

# Water

## A KEY TO SURVIVAL



# URGENT!

- *Water is one of your most urgent needs in a survival situation. You can't live long without it, especially in hot areas where you lose water rapidly through perspiration. Even in cold areas, you need a minimum of 2 liters of water each day to maintain efficiency.*

# 3/4 of your Body is Water

- *More than three-fourths of your body is composed of fluids. Your body loses fluid as a result of heat, cold, stress, and exertion. To function effectively, you must replace the fluid your body loses. So, one of your first goals is to obtain an adequate supply of water.*

# Sources of Water



- Snow and ice
- Ground water
- Cacti
- Rivers
- Streams
- Lakes
- The ocean

# Water from tree stumps

- Banana or plantain trees contain lots of water in the stumps
- This can actually be enough water for someone to live for up to four days!

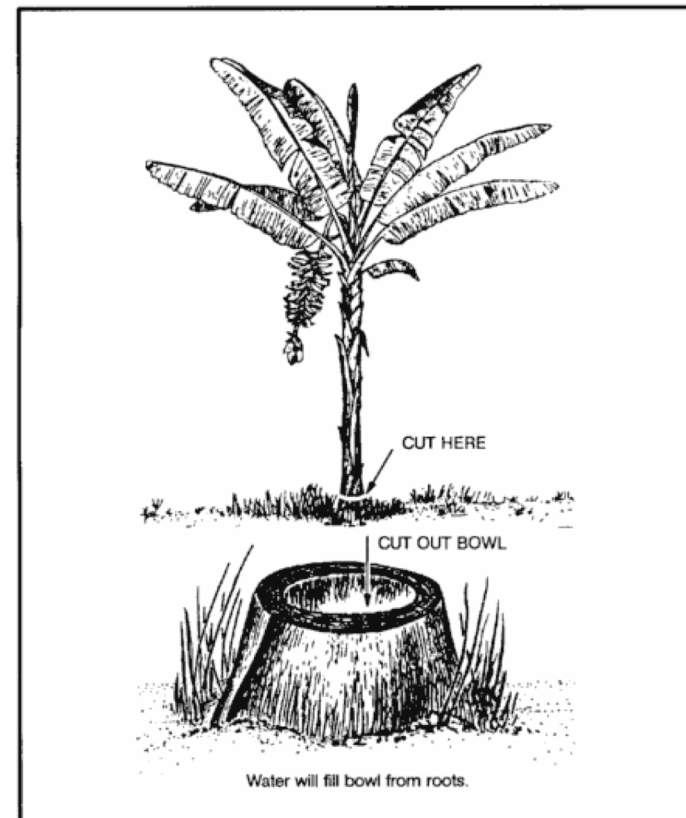


Figure 6-4. Water from plantain or banana tree stump.

# Water from vines

- Tropical vines can give you water
- Cut notches high up on the vines and let the water in the vines dry out
- Like most other water sources, boiling will help it taste better and be purified

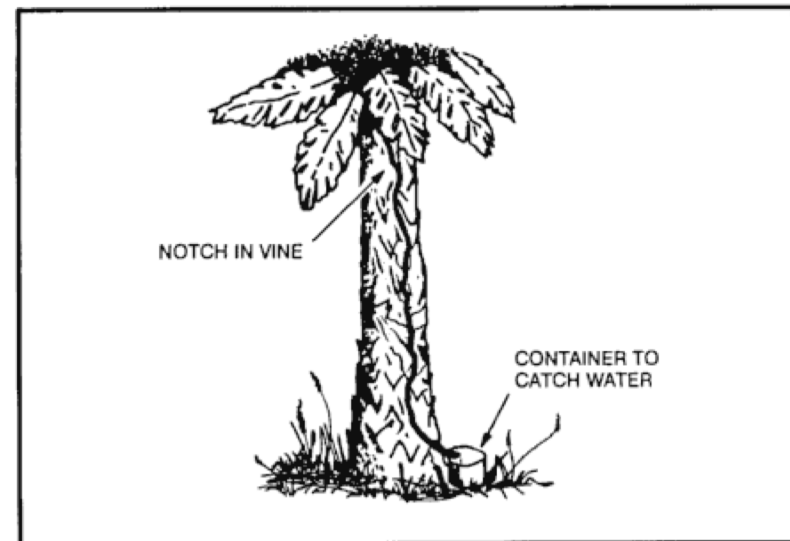


Figure 6-5. Water from a vine.

# Solar Stills

- Dig a large hole
- Fill with fresh plants (even your own urine)
- Place a cup on the inside of the still hole on top of the plants
- Cover the hole **AIR TIGHT** with plastic sheeting and make a depression (like a cone) with a rock.



Solar stills are not foolproof methods of providing water and should not be relied upon as a primary means to get water.

# How does it work?

- Water inside the still heats up with the sun
- As it heats, it evaporates and rises and hits the underside of the plastic sheeting
- It rolls down the sheeting and drips into the cup
- This water is perfectly purified because it has gone through the water cycle

