

Paul Kirtley's Blog

Wilderness Bushcraft • Survival Skills • Outdoor Life

The greatest threat in the wilderness?

One of the aims of my blog is to help people venture into wild places and enjoy those places as safely as possible.

Part of this is being honest and realistic about what the risks are. Having your eyes open is a key part of preparation.

Every year people die of hypothermia or in hypothermia-related incidents.

Hypothermia most commonly takes hold when people are not prepared for it.

They are often ill-equipped or dressed in inadequate clothing.

Often people associate hypothermia with the winter whereas, in fact, hypothermia can kill at any time of year.

A survey published in the Wilderness and Environmental Medicine states "*Cases were almost equally distributed between summer months [May-October] and winter months [November-April]*".

At pretty much any latitude, at any time of year, hypothermia is a risk.

Even experienced outdoors men and women have succumbed to hypothermia.

Given hypothermia is one of the greatest hazards in the outdoors, it is essential we all make an effort to understand what brings it about and how to avoid it.

I care about my readers and I would like all of you to have a good knowledge of hypothermia.

If you haven't already read [my article on hypothermia](#) then I would encourage you to do so.

But I appreciate people don't always have the time to read long articles.

Besides, reading an article about hypothermia is not as much fun as lighting fires or swinging an axe.

If you don't have time to read the full article, maybe you could do me the favour of reading the last paragraph entitled "**How to Avoid Hypothermia**"?

You can go straight to the article with the following link:

[Creeping Death - Hypothermia and How to Avoid it.](#) www.paulkirtley.co.uk

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