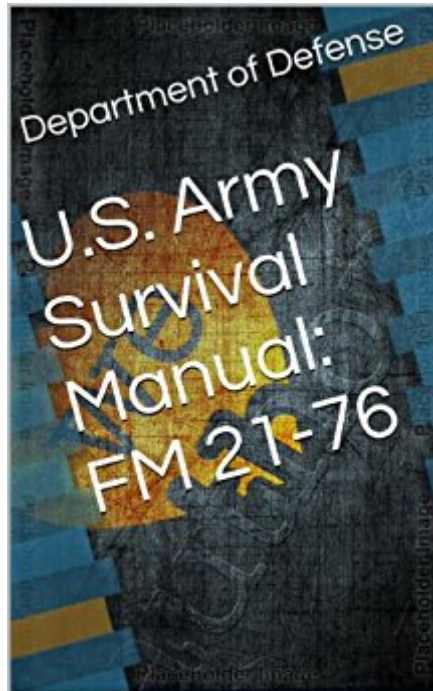


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# U.S. Army Survival Manual: FM 21-76



## Synopsis

Chapter 1 INTRODUCTION Survival Actions Pattern for Survival Chapter 2 PSYCHOLOGY OF SURVIVAL A Look at Stress Natural Reactions Preparing Yourself Chapter 3 SURVIVAL PLANNING AND SURVIVAL KITS Importance of Planning Survival Kits Chapter 4 BASIC SURVIVAL MEDICINE Requirements for Maintenance of Health Medical Emergencies Lifesaving Steps Bone and Joint Injury Bites and Stings Wounds Environmental Injuries Herbal Medicines Chapter 5 SHELTERS Primary Shelter • Uniform Shelter Site Selection Types of Shelters Chapter 6 WATER PROCUREMENT Water Sources Still Construction Water Purification Water Filtration Devices Chapter 7 FIRE CRAFT Basic Fire Principles Site Selection and Preparation Fishing Devices Cooking and Storage of Fish and Game Chapter 8 FOOD PROCUREMENT Animals for Food Other Expedient Weapons Cordage and Lashing Rucksack Construction Clothing and Insulation Cooking and Eating Utensils Chapter 9 SURVIVAL USE OF PLANTS Edibility of Plants Plants for Medicine Miscellaneous Uses of Plants Chapter 10 POISONOUS PLANTS How Plants Poison All About Plants Rules for Avoiding Poisonous Plants Contact Dermatitis Ingestion Poisoning Chapter 11 DANGEROUS ANIMALS Insects and Arachnids Leeches Bats Venomous Snakes Snake-Free Areas Dangerous Lizards Dangers in Rivers Dangers in Bays and Estuaries Saltwater Dangers Other Dangerous Sea Creatures Chapter 12 FIELD-EXPEDIENT WEAPONS, TOOLS, AND EQUIPMENT Staffs Clubs Edged Weapons Fire Material Selection How to Build a Fire How to Light a Fire Chapter 13 DESERT SURVIVAL Terrain Environmental Factors Need for Water Heat Casualties Precautions Desert Hazards Chapter 14 TROPICAL SURVIVAL Tropical Weather Jungle Types Travel Through Jungle Areas Immediate Considerations Water Procurement Food Poisonous Plants Chapter 15 COLD WEATHER SURVIVAL Cold Regions and Locations Windchill Basic Principles of Cold Weather Survival Hygiene Medical Aspects Cold Injuries Shelters Fire Water Food Travel Weather Signs Chapter 16 SEA SURVIVAL The Open Sea Seashores Chapter 17 EXPEDIENT WATER CROSSINGS Rivers and Streams Rapids Rafts Flotation Devices Other Water Obstacles Vegetation Obstacles Chapter 18 FIELD-EXPEDIENT DIRECTION FINDING Using the Sun and Shadows Using the Moon Using the Stars Making Improvised Compasses Other Means of Determining Direction Chapter 19 SIGNALING TECHNIQUES Application Means for Signaling Codes and Signals Aircraft Vectoring Procedures

## Book Information

File Size: 13337 KB

Print Length: 238 pages

Simultaneous Device Usage: Unlimited

Publication Date: November 19, 2013

Sold by:Ã Â Digital Services LLC

Language: English

ASIN: B00GY97VKI

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #211,674 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #69

inÃ Â Kindle Store > Kindle eBooks > History > Military > Weapons & Warfare > Weapons #70

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## Customer Reviews

This is an inexpensive, common sense survival manual, as opposed to some of the forty and fifty dollar manuals...not to say that many of them are not great. But those manuals usually presume you have already mastered the basic survival skills. If you grew up in the city, and you're not real in-tune with nature, it can save your life with down-to-earth tips. I would suggest this for a young city couple that are venturing out into the woodlands, hiking or camping, especially with small children, for the first time. It may be a bit over-simplistic to the seasoned hiker or camper, as it has a picture of a "frog" and a "crayfish." It does have valuable tips on identifying, and how to avoid, poisonous snakes, spiders, mushrooms (fungi), etc. The manual is also useful for tips on building a fire, constructing a make-shift shelter, and what to include in a rucksack for a short hike. Once read, you're not apt to qualify as a "Green Beret", but it may give you enough confidence to handle an otherwise unfamiliar situation calmly.

Some of the advice on mushrooms is a little dangerous. Great book overall. There is a lot of helpful information that covers a variety of climates.

Always a classic. Solid, useful information.

Brought back many great memories.

At first glance, I thought I was getting an updated ARMY FM. Then when I received my copy, the first thing I noticed is the male subject on the cover is in a Navy or Marine Corp. uniform. Then noted several bits of instruction written as if the reader is on the High seas. The material, although somewhat useful for a beginner, novice or expert survivalist will find only minimal information that is new.

So far I am loving the book it has really helped me understand many things even though it may be outdated it still has good points except for the snake bite part of it

Pictures were sketched making it really hard to learn what a plant actually looks like. So it would be hard to actually tell similar plants to each other

Get this original version, not the updated or condensed one. Quick shipping.

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