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Survival guide books non fiction

WE DO NOT RECOMMEND TRAVEL THAT IS NOT ESSENTIAL AT THIS TIME DUE TO THE GLOBAL HEALTH CRISIS! Our travel articles have not been updated to reflect any travel restrictions that may exist; please contact your destination for the latest information. Disclosure: This site contains affiliate links for products and services we recommend. Read & Terms; Our terms for more information. If you make a purchase through this link, at no additional cost to you, we will earn a small commission (which we are forever grateful for). For as long as I can remember, I was fascinated by the human right to survive. The lengths that people will go through to survive are truly amazing. Thus, non-fiction survival books are something I want to read, and tend to look for. Many. What drives people to cope with a death that seems to be about to happen? Does that make me sound like a serial killer? Don't answer that. Anyway, the dark tourist inside me couldn't help it. I'm all about the terrible media. The dark, the terrible; It just pulled me in Plus, as a frequent traveler, I was always looking for a true survival story about the wrong trip. To be clear, I don't think survival stories are a fun way to gawk at those who have experienced this difficulty. I just find it inspiring and strangely soothing, and I think if you share one of my dark tourism interests, then you just might, too! So I've compiled a list of books on one of my favorite topics that covers everything from being stranded at sea to my strange obsession with Mount Everest. This is what I consider to be the best non-fiction adventure book about survival and resilience (and some further reading recommendations for each because I really cant help myself). To clarify, this is an adventure survival story. There is no book about survivors of genocide and other atrocities, such as the Holocaust or Chernobyl, or about war survivors. Although these are of course stories about survival, I feel they are very different, but may include them in the list in the future. Also, these are all true survival stories. You won't find a book about dystopian apocalypse here. Now get read! RELATED: Best Historical TV Series for Dark TouristsIn a Credible Non-Fiction Story about Survival: There's Only One Way to Survive - Piers Paul ReadThis is one of the world's most famous true survival stories, but if you're not used to it, I'll recap. Alive is the story of the Uruguayan rugby team - and some and members of their families - whose plane crashed in the Andes on their way to a match in Chile.They were stuck in the mountains for 72 days. During that time, survivors were forced to use cannibalism to survive because the plane's resources were minimal. Those who survived the crash, gave consent for their own bodies to eat if they gave up dead, too. Tje Tje Survival Story That Started AIAlive woke something up inside me. Two things, actually. (Both are not cannibalism!) Life inspires what has become a lifelong obsession with Uruguay. Yes, it's a story of survival, resilience, and despair. But it's also the story of people who long to be at home. The more they shared their memories of Uruguay - friends and family, food, beautiful countryside - the more I longed to be there too. But the more central theme of Alive is survival. And this book evokes the intense love of non-fiction adventure books. After all, the dark side of travel (and life) has always been my passion. So I looked for them. Since then I've read what feels like an unhealthy amount of non-fiction adventure survival books that I love. And on a variety of topics and terrains. Below are nine true stories about survival (and further reading recommendations for each) that I hope inspire (and perhaps comfort) you as much as they do to me. Buy AliveFurther Reading: If Life doesn't satisfy your curiosity, I also highly recommend the memoir of one of the survivors:- Miracles in the Andes: 72 Days on the Mountain and My Long Trek Home - Nando ParradoAnd this non-fiction book about a boy who survived a plane crash in the mountains after everyone on board died:- Crazy for a Storm: Survival Memoirs - Norman Ollestadl will also consider a good follow-up to the book. It's a little different because it's not really an adventure, but of course an inspiring survival story. And it made me wish I could visit Chile. As someone obsessed with dark spaces (caves, mines, etc),this also scratched another itch for me:--Deep Down Dark: The Untold Stories of 33 Men Buried in a Chilean Mine, and the Miracle That Set Them Free – Hector TobarkKon Tiki – Thor HeyerdahlIn 1947, Thor Heyerdahl, a Norwegian adventurer and ethnographer, set off on a handmade raft from Peru to Tuamotu The goal was to prove that ancient civilizations could have (and therefore might) travel long distances through water. Thus, culture can be shared or spread all over the world. On his crew were five others, and a parrot named Lorita. To be as authentic as possible, Heyerdahl and his crew built boats made of balsa wood and other local materials. Not surprisingly, the team had some tough times while at sea. In fact, Heyerdahl, who nearly drowned as a child, admits later that he often feared for his life on a raft. Buy Kon TikiFurther ReadingThis is definitely a little less than an extreme adventure survival book. But you find this type of non-fiction survival story is for you, I would also recommend the following, all of which make me want to jump on board and sail around the world despite the fact that I really don't what I did:--Rowing After a White Whale: Crossing the Indian Ocean by Hand - James Adair-Maiden Voyage - Tania Aebi -In Bed with the Atlantic: A Young Woman Battling Anxiety to Sail on the Atlantic Circuit - Kitlira Pascoe438 Days: The Incredible True Story of Surviving at Sea - Jonathan FranklinIn 2012, Salvador Alvarenga set off on a fishing expedition off the coast of Mexico with an inexperienced sailing partner , believed to be Ezequiel Córdoba.Not long after they set off, they were sucked in and set off of course by a storm that lasted for five days. Although most of their fishing gear was lost in the storm, they managed to survive by eating raw fish and drinking the urine and blood of their own turtles. I'm not going to lie, I'm not going to stick to that diet. This is one of the best non-fiction survival adventure books about being lost at sea. It is riveting, and Franklin clearly cares about his subject. Alvarenga's love for his home country, El Salvador, shone through. As is his mouth-to-mouth description of his favorite Salvadoran food, which he often dreamed of during his travels. Buy 438 DaysFurther ReadingIf you've developed a taste for more stories about individuals lost at sea, check out:- Floating: 76 Days Lost at Sea by Steven Callahan: The Red Sky in Mourning: The True Story of Love, Loss, and Survival at Sea - Tami Oldham Ashcraft (this is the story of the 2018 film Adrift based on)My Journey to Lhasa: The Classic Story of the Only Western Woman Who Made It Into the Forbidden City - Alexandra David-NeelToday, Lhasa is open to foreign visitors - though not without difficulty. However, in 1923 when Alexandra David-Neel departed - and in 1924 when she arrived in Lhasa, Tibet - this was not the case. Despite the fact that he was in fact good friends with the Dalai Lama, David-Neel was still not allowed into the forbidden city of Lhasa. Instead, he and Lama Aphur Yongden, his travel companion - and later his adopted son - made their journey to Lhasa in secret. They hid from the military and entered the city in disguise. Because he was fluent in Tibetan, they were able to, in effect, cheat his way in, however, to even reach Tibet, they survived extreme conditions with very little supply and almost died of illness on several occasions. His story paints a unique portrait of people and traditional Tibetan culture, and it is evident that David-Neel truly loves Tibet.Keep in mind: I am not 100% sure I agree with what David-Neel did. Although he was praised by many - the Dalai Lama included - for his work and contribution to study I don't really think he has the right to be there just because he wants to be. However, in terms of role models for young girls, she is undeniably inspirational. He travels the world and makes his own way at a time females are very rarely allowed from tight ropes. Buy My Trip to LhasaFurther ReadingIf you like to read about the perched journey across unfriendly land, I would also recommend:- The Long Walk: The True Story of a Trek to Freedom by Slavomir Rawicz-- Tracks: A Woman's Solo Trek Across 1700 Miles of Australian Outback – Robyn Davidson-- Wild: From Lost to Found on the Pacific Crest Trail -- On Foot Across Borneo - Eric HansenAlternatively, another good survival adventure story about Tibet (Lhasa, in fact) is:- Seven Years in Tibet - Heinrich HarrerLost in the Forest: The True Story of Adventure and Terrible Survival - Yossi Ghinsberg!l honest, non-fiction adventure story set in the Amazon is not a genre I really noticed before this book. But in 2012, while living in Doha, I went to a bit of a party, chasing a lot of adventure survival books (and movies) that I missed over the years - or just didn't have time because of uni. This is one such book. After completing his Israeli conscription, Yossi Ghinsberg, inspired by Henri Charrière's Papillon, traveled to South America. While there, he and two friends (Kevin Gale and Marcus Stamm) are approached by an Austrian man named Karl Rupprechter.Karl tells them that he is a geologist and he intends to explore the uncharted Amazon jungle and discover unknown tribes. Yossi, eager to explore a new culture like Charrière, jumped at the chance. As Kevin and Marcus.Once did on Amazon, however, things didn't go according to plan. Soon the team was separated as they grew ill and priorities shifted. Buy Lost in the JungleFurther ReadingIf a survival adventure on Amazon sounds like something you'll enjoy, also check it out:- The Lost City of Z: A Tale of Deadly Obsession in the Amazon – David Grann– Ruthless River: Love and Survival by Raft on the Amazon's Relentless Madre de Dios – Holly FitzGeraldAfter the Wind: Tragedy on Everest: One Survivor's Story – Lou KasischkeOne's truly bizarre micro obsession is a true survival story on Mount Everest – and climbing a mountain on Generally, I have read a number of unhealthy books about Mount Everest.And it started with the tragedy of 1996 on Everest. At the time, it was the worst tragedy in Everest history after the deaths of eight climbers. Unpopular opinion: I don't actually consider Jon Krakauer's account to be the best. It's just the most famous because he was actually there to write the book, so it was the most well marketed. Don't get me wrong, it's a well-written book. Krakauer is a great writer, it's not I. And it's bias, which bothers me. I prefer Lou Kasischke's account. Unlike many others, which launched in the next few years, Kasischke didn't tell her story until she felt took enough time to reflect on the events – almost 20 years later! It's a little more spiritual and reflective than others, which can be good and bad (sometimes the narrative is a little winding up). There is also a love story, which is not my thing, but just might be a selling point for others. Why Everest? The reason I think this whole event is so important is because it highlights the fact that overtourism is something that, literally, achieved even Everest. One of the main reasons reserved for the high number of deaths in 1996 (the whole season, not just the events described in the book) is the fact that it was too crowded at the top. At that rate it will, overtourism will turn Mount Everest into a dark tourism hotspot. And no one wants that, does it? Buy After Reading WindFurther [other] best books on tragedy (yes, I've included Krakauer, shut up!)- Climbing: Tragic Amblems on Everest - Anatoli Boukreev - Into Thin Air: Personal Account of Mount Everest Disaster - Jon Krakauer - The Other Side of Everest: Climbing North Face Through a Killer Storm - Matt Dickinson (Dickinson actually climbed the other side of the mountain in 1996 , and experienced his own struggle to survive.) Another decent account- Left for Dead: My Journey Home from Everest – Beck Weathers– Climbing High: A Woman's Account of Surviving the Everest Tragedy – Lene Gammelgaard (this is actually the first book ever written about the 1996 Mount Everest Disaster. It doesn't offer much new, but it's okay. If you want to read a book by a woman, because this list is definitely lacking on them, maybe go for this one!) Do yourself a favor and just skip it: - A Day to Die For: 1996: Everest's Worst Disaster – Graham Rattcliffe (yes, I won't even connect it – honestly, he just went on about the weather pattern for 90% of the book and he ended up sounding like a total mental.) Other Climbing Season Controversies The following books are about the controversial 2006 climbing season on Everest. It further pushed the issue of overtourism on Everest into the public eye when David Sharp died on May 15 near the summit, although several other climbers walked past him on his way to or from the summit. Nine days later, Lincoln Hall almost suffered the same fate, but was rescued by four other climbers just in time. - Dead Lucky: Life After Death on Mount Everest - Lincoln Hall- Dark Summit: The Extraordinary True Story of Everest's Most Controversial Season - Nick Hellastley, please watch Sherpa! This excellent documentary tells the story of the 2014 Everest disaster when 16 Sherpas died while trying to erect a cross on the dangerous Khumbu Ice. The tragedy sparked debate in Sherpas.Touching Vacancy: The Real Story of One Person Survival – Joe Simpson's 1985, and experienced climbing friends Joe Simpson and Simon Yates have just completed a dangerous summit meeting of the West Face of Siula Grande. Before now, this ascent had never been completed. Unfortunately, the climber's height didn't last long because during the descending, Simpson slipped on an icy cliff and broke his right leg. Unable to climb, Yates had to lower it with a rope. However, due to a series of unfortunate events, including bad weather and Simpson's frozen hands, part of the rope slipped and sent Simpson over the cliff. Because their ropes were tied together, Yates couldn't have continued without Simpson. However, the fate of his friend is unknown. Yates made the impossible decision to cut the ropes and save her own life. But Joe Simpson survived a 150-foot fall. Please note: I struggled between choosing this book and the first title on the 'Further Reading' list below. I went with this one because Joe Simpson went on to write some of the more harrowing non-fiction books about adventure and survival; some on their own, some other people's stories. He has even written some fictional survival stories. Basically, if you find yourself enjoying Touching the Void (and it's an excellent book), then you'll have further books by Simpson to fall back on. Buy Touch VoidsPeruse all Joe Simpson books here! READ MORE!f you need more epic mountaineering adventures and survival achievements, this should get you in the right direction:- K2 The Savage Mountain: The Classic True Story of Disaster and Survival on the World's Second Tallest Mountain - Charles S Houston, M.D. & Robert H Bates personally, this is probably one of my true survival stories ever because it has the story of 'The Belay 'Which kind made me fall in love with Pete Schoening, who, fun fact, was on the mountain during the 1996 Mount Everest Disaster.) – Buried in the Sky: The Extraordinary Story of the Sherpa Climbers on K2's Deadliest Day - Peter Zuckerman & Amanda Padoan- Denal's Howl: The Deadliest Climbing Disaster on America's Wild Highest Peak – Andy Hall– Annapurna: The Place of a Woman – Arlene Blum – Rescue And Tragedy in the San Juan Mountains: The True Story Of This Region – Kent Nelson (! actually used to live very close to the San Juan Mountains, so I had to take this one!) – Between The Rock and the Hard Place – Aron RalstonSkeletons in Zahara : True Story of Survival - Dean KingIn 1815, U.S. Brig. Commerce crashed into Cape Bojador (today in modern-day Western Sahara). The ship was destroyed, but Captain James Riley managed to save all his men on board. Their Ashore, it's good to be alive. However, they find themselves stranded in the vast desert (Sahara), with no knowledge of the local language or culture. They are immediately caught by nomads and sold for sale Slavery. Forced to walk through an unfriendly desert under harsh sun without food or water, the crew survived by drinking their own urine (and sometimes camels). King's book is based on Riley's own survival memoir. Buy The Skeleton on ZaharaFurther's memoir ReadingJames Riley's course further reading:- Suffering in Africa: The Amazing Account of a New England Sea Captain Enslaved By North African Slaves - Captain James RileyAbraham Lincoln considers this one of the three most influential books in the world. But it can be a bit of a slog due to the fact that it covers, in great detail, Riley's entire life, and also because it was written during a time when editors didn't really exist... just saying. RELATED: 39 Scary Books About ShipwrecksLebo!An other than shipwrecks & survival!- Island of the Lost: Shipwrecked at the Edge of the World - Joan Druett - In the Heart of the Sea: The Epic True Story That Inspired 'Moby Dick' - Nathaniel Philbrick (But skip the film because it's not great)Although it's not really such a list, I'd like to include one Book below is by an African man who was arrested and enslaved, but who beautifully wrote his home and those in Igboland, Nigeria. - Interesting Narratives from the Life of Olaudah Equiano, Or Gustavus Vassa, The African - Olaudah EquianoIn the Kingdom of Ice: The Grand and Terrible Polar Voyage of the USS Jeannette - Hampton SidesThe Jeanette Expedition, 1879, led by George W. De Long, De Long's mission was to pioneer a route from the Pacific Ocean through the Bering Strait to the North Pole, before sailing the ship to James Gordon Bennett, Jr., owner of the New York Herald.Unfortunately, things didn't go smoothly. By September 1879, the ship had become stuck in ice. It continued to drift through the ice bank for almost 2 more years (21 months), until June 1881, when ice pressure finally breached Jeanette. The crew was forced to abandon the ship with their equipment and walk across the Siberian arctic. It's an incredible story, and a reminder that there are so many countless true survival stories out there. I was captivated from start to finish. Buy In the IceFurther Kingdom ReadingDying (not literally) to read more books on polar exploration? I got you:- In the Land of the True Death: The Epic Story of Survival in the Siberian Arctic - Valerian Albanov - Alone on Ice: The Greatest Survival Story in The History of Exploration - David Roberts - The World's Worst Journey - Apsley Cherry-GarrardDeep Survive! Who Lives, Who Dies, and Why - Laurence GonzalesGonzales spent his entire life fascinated by the incredible true stories he heard as a child. When he was growing up, he wanted to understand the type of story comes to Or, how some people survive impossible odds, while others don't. He researched, he interviews survivors. He asked questions that no one else asked. Or at least, not what they wanted. He revisited many of the stories listed above, and many others did not. Gonzales is driven by one question: Why? Why did Steven Callahan and Deborah Scaling Kiley survive the boating disaster, while four others with Kiley all died? Why did Joe Simpson get away from falling 150 feet with a broken leg? Why did An Afrizal survive the 2005 tsunami by clinging to a raft that washed up in the Indian Ocean for two weeks, when so many others in less dangerous situations perished? If this topic fascinates you as much as I do, then this book needs to be on your reading list. It will make you see yourself, and your own reaction to the situation. It might as well prepare you for the kind of situation you never wanted, because the book is full of survival tips and tricks! That's it, no further reading here, just read this book. This is amazing! Buy Deep Survive!YOU MAY ALSO ENJOY - Charming Books About the Titanic - Books About Racism from Around the World - Addictive TV Shows About Cuts - My Best Dark History Podcast Do I miss your true survival story? Are you surprised by any of the titles on this list? Let us know in the comments! Like this article? Why Not Embed it for Later! American from birth, miniature by design. I moved in for the first time when I was 18 months old, and I haven't stopped since. If I'm not wandering the planet, you can find me looking for the hottest food possible or read a good book and/or listen to podcasts in some quiet and remote niche. I am a classic introvert with a penchant for Camellias, salt and basements. Spaces.

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