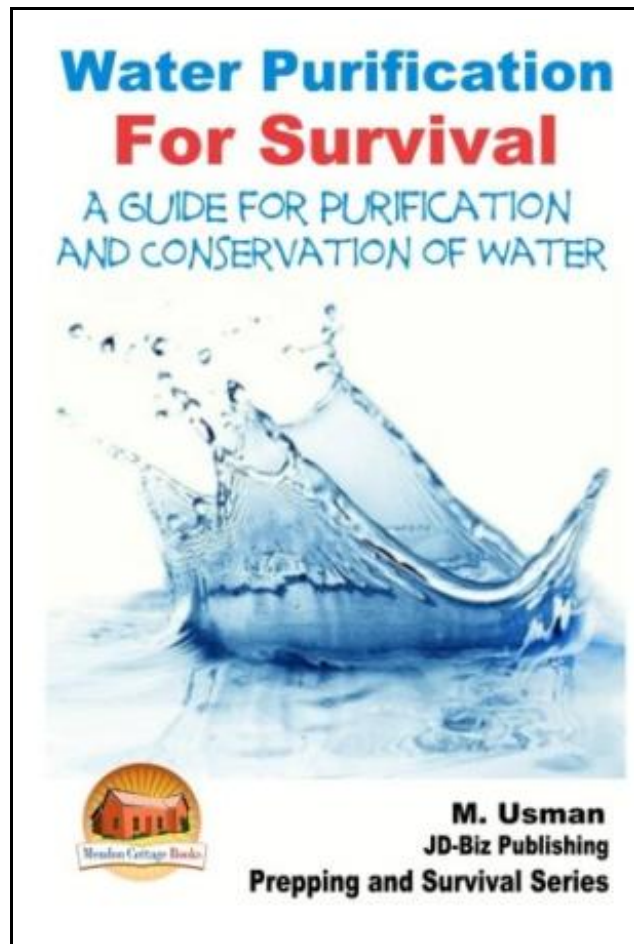


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Createspace, United States, 2015. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****.Table of Contents Preface Introduction Chapter 1 - Collecting water Discerning Filtration and Purification Chapter 2 - Filtration Techniques Building a water filter Chapter 3 - Purification techniques Boiling Filtration or purification pumps Purification drops and tablets Make an evaporation trap in the ground. Turning urine and salt water into drinkable water. Solar still Chapter 4 - Choose Your Snow Wisely How to melt snow the right way Does the water from snow need to be purified? Chapter 5 - Different Approaches to Hydration Chapter 6 - Minimising Water Loss Conclusion Author Bio Publisher Introduction Nothing, I repeat nothing, is more important than water for humans to live on this planet (well excluding oxygen though that s obvious). Your body is made up of around 60-80 water and you cannot hope to continue performing your daily chores with the same efficiency if you don t find enough water. Certainly the amount of usage of water varies depending upon the climate and activities you are involved in, but its presence is always required. In a moderate climate with low levels of activity, approximately 2 liters of water is required daily for a 160 lb person. Certainly when the climate changes or the level of activity turns to exercise, you need to increase this amount simultaneously. The first sign of dehydration may be discerned through the color of the urine. A normal hydrated body produces a pale yellow color, but a dehydrated body produces urine that is darker in color. To make sure that the body doesn t dehydrate you need to not only meet the required quantity of water, but you also have to make sure that the water...

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