

Fishy business

– DIY fish trap

Mountains and forests are usually wet, which means lots of rivers and streams. Freshwater fish make for brilliant eating. A good way to catch them is to make a simple fish trap. You can make one at home, and try catching a fish in your nearest stream (so long as fishing is allowed there).

- 1 Cut the top off a large plastic bottle, about a third of the way up.

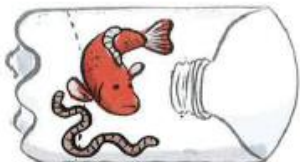


- 2 Put some bait in the bottom part – you could use a worm or insect.



- 3 Turn the top half around and stick it into the bottom half. Make sure the cap is off!

- 4 When a fish swims through the narrow neck of the bottle to get the bait, it won't be able to find its way out again.



- 5 Put the bottle in the stream in a good spot – at the outside of a bend, in the shade of the overhanging bank. Keep it in place with rocks and sticks.

How to wrestle a crocodile

Crocodiles and alligators were here before the dinosaurs. They are full of teeth and horribly strong, but they do have weaknesses. If you're attacked by an alligator or a (smallish) crocodile you can fight back!

- 1 Distract or blind the croc. You need to get on the croc's back, but you could end up jumping in its mouth if it's not distracted – get someone else to wave and shout at it. If you're on your own, throw your t-shirt over its eyes.



- 2 Jump on its back. Aim for its neck, just in front of its front legs. When you land on it, push its head down – it can't do much while its head is on the ground.



- 3 Lift up its back legs. Use your legs to pin the croc's back legs to its side while keeping its feet off the ground. This will stop it from rolling over on you.



- 4 Blind the croc. Slide one hand down the middle of its head until you're covering the eyes; it will pull them back into its head. Press down.



- 5 Hold its mouth closed. Slide your other hand around its bottom jaw line and clamp its mouth shut. Now bring your other hand down to hold the other side shut.



- 6 Pull its head back. Pull the head up and towards you. When the croc's head is pointing up, it is at your mercy.



Get a friend to tape the croc's mouth shut. No friend about? Oh dear...

What to do if you are bitten

Don't panic! Most snakes are not venomous, and even venomous ones don't always inject you with venom when they bite.

- Remember what bit you – you need to describe the snake so you get the right antivenom.
- Apply a wide pressure bandage over the entire limb.

- Lower your arm/leg – keep the bite below the rest of your body to slow the spread of venom.
- Stay still – if you're with someone, send them to get help, while you stay as still as possible. This will help keep your circulation slow and slow down the spread of venom.
- Drink lots of water.



What snake is that?



Send for help



Drink water

Basic lean-to shelter

1. Choose a location.
2. Stretch the poncho out to measure the area of ground to clear.
3. Move the poncho away and clear the area of debris.
4. Attach a strong string or rope between two vertical posts or trees about 60 cm off the ground (this will depend on the size of the person).
5. Attach one of the longer sides of the poncho to the rope – tie with string using the grommets to help.
6. Attach the other long side of the poncho to the ground. Secure using a tent peg or stake through the grommets, keeping it taught and closing the hood if necessary.