

Prepare! for Survival

Video Transcripts

Prepare for Survival! Video Part I

Alex

Hello! This is 'Prepare for Survival'

Christina

The show where contestants go into the wild and survive against the elements.

Alex

Later today, you'll board a plane to a desert island – which will be your home for the next 14 days.

Christina

The weather on the island can change from hot and dry to warm, wet and windy. And watch out for predators who might try and eat you!

Alex

But don't worry! We're going to show you a list of 15 items. You must choose 5 to help you survive. If you are in a group, then choose 5 to share.

Christina

Water won't be a problem. You'll be given all you need. But food only for the first day. The rest is up to you!

Alex

So let's get started! Here is the list of items for you to choose from.

Christina

A hammock and mosquito net. A hammock stops you sleeping on the ground. And the net protects you from insects. If you're in a group you'll get one each.

Alex

Windproof and waterproof matches. These burn for over ten seconds and work in wind and rain. They continue to burn even if you drop them in water!

Christina

A survival blanket. This traps air and stops you getting cold. Again, if you're in a group, you'll get one each.

Alex

Dark plastic sheeting and a rope. These are great to make a quick shelter.

Christina

A knife. Very useful to cut branches, prepare food and defend yourself against wild animals.

Alex

A torch & spare batteries. There are no street lights so a torch helps you see in the dark.

Christina

Insect repellent. Keep insects away and don't let them bite you. This can be nasty and make you sick.

Alex

A hat, sun protection cream and glasses. All useful when it's hot.

Christina

A cooking pot. Thinking of cooking? You need one of these.

Alex

A first aid kit. Bandages, plasters, tape and antiseptic in case you hurt yourself.

Christina

A fishing rod and bait. Useful to catch dinner – but only if you know how to fish! Otherwise you'll go hungry...

Alex

Waterproof clothes. They'll keep you dry in rainy weather.

Christina

A trapping kit. When you're hungry, small animals are tasty....Catch them with one of these.

Alex

A mobile phone. Do you have one? Can you survive without it?

Christina

And a mirror. Use this to send signals, or even to check your hair....

Alex

So how will you survive?

Christina

Choose wisely. Your life depends on it!

Prepare! for Survival

Prepare for Survival! Video Part 2

Alex

Hello! Welcome back to 'Prepare for Survival.'

Christina

So how did you get on? Which 5 items did you choose?

Alex

In a survival situation, some items are more important than others.

For each item you're given a score of 5 points, 3 points or 1 point. The higher the score, the more important the item.

So here goes...

Christine

As the island is either hot and dry or warm and wet, you'll need to spend a lot of time under shelter staying dry from the rain and shaded from the sun. Protect yourself against wild animals and insects: build a shelter and make a fire. **Score 5 points for each of the following:** a knife, a dark plastic sheet, hammock and mosquito net, matches and sun protection. If you chose any of these, well done!

Alex

Food is important but fruit is available. It's good to keep busy and to eat lots of different things.

Score 3 points for each of the following items: a cooking pot, a fishing rod and line, a trapping kit, a torch to see in the dark when you're away from the fire, and a first aid kit for small cuts to stop infections.

Christina

The following items are the least important. **Score just one point for each of the following:** Waterproofs and survival blanket – you already have the shelter to keep dry and out of the sun and you'll dry quickly if you get wet, so these aren't much use to you. Insect repellent – you already have a mosquito net. Mobile phone – this probably won't work. You could use it as a compass but only until it runs out of battery! And the mirror – this is valuable to send signals for help, but you don't need to be rescued!

Alex

So work out your score

Christina

And see how prepared you are, for survival!