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# HOW TO SURVIVE THE JUNGLE

#### water

The jungle is wet so it will be easy to find water. if you have a containment vessel then collect rainwater and also leaves that have water on them from the rain. However don't scoop water from the river this will contain bucketfuls of bacteria and dirt and it wont be good for your stomach.

## Finding food

- Unless you have food already you'll need to find it on your own. Insects, fish, plants and fruit can be edible but you need to be careful so avoid:
- Plants with thorns or shiny leaves
- If it tastes bitter or soapy then spit it out
- Avoid plants that have leaves in groups of 3

#### shelter

When choosing where to build your shelter make sure that you stay near to a source of water and avoid dead trees and cliffs you can create a shelter by using sticks foliage rope and anything you have with you. And remember to stay resourceful

### Danger to look out for...

- Mosquitoes are a nuisance in Europe but they can be deadly in the jungle
- Plants can be a good source or nutrition but they can be poisonous, most will make you sick but some are deadly to the touch.
- Animals may look cute but don't touch them or you could suffer the consequence.