

The image features a man in a dark blue jacket and green sunglasses standing on a snowy mountain slope. The Bear Grylls logo, a stylized orange 'X', is positioned to the left of the text 'Bear Grylls' in a bold, black, sans-serif font. The background shows a vast, snow-covered mountain range under a clear blue sky.

**X** Bear  
Grylls

## Please Remember Can Do Formula

**Positivity**  
**Resourcefulness**  
**Courage**  
**Determination**  
**Faith**



Survival hurts but it also rewards. Remember, the more you commit to survive and the more you are prepared to do the difficult, the greater chance you have to stay alive. Above all, the survivor has to embrace that never say die spirit and never give up. You can do it!

Here are the key attitudes that you will need to commit to in order to survive.

Together they make you strong and effective. I remember them with this phrase:

## Please Remember Can Do Formula

This stands for positivity, resourcefulness, courage, determination, and faith.

### Positivity

The best way to tackle both life and the wild is with total focus, commitment, and enthusiasm. Understanding that we can determine our own feelings and focus on positivity and gratitude at all times. This attitude changes everything.

## Resourcefulness

Use what you have around you whether it be a tampon as kindling for a fire, gaffer tape for patching up a wound or a sock for filtering water. Survival takes resourcefulness and ingenuity; using what you have around you and thinking your way around a challenge calmly. Be resourceful and ingenious with the mundane.

## Courage

As the founder of Scouting once said back in 1905: "Never say die until you're dead!" Don't let the situation beat you. Summon up the courage from deep inside you to face tough moments head on. Don't run from your fears but face them. They will often dissolve before you. And remember, courage isn't the absence of fear but the ability to do the difficult, despite the fear and emotion and to press on.

## Determination

As Winston Churchill once said: "When you're going through hell, keep going." This is the very heart of survival: tenacity, determination, persistence, perseverance. It's all the same thing. It's having the guts to keep going and to never give up.

Remember storms make us stronger. Embrace that.

Don't be afraid to fail. Failure is in truth only failure when we stop trying.

## Faith

For me, I try to live by the motto of having faith in myself, faith in each other and faith in the Almighty. This has provided light to a dark path and strength to a failing body and I never underestimate the power of faith. I have seen it in others and experienced it many times.

Faith can move mountains, overcome challenges and help you survive even when you think you're ready to give up. It's about finding that light within and the courage to carry on.

## Please Remember Can Do Formula

Protection

Rescue

Water

Food



The other side of survival is the practical application of key priorities. Remember that we stay alive largely due to good decisions, calmly thought through and delivered at the right time.

Survival scenarios often happen when people are faced with a difficult decision. They act in haste with a panicked decision that makes a difficult situation into a full-blown disaster. So take your time, think rationally and calmly to make smart decisions.

Here are the key factors to remember when making those decisions. Act in accordance with these priorities and you stand a strong chance of making it out alive. I remember this with the phrase:

## Please Remember What's First

This stands for protection, rescue, water, and food.

## Protection

In a survival situation, your immediate protection is always the first priority, whether it be from a wild animal, rising river level or a sub-zero snowstorm. If the immediate danger kills you, then the rest of survival is academic! So act smart, act fast and protect yourself as best you can. Remember, be resourceful, be decisive.

Wet windy conditions are often the most dangerous as they sap the heat from your body. Conversely, the heat of the midday sun in hot climates will fry you fast if you don't protect yourself. Take shelter from both extremes. Move at night in the desert if you can. In cold climates insulate yourself from the ground and get out of the wind.

## Rescue

Next up is always going to be setting yourself up for rescue. It's no good just being safe if you are never found. So make yourself highly visible for any emergency services searching for you. Thick plumes of smoke can be created from a large fire covered in wet leaves; improvise a flag with a branch and spare clothing on a high point or mark a giant SOS out in the sand or with rocks.

Mark where you have already been and in which direction you are travelling if you are moving. Use your imagination and put yourself in the mind of the rescue services. Help them find you.

## Water

You can survive for a couple of weeks without food but only a couple of days without water so it is vital that finding water is a key priority in a survival situation.

It's always best to boil the water if you can before drinking in order to kill any parasites or bacteria. Fail to do so and you risk diarrhoea and vomiting, both of which will further dehydrate you so work hard to make a fire to be able to boil your drinking water.

Again, be resourceful about

sourcing drinkable fluids. Try wrapping any absorbent clothing you have around your feet and walking through the vegetation in the early morning. Once the fabric has become saturated with the dew, you can ring it out into a container.

When it rains, work fast and hard to collect and store as much as you can. Be imaginative with how you harvest it.

Finally, preserve the water in your body. Take steps to sweat as little as possible – consider your water like life.

## Food

Food is obviously a key part of survival but don't eat if you don't have sufficient water as this will just further dehydrate you.

Reptiles, insects, and birds are your best bet in terms of food source. Make bugs, grubs, and worms your friend when it comes to food. Scavenging is generally much more efficient than hunting big game. Small ground game like rabbits and squirrels are relatively easily snared if you think smart.

In the open seas, generally most fish is edible, it's the fish close to the shore you need to be careful of. All freshwater fish are edible.

3 key ways to preserve food: air dry using the sun, smoke the meat over the fire & salt the meat; one of the oldest techniques.

For plants, make sure to do the 6 stage edibility test if you're unsure – look at it, smell it, do a skin contact test, dab a small bit of the plant on the inside of your lips, chew a bit of it and finally eat a small amount.

 **Bear  
Grylls**



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