



SURVIVAL METHODS IN NATURE

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FINDING AND FILTERING WATER

- Look for water in springs, streams, morning dew, or collect rainwater.
- Boil the water to eliminate bacteria and parasites.
- Use improvised filters (sand, charcoal, fabric) if you don't have a disinfection method.



FINDING FOOD

- Identify edible plants and fruits (beware of poisonous species!).
- Catch insects, fish, and small animals using traps.
- Avoid raw meat – cooking kills parasites.



BUILDING SHELTER

- Use natural shelters (caves, trees).
- Make an improvised shelter from branches, leaves, and grass.
- Place insulation from the ground to retain heat
- ... if you don't have a tent.



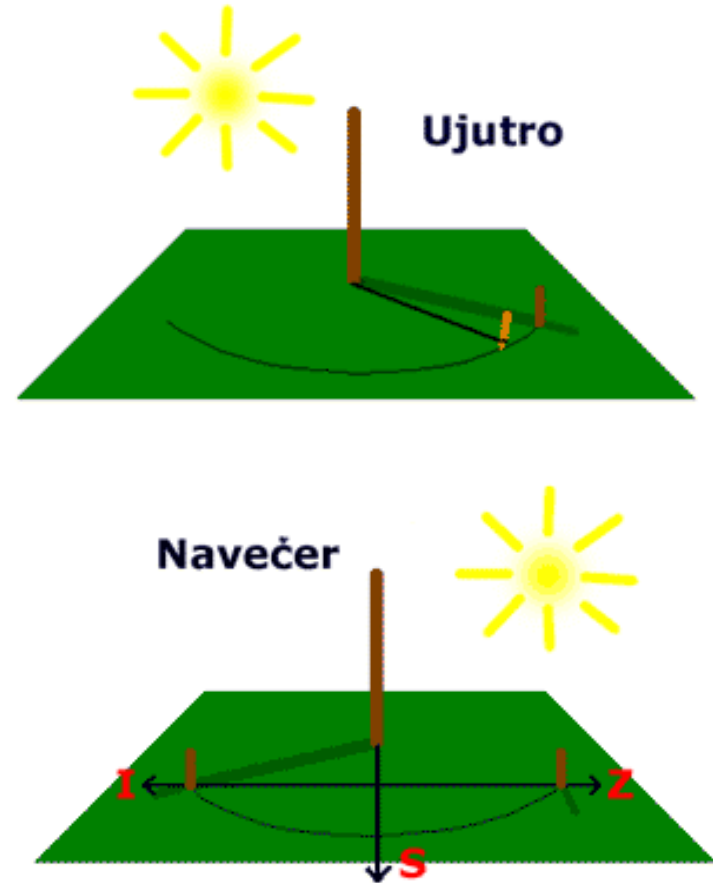
MAKING FIRE

- Use tinder (dry leaves, grass, resin) and friction (bow and drill, flintstone).
- If you have a lens, use sunlight.
- Fire is used for heating, signaling, and cooking.



NAVIGATION WITHOUT A COMPASS

- Follow the position of the Sun and shadows.
- At night, use the North Star in the Northern Hemisphere.
- Follow the river flow – it usually leads to civilization.



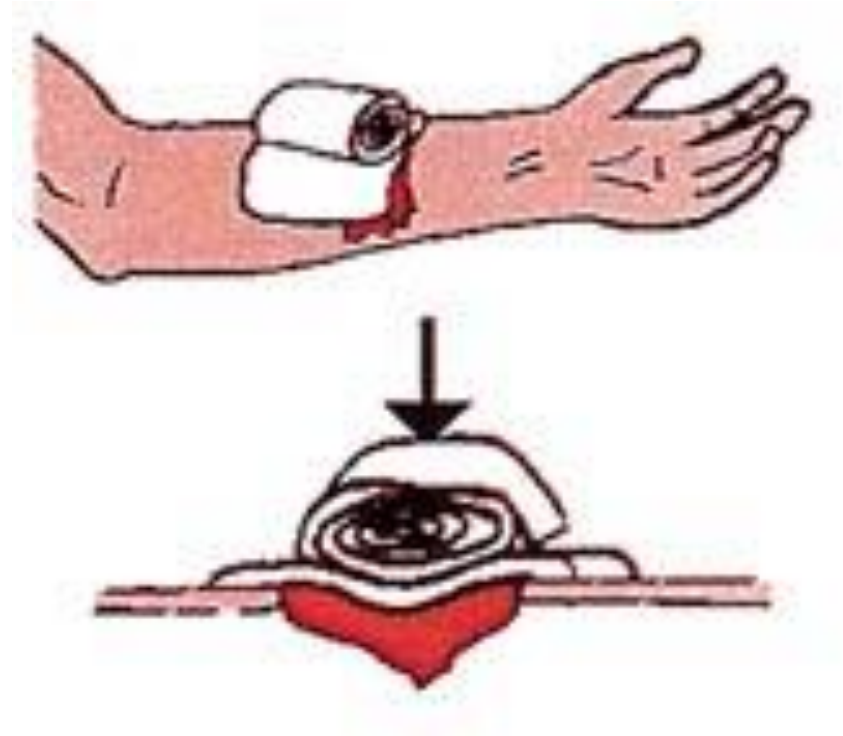
SIGNALING FOR HELP

- Make a smoke signal using fire and damp leaves.
- Create large ground markings (SOS with stones or branches).
- Use a mirror or light signals if you have a reflective object.



FIRST AID IN THE WILD

- Stop bleeding with pressure or a bandage made from clothing.
- Disinfect wounds with clean water and honey or plant sap with antibacterial properties.
- Make a splint from branches if immobilization is needed.



WHAT SHOULD ALWAYS BE IN A HIKING BACKPACK?

- Navigation and Communication Equipment

- ✓ Map and compass – don't rely only on your phone and GPS.

- ✓ Charged phone + power bank – must be fully charged.

- ✓ Additional signaling tools – whistle, reflective foil, or a signal mirror.



WHAT SHOULD ALWAYS BE IN A HIKING BACKPACK?

- Appropriate Clothing and Footwear
 - ✓ Waterproof jacket – mountain weather changes quickly.
 - ✓ Extra clothing layers – warmer clothes in case of temperature changes.
 - ✓ Spare socks and a hat – important for dryness and warmth.
 - ✓ Hiking boots – never go in regular sneakers.



WHAT SHOULD ALWAYS BE IN A HIKING BACKPACK?

- Food and Water

- ✓ Enough water (1.5–3L, depending on the hike duration).
- ✓ Water purification tablets or a water filter.
- ✓ Energy bars, nuts, dried fruit – lightweight but high-calorie meals.



WHAT SHOULD ALWAYS BE IN A HIKING BACKPACK?



- First Aid and Safety
 - ✓ Small first aid kit – band-aids, bandages, antiseptic, tweezers, painkillers.
 - ✓ Knife or multi-tool – for cutting branches, ropes, or emergencies.
 - ✓ Lighter and waterproof matches – for making fire in emergencies



WHAT SHOULD ALWAYS BE IN A HIKING BACKPACK?

○ Emergency Equipment

✓ Headlamp + spare batteries – don't rely on your phone as a light source.

✓ Emergency blanket (thermal foil) – reflects heat and protects from cold.

✓ Rope or paracord – multipurpose tool (gear repair, shelter construction).



THANK YOU FOR YOUR ATTENTION!

