WISH YOU WERE HERE

Swakopmund

What The adventure capital of Namibia. When you're done blowing off steam, taper down the adrenaline with the serenity of a lofty flight over a lunar landscape.

Why Nothing beats a desert sunrise. Add to that a 360-degree view of the chameleon Namibian desert while floating in the most romantic mode of air travel. Who could argue against it?

When December to January is best for the coastal and dune flights.

How Swakopmund is just 33km from Walvis Bay. Get there from Jo'burg for R3 820 and Cape Town for R4 798. Visit www.statravel.co.za. For bookings contact African Adventure Balloons at flylow@iway.net or (09264) 5440 34 55.

SURVIVAL SCHOOL

BY SURVIVAL SPECIALIST GARTH HATTINGH

Ride the Tube

TYRED OF YOUR PACK? You're miles from nowhere, in rough terrain, with a broken vehicle and you're about to trek for help. You're going to need to carry some supplies, but in what? If your vehicle has inner tubes, you can turn the spare into a strong, water-resistant, comfortable pack. Either that or you could burn one for smoke signals. Here's how to make the pack:

1. Cut the tube for about a third to half of its circumference (depending on tube size and how large you are). You will want to create two continuous, broad bands and two thinner ones that you will cut through in the middle.

2. Place your emergency supplies in the tube and then tie shut using the short straps.

3. If the inner-tube pack shoulders straps slip off, cut a thin piece from one of the tie straps and fasten this across your chest to keep the pack in place. You now have hands-free movement - and no spare tyre, so pray you don't get a flat.

Face Your Fears

I want to start caving. What do I need?

First of all, get affiliated with your local club like the South African Speleological Association. Caves occur mainly in limestone and dolomite areas and can be dry or have underground lakes. You will need a helmet, overall, reliable headlamp and drag satchel. Make sure you go with club members who know the way in the systems as this is a very dangerous, muddy sport. Be aware of rising water tables and sumps; these can be treacherous, causing trapping and drowning.

Keep 'em Peeled

In Big Five country, what should I remember for when the game ranger isn't around? Be vigilant, keep to the designated compounds or stay in the vehicle when taking photos. Be aware that there is a lot out there that you don't know about that is specific to that reserve. Always be aware of where you are and the route you've taken.

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

TRAVEL GADGET

Shattered Glass

TRAVEL WITH MUSIC An Eighties boom box the size of a computer mouse, the Sound Bug suctionsthe of anything from a window to a bath. Then it sends 75dBm of sound vibrations through your tub, transforming it into a giant speaker. Not that you'll be taking many baths when travelling, but you'll want to listen to your music. R455 from Zenberg.
Lost in Transit

Why do I have to be at the airport so long before my flight? It's not like they're going to sell my seat, right?

Air travel check-in is a dog-eat-dog world and they will sell your seat for sure. Depending on how full the flight is, you'll make space for a man waiting on standby. If you want to go on standby yourself, bypass the agent, go straight to the airport and wait — it will get you a seat, but it won't necessarily be cheaper. After 9/11 there's no more personal name calls to find out why you haven't boarded, so if you get checked in but pass-out drunk in the airport bar they'll just throw your luggage off the plane and go without you.
**MALEGRAMS | Escapes**

**24 HOURS IN PRAGUE**

**THE ESCAPE ARTIST**

**By Sean Disney**

**Hike Up Your Skirt**

I want to do a trekking holiday with my wife, but she's not very keen. How do I talk her in to it?

She's not going to enjoy it if you're bouncing around like a mountain goat and she's puffing like she smokes 20 a day. Encourage her, carefully, to do enough training so it's enjoyable for her. And pepper her with presents (for women's hiking boots try the Montrail Torre GTX, R1 600 at Capestorm). Tell her she can pack all the luxuries she needs. If this leaves you with no space in your backpack, a space-saving gadget might help. Orkaso fold-up crockery (R35 at Duesouth) has origami influences and allows you to fold a flat sheet of plastic into a plate, bowl or mug. Clever.

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

**WORST CASE SCENARIOS AND THE EASY WAY OUT**

**By Carth Nattinch**

**Survive: River Crossing**

**WALK ON WATER** There's no bridge. No other way. No need to worry.

**RIVER: SHALLOW**

Fast-moving water, not too wide, with submerged rocks.

How to cross: in a line abreast.

1. The strongest person should be at the front, facing upstream, and watching for any debris floating downstream.
2. Use a stout stick for support and to plumb the depth of the water.
3. The weakest person in the middle.
4. Use short, shuffling, sideways steps.

5. Hold onto the belt of the person in front of you or grab firmly on thick clothing or on shoulders.

**RIVER: WIDE**

Slow-moving, deep water.

How to cross: in a line abreast.

1. This is useful if one member has an injured ankle or needs support.
2. Place the strongest person downstream of (behind) the weakest member to help support them; second strongest at head of line.
3. Use a small log for the group to hold onto for support. Note: the log is not in the water, but held at shoulder height for the group and the depth.

**RIVER: DEEP**

Slow moving water, some may lose their footing or be out of their depth.

How to cross: as a huddle.

1. Place strongest member downstream, watching for oncoming debris.
2. Clasp hands if possible.
3. Use steady, shuffling movement. Take it easy, don't rush.

**RIVER CROSSING TIPS**

1. Take off lower clothing and try to keep dry, but keep shoes/boots on.
2. If swept away, float on back, feet facing downstream.
3. Cross at a wide area, between bends.
4. Spend time choosing the best spot.
5. Move diagonally slightly downstream to avoid fighting the current.
6. As soon as you reach shore, dry off and get clothed to avoid hypothermia.

---

64 MEN'S HEALTH AUGUST 2006
**MALEGRAMS | Escapes**

**24 HOURS IN SINGAPORE**

**SHOP** Orchard Road is shopping heaven. Designer shops and cheap finds. Sales are on from May-July. www.greatsingapore-sale.com.sg.


**SEE** Sentosa Island is Singapore’s answer to Disneyland. Rides, food and family entertainment. Get there on a free bus service. www.sentosa.com.sg

**SLEEP** The Oriental Hotel Singapore is on the waterfront and is placed among the world’s top hotels. Rates start at R1 000 a night for two.

---

**WORST CASE SCENARIOS AND THE EASY WAY OUT**

**SKY DIVE** You’re stranded on top of a building or a ledge and there’s no way out but down...

1. **THE ACRROBAT** You can lower yourself down the side of the building using a parapet or solid rim (beware of gutters – they can be very weak and collapse, leaving you falling uncontrollably). Get as low as you can. Use your legs to push yourself outwards, twist in the air to face forwards, land with knees slightly bent, on the balls of your feet. Tuck your head into your arm, make a “ball” of your body and then use your forward momentum to “roll” onto one shoulder and over.

2. **THE SKI JUMP** There’s no parapet, merely a sloping roof or ledge that you have to jump from. Much as above – jump outwards, giving yourself forward momentum so that you can roll onto your arms.

3. **THE MONKEY** There’s an awning below to break your fall. Get as low as you can, then drop, twisting in the air to land flat on your back, thus spreading the force of the impact. If you can aim well enough, let one arm and part of one leg overlap the edge of the canopy. If the canopy collapses, grabbing this edge will help you to break the fall to the ground.

---

**TIPS**

1. Relax on landing – rigid muscles break bones.
2. Beware of simply jumping onto trees – branches can penetrate your body.
3. Protect your head with your arms. Broken arms fix more easily than cracked skulls.
Survive: A Snake Bite

Snakes are the Great Whites of the land and they’re all out there, in the South African bush. A snake suddenly uncurls at your feet, here’s what you need to do.

AVOID THE BITE
➤ Stop, and stand dead still. Snakes are not aggressive, and will avoid confrontation with something as large as you. Even if you move backwards, the snake might take fright.
➤ If it moves towards you, this should not be considered a threat — it is just taking the shortest way back to its burrow or safety.
➤ If it rears up, opens a “hood”, then close your eyes and mouth — it could be a spitting cobra, about to spray venom at you. This is dangerous if it gets into your eyes, or a cut.
➤ Wait till the snake has gone, and wipe the venom off carefully. If any gets into your eyes, wash copiously with water (legend has it that even urine is better than nothing) then see a medic as soon as you can.

YOU’RE BITTEN
➤ Stop screaming. Try to get a good look at the snake, so that you can help the medics later (head shape; does it have a “neck”; colour top and bottom; any markings; size).
➤ No heroes — don’t you or any of your friends try to catch it — multiple bites make things worse.
➤ Sit down, and breathe normally. Look at the bite marks — is there any swelling, or deep pain at the bite site?
➤ Take a broad bandage (five to 10 centimetres wide) or piece of cloth, and wrap it moderately tightly (as if you were bandaging a strain) from the bite mark as high up the limb as you can get.
➤ Observe any symptoms, such as extreme pain, dizziness, nausea, blurred vision or difficulty breathing.
➤ If any symptoms appear, call the emergency services. If no cell contact, send a few people back with a phone to call as soon as they can get a signal.

TIPS FOR SNAKE BITES
While you wait move as little as possible. Elevate the bitten limb. No food (or alcohol of course), water only. Be ready to apply CPR (watch for signs of respiratory depression).