexpected. The outdoors can be unpredictable. But if you take the time to prepare properly for where you are going and what you are going to do, then you stand a good chance of eliminating problems before they occur.

Good preparation can be the difference between spending the night wet and cold, or staying warm and dry. It can even be the difference between a dangerous ordeal and a good story to tell your friends later. The stories in this first chapter should help prepare you for amazing adventures, rather than leading you down a dark and dangerous trail. Are you ready?



## CHAPTER 1

# SLIP-SLIDING MY WAY INTO HYPOTHERMIA

## ADVENTURE LOG

**LOCATION:** The extremely hilly Sognefjord, Norway.

**CONDITIONS:** At the top of the mountain, there is fluffy snow that could bury you up to your eyeballs! At the bottom, there is rain, rain, and more rain.

**GEAR:** Heavy winter coat and pants, and, as always, my trusty camera.

**MISSION:** Trek to the bottom of a mountain, where one wrong move could mean slipping off a towering cliff—and not moving at all would mean freezing.

**WHEN I CONSIDERED MY CLIMB DOWN THE HILL, I THOUGHT,** *No problem. I've climbed down hundreds of mountains and hills. This will be a walk in the park. I couldn't have been more wrong.*

There is really only one attitude that gets me in trouble when I am out in the wilderness, and it always starts the same way. I have a day or an hour or just a moment when I become overconfident. I'm not paying attention. I think nothing can go wrong.

This is a very dangerous way to think.