

FINDING DRINKABLE WATER IN THE WILD

If you find yourself stranded in the outdoors, one of the most important things for you to find is a good water supply. As a human, your immune system is a far cry from say a dog that thinks nothing of drinking from a muddy puddle, probably enjoying the added flavor.

FLIP OVER FOR YOUR NEXT CHALLENGE



EARN THIS NUGGET

Try harvesting water as shown in point four. For further information, research “transpiration water gathering,” and “making a solar still.”

LEVEL 1

PERIOD 6

TASK 4

So, we should have some key knowledge of how to find the water that is most likely to help us survive and not to make us sick. Because dehydration can get you within six hours of being without water, finding water is a priority. You always want to sterilize water before drinking it in the wild. However, in a survival situation, where this may not be a possibility, you may need to take a chance. If you do, there are sources that you know are statistically far safer than others.

1. First of all, to maintain good health you are going to need at least two quarts of water a day. Add the stress of exerting yourself and a hot or cold environment, this quantity can double or more. Yes, even in the cold, believe it or not.

2. As you look for water, animals are a good giveaway. They know where to find water, so they can be an indicator that it is nearby. Also, look for lush green vegetation, also an indicator of an active water source, as well as swarming insects and bird flight paths at dawn or dusk.

3. If you find a muddy area, you can dig deeper for more water. A hole around twelve inches wide and twelve inches deep may, in a short time, fill with albeit muddy water. Filter this through some cloth and it should be drinkable. It's a far cry from Perrier, but it has been filtered by the ground, so should be safe. (I wouldn't try it myself unless I absolutely had to, of course.)

4. You could try collecting water. If you have access to plastic sheeting you can use two methods. One would be to wrap it loosely around a bushy, nonpoisonous tree branch and angle it down by weighing it with rocks. Overnight you'll collect water inside that. The other option is dig a large hole and place the plastic over it weighing with rocks to keep it in place. Make a hole in the center with a can to catch water and you'll collect dew as well as rain water.

5. Not all water you find is equal. Avoid stagnant standing water, lakes, and so on. The faster and shallower running water is the safest. Also, springs are a safe bet, the rocks are naturally filtering that water. The worst scenario you could have is a dead animal upstream.

