



**Stay Alive - Survival Shelter and Protection from the Elements eShort: Learn about your body's thermoregulation, what protection it needs and how to build a storm shelter for protection.**

*John McCann*

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# Stay Alive - Survival Shelter and Protection from the Elements eShort: Learn about your body's thermoregulation, what protection it needs and how to build a storm shelter for protection.

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In this excerpt from *Stay Alive! Survival Skills You Need*, John D. McCann explains how the **body loses heat** and how a **proper shelter** helps prevent that loss.

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