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CHAPTER 1

THE WILL TO LIVE

Frostbitten fingers dig into the cold ground. A woman crawls out of a wrecked plane. No one else is alive. Alone, she shivers in the snow. The woman pushes herself up. She takes one shaky step. It is her first step toward survival.

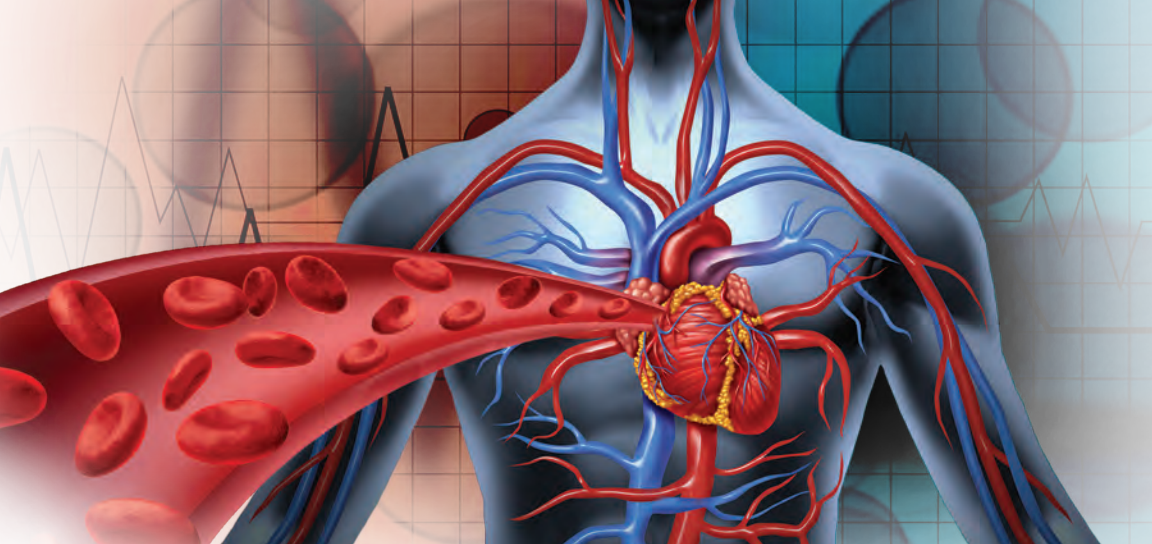
Anyone can end up in an unexpected situation. Hikers fall in the wilderness. Storms put people in danger. A boat sinks at sea. To survive these events, basic needs must be met. Survivors need enough air to breathe. Water and food are required to power the body. Shelter is needed for protection.



Meeting basic needs keeps the body alive. But survival is also mental. Staying positive is important. Many survivors think about loved ones. This keeps them going.

No matter what, survivors don't give up. They think through their problems. Focusing on small goals helps. **Resourcefulness** is key. Survivors push themselves. Only then can they make it out alive.





SURVIVAL EXTREMES

The human body has limits. It follows the “rule of threes.” Humans can go three minutes without air, three days without water, and three weeks without food. Any longer and people might die.

Sleep is also essential. Eight to ten hours a day is best. Most people can go three days without sleep. But they cannot think clearly. Accidents can happen.

Humans also need steady temperatures. Normal body temperature is 98.6 degrees Fahrenheit. Below 70 degrees, the body begins shutting down. People can die. Heat can be harder to handle. More than ten minutes in 140 degrees can lead to deadly injury.



CHAPTER 2

THE SEA

Oceans cover 71 percent of the earth. People like to go boating and fishing in these salty waters. Others work on ships. Sometimes a trip goes wrong. Now these people must fight for their lives.

It was 1983. Tami Oldham Ashcraft and her fiancé, Richard Sharp, had a job. They were hired to take a boat from Tahiti to San Diego. This should have been an easy trip. Both were experienced sailors.

Three weeks in, a hurricane hit. Ashcraft was knocked unconscious in the storm. When she woke, her fiancé was gone. Alone, injured, and in shock, Ashcraft kept going. She rigged the broken boat as best she could. Using only her watch and a sextant, the sailor navigated the open sea. After 41 days, she made it to Hawaii. In 2018, Ashcraft's incredible story of survival was made into a movie titled *Adrift*.



TAMI OLDHAM ASHCRAFT



Amanda Thorns was a sailor. She was crossing the Atlantic Ocean in 2010. Her father and a friend were with her. There was a very bad storm. Waves swelled to 30 feet. Then something terrible happened. Ropes from the boat tangled around Thorns's father. He was swept into the sea and lost.

Thorns wanted to give up. Instead, she and her friend fought to survive. Eventually, the seas calmed. But the boat's engine and mast were broken. The two survivors made repairs. A new mast and sail were built. After 12 days, a ship rescued them.





In 2015, Louis Jordan went on a fishing trip. He sailed from South Carolina. During the night, stormy weather hit. The small boat flipped over. His family became worried. They reported him missing. The **Coast Guard** searched but could not find him.

Jordan's boat righted itself. He stayed inside to keep out of the sun. There was enough canned food for the first few weeks. After that, Jordan fished and drank rainwater. Two months later, a German ship found him. He was 200 miles from the North Carolina coast.

GLOSSARY

AIRLOCK

a room on a spaceship with two entrances that can be sealed tightly to allow no air to leave

BEACON

a bright light or radio signal used to call for help

BIOLOGIST

a scientist that works with living things like plants and animals

COAST GUARD

an organization that guards the waters just off of a country's land; provides help for people in trouble at sea

DEBRIS

broken pieces left after something is destroyed

FORAGE

to search for food

GORE

to stab with a horn or tusk

HOSTAGE

a person captured by another person who wants something in return

HYDRATED

having enough waters

HYPOTHERMIA

a condition in which a person's body temperature is too low