I’d Tap That! (Maple Tree that is....)

You're in the woods, your water has run out and there is no obvious drinkable water available, what do you do?

Well you're in a forest right? If there are any maple, birch, walnut or sycamore trees, you can tap them for their sap and drink that. You do this by cutting in around half an inch with a knife or make a gash with a sharp rock if you don't have a knife. If you do this low down to the ground, you can place a container of some kind (even if it is some trash) against the tree, below the wound, to collect the sap which will weep out.

The bonus with drinking sap from the trees mentioned above is - as well as water, they all contain sugars and other nutrients in various quantities.

If you want learn more about tapping trees for drinkable fluid, click the link below and head over to Willow Haven Outdoor and check out Creek's excellent tutorial...

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(Photo from: Willow Haven Outdoor)