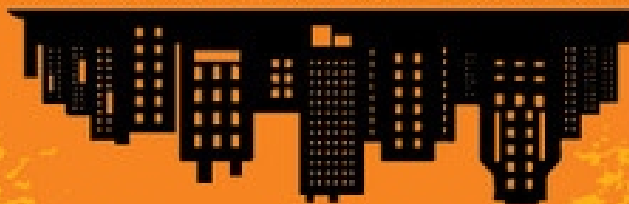


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Autorzy „Sztuczek survivalowych”  
prezentują:



# VADEMECUM SURVIVALOWE



**DOWIESZ SIĘ M.IN. JAK PRZETRWAĆ:**

- w lesie
- w górach
- w mieście
- w wodzie
- pożar
- uwięzienie

Paweł Frankowski    Witold Rajchert

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The survival vademecum by Paweł Frankowski and Witold Rajchert is the first book written and adapted to Polish realities and geographical conditions. The textbook covers issues of forest survival, urban survival, bushcraft and elements of military training SERE (survival, avoidance, resistance, escape). The Vademecum is aimed at both beginners and experienced survivors. Content The book consists of six chapters 1. issues of equipment and clothing selection as well as legal aspects related to camping and lighting bonfires 2. safety and weather issues 3. first aid, and psychological aspects of survival 4. forest and mountain survival 5. survival in the city 6. elements of the SERE military survival From the book "Vademecum survival" you will learn, among others, how to: avoid dangerous situations, make a fire in the rain, survive a frosty night in the mountains, filter the water with branches predict weather changes, get out of the ice hole and what steps to take next, help yourself create natural aspirin react during assault, survive city riots, eat a meal without cash survive imprisonment and escape hang tarp creatively (i.e. create shelter from rain, wind, cold). Additional information authors: Paweł Frankowski and Witold Rajchert ISBN 978-83-953799-0-1 format: 19.5 x 12.5 cm binding: soft volume: 296 pages year of publication: 2019