Wild Eggs for Survival and Food

Categories: Foraging, Wilderness Survival

Nobody talks about eggs as a wilderness survival food. This is strange as most wild bird eggs are edible. It should be noted that taking wild bird eggs is illegal in most areas (this post is only about survival situations).

Additionally fish eggs are very nutritious and at a push if you are really desperate, with a bit more knowledge you can consider some reptile (not if laid in water) and snake eggs (need to watch out for the parents here though...)

Also great if you are lost in the woods: SAS Survival Guide 2E (Collins Gem): For any climate, for any situation

If you'd like to know more about eating wild eggs in survival situations, Greene Dean from Eat The
Weeds has written an excellent article on the subject.

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