


# **Lost and Stranded**



**Expert Advice on  
How to Survive Being  
Alone in the Wilderness**

**TIMOTHY SPRINKLE**

Timothy Sprinkle

# Lost and Stranded: Expert Advice on How to Survive Being Alone in the Wilderness



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Lost and Stranded will answer these questions and many more by taking an inside look at more than two dozen outdoor hazards. Each one will include a narrative section that dramatizes the experience of a certain situation predicated on real-world occasions. Although these risks are generally popular, what's less understood by many adventurers is definitely what exactly happens for you when, say, you become malnourished in the backcountry. There are animal encounters, weather occasions (lightning strikes), parasites (giardia), biting bugs (bees/wasps), wintertime hazards (avalanches), organic disasters (forest fires), hypothermia, dehydration, disorientation, and much, much more to be worried about. What does it feel just like? How does the problem progress? How long perform you generally have prior to the body shuts down? What assists or hurts when you're fighting for survival? For anyone who spends amount of time in the backcountry, understanding not merely what types of dangers you can run into out there but also exactly what those risks can do for you is part of being truly a smart, up to date outdoor traveler. In Lost and Stranded, author Timothy Sprinkle reduces the perils that may befall hikers, hunters, and other outdoor aficionados. From there, info from expert resources?medical doctors, initial responders, wildlife experts, and others?will fill in the details around exactly how each scenario plays out on the ground, followed by suggestions on how to avoid or survive each risk aspect, making this book is an essential reference for outdoor travelers.



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I felt it had been well written and discussed all the hazards that you may encounter while walking. It will be a good reserve to read before you vacation I won this book on Goodreads. It will be a good reserve to read before you vacation.



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