**MALEGGRAMS | Escapes**

**MH POSTCARD**

**WISH YOU WERE HERE:**

**Zanzibar**

**THE SPICE ISLANDS**

*What* A handful of tropical islands off the east coast of Tanzania.

*Why* Dolphins, diving, snorkelling, sport fishing, crumbling ruins, sailing, reef walking and warm crystal waters.

*When* June to August is high season – so everything is more expensive. If you like your holidays hot, go December to Mar. If wet, go April to June.

*Where* Chumbe Island for the ultimate in eco-friendly accommodation, Kendwa Rocks for chilled out backpackers or Mnemba Island Lodge for honeymooners (rated one of the three most romantic places in the world).

How SAA has deals till 30 September. Jhb/wg – Zanzibar return: R1 500*

Cape Town – Zanzibar return: R2 740*


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**SURVIVAL SCHOOL**

**BY SURVIVAL SPECIALIST GARTH HATTINGH**

**Tasty Termite Tramezzini**

**DON’T BUG ME!** Stuck in the Kalahari with no food and vanishing water supplies? Find a termite mound and score a nutritious meal.

Termites are regarded as delicacies in many African countries, and 10 million Africans can’t be wrong. The mite can be eaten raw (avoid those jaws on your tongue), but are best lightly roasted or in a soup. Cut flat bread into a triangular shape to make it a tramezzini. Where you get flat bread in the Kalahari is up to you.

- Break off a small piece of an active nest (put an ear to the mound to listen for termites).
- Poke a grass stem or twig into a tunnel, leave for a few seconds and remove.

**PLAN A**

- Place the termites on a flat stone over coals or a fire.
- Use a blunt stone to “mash” into a paste.
- Eat as is, lightly roasted; or add water to form a soup.
- If this does not glean enough termites, break off a large piece of the nest and place it in the water.
- Remember – these nests take decades and so don’t do this unless you’re desperate for food.

**PLAN B**

- Boil the termites. Remove the wings first if they are of the flying variety.
- Termites add excellent tart and tasty protein to any stew.

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**Baggage Check**

What airline allows the most baggage? Travelling to North or South America on any airline, you are allowed the two-piece system, not over 32kg each. Other destinations allow 20kg checked luggage and 7kg hand. Sporting gear and a really grumpy check-in clerk are a problem. When paying up to US$150 per kg excess, some sweet talk, or carrying extras in packets and pockets becomes worth it.

**Climb the Ladder**

I want to cure my fear of heights before a corporate rock-climbing weekend. Any suggestions?

First, understand that the equipment is unbreakable and safe. Second, tell yourself the hardest part is stepping over the edge. Do this with feet apart, backside pointing out to the blue yonder and inch the rope with your hand slowly. Don’t ever look down and no MacGyverisms, or SAS helicopter tactics, just walk down slowly.

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**Sick of Heights**

How do I find out if I’m susceptible to altitude sickness? What’s the minimum altitude you have to go before you get it?

If you have spent as much time at altitude as I have, you get to know your body well. Some acclimatise better than others. Acute Mountain Sickness (AMS) is most common with symptoms of headache, loss of appetite and a “hangover” feel. The initial acclimatisation barrier is 4 000m for most. If you stick to the rules of drinking three litres of water a day and climb slowly, the chances of contracting AMS are minimised. Kilimanjaro is a safe way of getting to 6 000m.
**MALEGGRAMS | Escapes**

**Costa Rica**

**What** A country in the Latin America.

**Why** Wildlife, wildlife everywhere. Come here to see black Howler monkeys, iguanas and poison dart frogs.

**When** November to March: A little damp but for倒霉 homes there’s the Green season.

**Where** The world’s largest rainforest, Arenal volcano active in 1968 and still bubbling away.

**Sports** White-water rafting, surfing, fishing, canopy tours, walks or luxury lifts.

**How** Flights from Cape Town and Johannesburg to San Jose start at R9 200. Try to go in South America, Through the US it’s about R600 for the Argentinian Planet Visa. Visit www.flightcentre.co.za.

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**Survival School**

**Abandon ship!**

**REMEMBER THE TITANIC?** You abandoned that god-awful movie with no trouble, right? Well, here’s how to do the same for your booze-cruise gone wrong. A bad landing from 2m into water could be fatal, so follow the tips below to keep yourself in one piece.

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**STEP 1**

- Fasten your life jacket tightly around your waist.
- Do not inflate your life jacket if the jump is over three or four metres high.
- Hold it tightly with one hand.
- Check the water below for lifeboats, swimmers and debris.
- Take a deep breath.

**STEP 2**

- Try to keep your body upright — if you tilt forwards, pull your head back; if backwards, push your head forwards.
- Keep your arms tightly against your sides.
- Angle your toes downwards and try to enter the water with a “pin drop” style.

**STEP 3**

- As soon as your head is under water, strike out for the surface.
- Inflate your life jacket as soon as you surface.

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**Snap Their Souls**

Locals always want a copy when I take their photo, what’s the answer?

Digital cameras might have made travel photography economical, but pics are difficult to print on the move. It’s inexpensive to e-mail the picture once you’re back home, but if the locals aren’t the kind of folk who have broadband, print it immediately with the Canon iP1000 digital camera printer. Available for R1 300 from www.digitalplanet.co.za.

**Respectful Dressing**

In which societies should my girlfriend cover up her skin and hair out of respect?

Islamic women in Africa and the Middle East are expected to cover their bodies, with only their hands and face exposed. Out of respect for the locals, no bare legs and arms is essential. “Hijab” is the Arabic term used to describe the attire worn by Muslim women and also covers (no pun intended) modesty in behaviour, so best avoid physical contact with members of the opposite sex in public, especially if they are not your immediate family. No matter how covered up you both are.

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**Baboon Behaviour**

If I’m out trail running and I come across a troop of baboons, should I react?

Don’t underestimate the power of a loud shout. Failing that, go wide, especially if you’re small-framed or have food in a backpack. Most important is to avoid their young at all costs. When an infant is threatened or held by a predator, the large males will fearlessly charge and make desperate attempts to save it. Mother baboons are regularly seen carrying babies which have been dead for several days.

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**By Sean Disney**

*The Escape Artist*

Your Armchair Adventure

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Hang that Parachute

LIVE IN YOUR CHUTE
That easy jump goes away, you drift off into the unknown as your mate heads for home and you land miles from anywhere, as a blizzard starts. Fortunately the parachute can provide a quick and easy shelter to help you survive the next few days. Get it up fast, before the chaos strikes...

PLAN A
1. With a modern rectangular 'chute, you should suspend it from two points.
2. The arrows indicate the way in which you will peg it to get maximum closure and protection.
3. Suspend it from points 1 and 2 and use two other cords to tension the top outwardly.
4. Peg the bottom down; making sure that you have left enough of the side flaps to close the gaps on the ends.
5. Spare cords can be used to tension the parachute to give greater stability in wind, and to allow snow and rain to slide off.

PLAN B
1. If you borrowed Dad's old army round-type chute, then hang it from a central point as shown.
2. Peg it into the ground with sharpened sticks, or weight it down with logs, stones or snow.
3. Make an overlap for the entrance and tie this closed with lengths of parachute cord. Wait for the search party.

The Antarctic Peninsula

WISH YOU WERE HERE
The Antarctic Peninsula
What: Explore the Antarctic sea in small rubber ducks, checking out vistas that usually go untouched.
Why: You get to really adventure (literally along historical routes), but still reap the sleepy comforts of a "mother ship". Cruise along intertides and photograph the whales up close.
Sports: Scuba diving (for the confident), kayaking (for the practised) and camping (for everyone).
How: Contact Unique Destinations on uniquedest@yniweb.co.za. A 12-day expedition costs around R30 000 (flights inclusive).

Survival School

This Ain't Kansas
What is monsoon season and which countries does it effect?
Monsoons occur notably in India and South East Asia. To a lesser degree, monsoonal winds also develop in portions of all other continents, except Antarctica. At certain times during the year, high and low pressures over sea and land result in moisture-laden air over the oceans being drawn over the land resulting in heavy rain, bad weather and floods.

Fly For Free
Which credit card gives the most frequent flyer miles and which is the cheapest to use overseas?
Nedbank and Standard Bank have a Voyager agreement that for every R7.50 spent on your credit card, you get one Voyager mile. ABSA and FNB have a points programme that can be used to redeem flight deals. To swipe overseas: Standard Bank charge a R30 flat fee for ATM withdrawals and FNB charge R9 for the first R1 000 drawn and, thereafter, 0.4 percent fee on the total. In all cases credit cards used at stores and restaurants overseas are just converted at the rand-exchange rate of the day.

Survival Fact
No For Snow!
Putting snow in your mouth to create water is a bad move — snow has only 25 percent water for volume, but sucks plenty of heat from your body. Rather place it in black plastic bags and out in the sun, or next to your body when you sleep and then drink the melted water.
Source: Survival specialist Garth Hattingh
**SURVIVAL SCHOOL**

**Lord of the Forest**

**RAFTS FOR SIGNALLING IN DENSE FORESTS**

> You’re stranded in a dense forest. It’s impossible to spot you from the air. All signalling is futile. Here’s what to do:

1. Find a river or lake and build a log raft, about half a-metre by one. Check that it floats well. Build two more if possible.
2. Create a platform of green twigs on the raft. For best visibility, create thick smoke; or place bright colours (red or orange work best) on your rafts for more permanent signals. For best fire, use green leaves on top of dry tinder, or a mixture of diesel and rubber.
3. Create a rope runway, running slightly downstream, and use this to run the raft to mid-stream when you want the signals visible. Be ready to light the fires at a moment’s notice.

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**SURVIVAL FACT**

**Live in your car**

The safest place to be during a lightning storm is in your car. Nothing to do with the tyres - 500 000 volts can easily jump that gap – but because of the Faraday effect. Michael Faraday, in 1845, discovered that even massive electrical charges move around the outside of hollow metal objects. This keeps you safe, if terrified, inside.

Source: Survival specialist Garth Hattingh
BE A BUDDY > If it's only you and a mate and he can't walk, then you need to think about how you're going to do the long, gruelling solo carry. If you have material to make a carry sling, then this is your best option:

1. The broader the sling material, the better (a towel will do). Get the length of the sling right before you start, or you'll just waste energy getting up and down. With your injured mate on his back, place the sling under the thighs and back, with two loops for your arms. Slide into the loops and adjust them, then grasp his arm on the injured side and roll over.

2. Adjust the load with any fine tuning of sling length while your injured mate lies on top of you. Hitch the load high up your back.

3. Carefully kneel and then stand. Hold your friend's arms while doing this, to prevent them slipping around. If you're going far, place padding under or around the slings on your shoulders. You can travel hands-free, enabling you to climb moderate slopes or fend off trees.
**Snow Walker**

**DANCE IN THE ARCTIC**  
Cold, snowy places mean lots of walking. There’s not much else to do. But sinking knee deep with every step can really take the fun out of an arctic winter holiday. So, until Nike takes the initiative, you’ll have to build your own snowshoes, to spread the load and make an impossible trudge dead easy.

Folk in survival situations (lacking the necessary tennis racquets) have made workable snowshoes from the tops of briefcases, car floor mats and the decks of kids’ skateboards. If you have some time and twine, you’re set. Keep them as light as possible (you have to lift them every step you take) without sacrificing strength.

1. Bend a sapling into an elongated tennis-racquet shape, about twice the length of your boot. Create a grid across it using string, twine or flex.
2. Lash cross braces in place and then create a "bed" in the middle for your foot to rest on.
3. Tie on your shoe or boot using strong twine (or bark rope). Keep the knots accessible and ensure that you can easily loosen them and adjust the snowshoes.

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**Fly Fashion**

I’m going fishing in Dullstroom; what fishing flies must I take?

Plants are lush and green so try olive-coloured flies – damselfly flies and dragonfly imitations work well. Small natural-coloured nymphs, gold-ridden hare’s ear and PTN are excellent for when the fish are rising. During summer, the water temperature is best for activity in the evening and morning.

**Licence To Spill**

I am buying a speed boat for the Vaal Dam; do I need a licence and what is involved?

Right now, anyone can drive a boat, but at the end of 2006 a system (which is already underway in Krynauw) will demand all skippers have an R-rated licence. All boats will also have to be fitted with flotation devices so they don’t sink if they hit that large rock below the surface. Waterworld in Jo’burg are currently running skipper courses.

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Sean Disney is MD of Adventure Dynamics International. He is a mountaineer, paragliding pilot, open water diver and big-game hunter. Visit www.adventuredynamics.co.za