



In extremely cold places, it is important to know the 30–30–30 rule. When the temperature drops to  $-30^{\circ}$  Fahrenheit, in a 30 miles per hour wind, your flesh will start to freeze in just 30 seconds.

Forget your gloves when you go outside and you could lose your fingers!

The wind makes cold temperatures feel even colder. This is called “wind chill”.

### **DID YOU KNOW?**

Mittens keep your hands warmer than gloves. Do you know why?

*The answer is on page 48.*

**TRUE  
STORY**

## Sir Ranulph Fiennes

Even great explorers sometimes get into trouble. Sir Ranulph Fiennes lost part of the fingers on his left hand after he got frostbite while trying to reach the North Pole on foot in 2000. His sledge fell through the ice and he took off his glove to drag it out.



*Sir Ranulph Fiennes*



*... and his  
frostbitten fingers*





Without water, you will probably die within a week – or faster in extreme heat.

Your body loses water all the time, through breathing and sweating, for example.

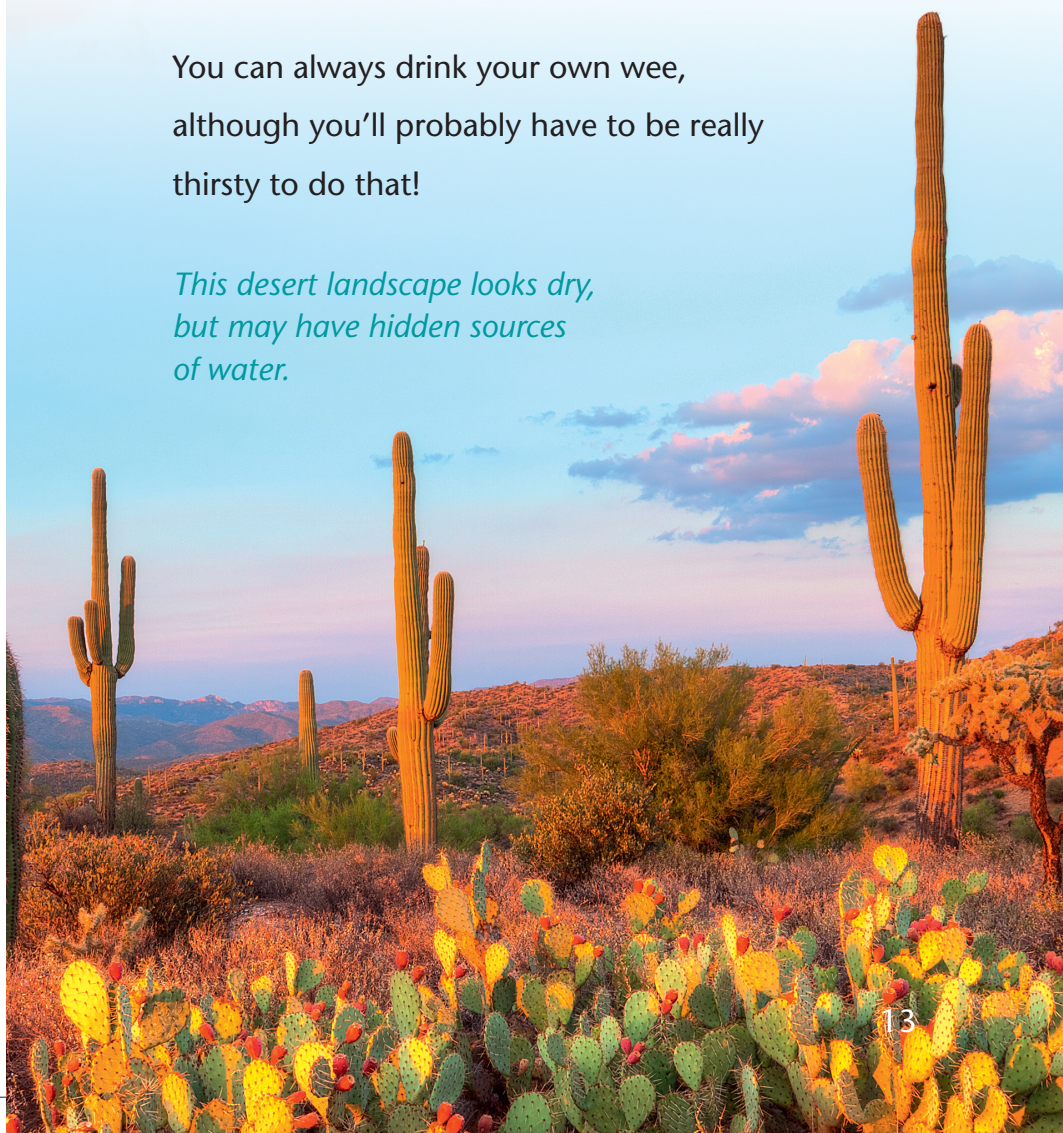
Water can be found in most places, but you need to know how to get to it. Keep a look-out for birds or insects, which will be near water, or look under stones where a little water might collect.



There may also be water deep underground, or inside a plant. Cacti may look tempting, but only some types hold water that is safe to drink. If you're going to a desert, it's a good idea to find out which ones they are.

You can always drink your own wee, although you'll probably have to be really thirsty to do that!

*This desert landscape looks dry, but may have hidden sources of water.*







**SURVIVING THE**

# **HEAT**

## **Death Valley**

This is Death Valley, in the United States. The highest temperature ever recorded on the Earth's surface was measured here 100 years ago. It was an amazing 134°F (57°C). Temperatures rise so high because the air is very dry.

## **DID YOU KNOW?**

In Death Valley, people sometimes say it's so hot you could "fry an egg on a car bonnet".