



Press Kit

Cody Lundin is an internationally recognized professional in the field of primitive living skills, modern wilderness survival and urban self-reliance training. Due to his intimate understanding of the physics, psychology and physiology of survival, Cody is routinely sought after to train the media, individuals and organizations in the art of self-reliance.

As a result of his skill and dedication, Cody has been featured in dozens of national and international media sources including *The Today Show*, *TV Guide*, *The Discovery Channel*, *Lifetime Television*, *The History Channel*, *Dateline NBC*, *CBS News*, *Fox News*, *USA Today*, *Playboy magazine*, *Esquire magazine*, *Field and Stream magazine*, *The Donny*

and Marie Show and *CBC Radio One* in Canada. In September of 1999 Cody was honored as the third person in history to appear on the cover of *Backpacker* magazine which featured a story on his skills and philosophies of survival.

He has consulted for *National Geographic Television*, *PBS*, the *Travel Channel*, the *Federal Emergency Management Agency*, the *United States Forest Service*, *Copley News Service*, and the *British Broadcasting Corporation*, (*BBC*) among others.

Founder, Director, and Head Instructor of the Aboriginal Living Skills School, LLC

Cody founded the Aboriginal Living Skills School in 1991 in Prescott, Arizona. When not teaching for his own school, he is an adjunct faculty member at Yavapai College and a faculty member at the Ecosa Institute.

Best-selling Author

Cody is the best-selling author of two books on survival and preparedness, *98.6 Degrees: The Art of Keeping Your Ass Alive* and *When All Hell Breaks Loose: Stuff You Need to Survive When Disaster Strikes*.

98.6 Degrees has been translated into Spanish and is routinely featured in Amazon's top ten survival books since its release in 2003. It's also been adopted as a training manual by dozens of Search and Rescue teams around the country and has saved several lives. *When All Hell Breaks Loose* sold 10,000 copies in less than three weeks after its release and continues to be featured in Amazon's top ten under the headings of "Disaster Relief" and "Safety and First Aid."

Television and Film Host

Cody routinely helps develop or host new network and cable programming. Cody hosted the Discovery Channel show “Lost in the Wild”, and was chosen by the Today Show to design and perform the live survival segment on Sir Richard Branson’s private retreat in the British Virgin Isles for the finale of “Where in the World is Matt Lauer.”

He was chosen as the survival expert for two Dateline NBC adventures, three “What Should You Do” episodes for Lifetime television with Leeza Gibbons, and featured as the sole expert on the Donny and Marie Show for a Y2K preparation special. Cody has also been featured by dozens of network news shows such as FOX, CBS, NBC and various morning shows and other programming around the nation. Contact our office to request a reel of Cody’s television performances at (928) 713-1651 or email us at abodude@codylundin.com.

Key Note Speaker

Cody is known to thousands as a pointed, entertaining and passionate speaker. He has spoken at dozens of professional events around the nation, from those with a few dozen to several hundred attendees. A literal survivor, Cody used his love of nature and psychological stamina to heal his life and has the natural motivation, credibility and authority to enhance any event.

Consultant

Cody offers a wide variety of consulting opportunities in the realm of self-reliance. He has trained authors, film and television producers, magazine and newspaper editors, corporations, businesses, governmental organizations and individuals in the following range of subjects:

- Primitive Living, Wilderness Living and Modern Outdoor Survival Skills Training
- Urban, Suburban and Rural Preparedness Training and Disaster Mitigation
- Real Estate Analysis for Self-Reliant Living
- Sustainable Design, Building and Living Systems
- Water Harvesting Methods for Arid Landscapes

Two Years Living in the Woods

Cody’s expertise in practical outdoor skills comes from a lifetime of personal experience, including two years spent living in a brush shelter in the woods where he slept on pine needles and cooked over an open fire.

Living Off-The-Grid

Cody designed and lives in a self-reliant, passive solar earth home in the high-desert wilderness of Northern Arizona in which he catches rain, composts wastes, and pays nothing for heating and cooling.

Contacting Cody Lundin

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COMPLETE MEDIA LIST

Television

FOX 6 NEWS IN THE MORNING, San Diego, CA, November 2007. Morning anchor Marc Bailey interviews Cody about urban survival tips based upon his new book, *When All Hell Breaks Loose*.

SAN DIEGO LIVING, XETV-TV, San Diego, CA, November 2007. Host Joe Bauer interviews Cody about practical home preparedness tips based upon the San Diego wild fires.

ARIZONA MIDDAY, KPNX-TV, Phoenix, November 2007. Journalist Robin Sewell interviews Cody about urban survival tips for the home.

GOOD DAY ARIZONA, KTVK-TV, Phoenix, November 2007. Morning anchor Dan Davis interviews Cody about urban survival tips and tricks from his new book, *When All Hell Breaks Loose*.

AM ARIZONA, KAZT-TV, November 2007. Hosts Tonya Mock and Lew Rees interview Cody about his new urban survival skills book.

AM NORTHWEST, (LIVE), KATU-TV, Portland, OR. November 2007. Hosts Helen Raptis and Dave Anderson interview Cody about his new urban survival book, *When All Hell Breaks Loose*.

CITY STREAM, THE SEATTLE CHANNEL, Seattle, WA. November 2007. Reporter Lowell Deo goes "urban survival shopping" with Cody for disaster preparedness supplies at the local supermarket.

NORTHWEST AFTERNOON, KOMO-TV, Seattle, WA. October 2007. Hosts Kent Phillips and Natasha Curry interview Cody about his new book, *When All Hell Breaks Loose*, and experience using a home made sleeping bag made from plastic bags and old newspapers, an oil lamp made from a tuna can and more.

Learn how to kill and eat a rat with Cody. June 2007.

EARTH CURRENT TV visits Cody's self-reliant homestead. August 2005.

LIFETIME TELEVISION, "What Should You Do?" Cody is featured as the on-camera survival skills consultant in both interview and demonstration formats for the three "What Should You Do?" episodes appearing below.

"Injured Back country Hiker," July 2004.

"Lost Cross Country Skier," June 2004.

"Avalanche Survivor," May 2004.

THE DISCOVERY CHANNEL, "Lost in the Wild: High Desert" (pilot), April 2004. Four students with no backcountry experience "get lost" and travel with Cody learning survival skills in the high desert of Arizona before being rescued by Search and Rescue.

THE DISCOVERY CHANNEL, "Lost in the Wild: Nova Scotia" (pilot), March 2004. Four students with no back country experience "get lost" and travel with Cody learning survival skills in the dense boreal forest of Nova Scotia, Canada before being rescued by Search and Rescue.

AM ARIZONA, (live), March 2004. Hosts Tonya Mock and Lew Rees interview Cody about his book and his "Lost in the Wild" shows on the Discovery Channel.

THE TODAY SHOW (live), NBC, February 2004. Trains "Today" host Matt Lauer, recording artist Jimmy Buffett, billionaire Sir Richard Branson, and Sports Illustrated model Vendella in Caribbean survival skills on Necker Island in the British Virgin Islands for "Where in the World is Matt Lauer?"

THE HISTORY CHANNEL, "Digging for the Truth: The First Americans" (pilot), January 2004. Trains host Matthew Bogdanos in winter primitive skills in the Grand Teton National Park near Jackson Hole, Wyoming featuring snow shelters, primitive fire lighting, and butchering a mule deer with a stone knife- all on snowshoes!

GOOD MORNING ARIZONA (live), Phoenix, Channel 3, August 2003. Spoke with anchor Brad Perry about surviving in the desert and the new book *98.6 Degrees: The Art of Keeping Your Ass Alive!*

THE PAT MCMAHON SHOW (live), Phoenix, Channel 7, August 2003. Interview with host Pat McMahon about desert survival, life as a survival instructor with ALSS, and the new book *98.6 Degrees: The Art of Keeping Your Ass Alive!*

NBC CHANNEL 12 NEWS (live), Phoenix, July 2003, Morning Show. Spoke with anchors Kevin Kelly and Nicolle Hernandez about desert survival skills and the new book, *98.6 Degrees: The Art of Keeping Your Ass Alive!*

CBS CHANNEL 5 NEWS, Phoenix, May 2001. Trained reporter Marya Piani along with Prescott College students in wilderness survival and southwestern primitive living skills for her special segment, "Outdoors with Marya".

DATELINE NBC, WINTER SURVIVAL GUIDE, February 2001. Trained Dateline correspondent Rob Stafford to survive over night in a snow-covered, 9,000 foot alpine wilderness with the clothes on his back and a magnesium fire starter.

NBC CHANNEL 12 NEWS, Phoenix, Safety Team special, Winter Safety Tips in the Snow, February 2001. Trained lead anchor Kent Dana in winter survival skills with mountain snow.

CBS CHANNEL 2 NEWS, Los Angeles, CA. Special Assignment, "Going Primitive", February 2001. Trained anchor Drew Griffin in desert primitive living skills as a promotion for the CBS series Survivor Two.

CBS CHANNEL 7 NEWS, Dayton, OH. Special Projects, "Survivor", January 2001. Trained anchor Jim Otte for a two part special regarding desert, canyon and mountain primitive living and modern survival skills as a promotion for the CBS series Survivor Two.

FOX 10 NEWS, PHOENIX, July 2000. Trained anchor Steve Filmer along with an ALSS course in the basics of fire, shelter, signaling for rescue and water procurement.

NBC CHANNEL 12 NEWS, Phoenix, Safety Team special, Summer Safety Tips, May 2000. Trained lead anchor Kent Dana in desert survival skills.

PBS CHANNEL 8, HORIZON PROGRAM, May 2000. Interview regarding Cody's Aboriginal Living Skills course for Prescott College.

THE SAM STEIGER SHOW, Channel 7, March 2000. Interview with Tonya Mock regarding the Aboriginal Living Skills School.

NBC CHANNEL 12 NEWS, Phoenix, Safety Team special, Winter Safety Tips, February 2000. Trained lead anchor Kent Dana in winter survival skills.

THE DONNY AND MARIE SHOW, December 1999. Demonstrated survival kit components to Donny and Marie for a Y2K preparation special.

Dateline NBC, Lost in the Wild, November 1999. Trained Dateline correspondent Rob Stafford to survive in the wilderness with only the clothes on his back. This piece was later featured as the top story on MSN.COM, February 8, 2001.

FOX 10, ON THE ARIZONA ROAD WITH BILL LEVERTON, 1996. Primitive skills demonstration for Bill Leverton in association with the Sharlot Hall Museum.

LIVING OUTSIDE: A GLIMPSE OF NO-HOUSE EXPERIENCES, by Galen Palmer, 1998. Half hour documentary film interviewing Cody and five other people about living free on societies fringe.

Radio

World Affairs Monthly, an interview with host Thomas Pochari, October 2008.

Beyond the Ordinary, KRSE, October 2008.

The John and Ken Show, KFI-AM 640, LA, CA, August 2008.

The Entrepreneur Radio Show, Direct Radio Network (nationally syndicated), July 2008.

The Duncan Barks Show, City Talk FM, Liverpool, England, June 2008.

After Midnight with Rick Barber, News Radio 850 KOA, Denver, CO, March 2008.

The Intel Strike Report, Truth Net Radio Network, March 2008.

Fox News KFAQ Talk Radio, Tulsa, OK, December 2007.

The John Williams Show, Chicago, IL, November 2007.

The Last Word, Irish Public Radio, November 2007.

The Barbara McFadden Show, Virginia, November 2007.

The Doug Pike Show, Houston, TX, November 2007.

Around the Home and More, (nationally syndicated), November 2007.

Outside the Box with Alex Ansary, Portland, OR, November 2007.

The Journey Home Radio Show, Santa Fe, NM, October 2007.

KNX-AM News Radio, Los Angeles, CA, October 2007.

Coast to Coast with Ian Punnett, (nationally syndicated), October 2007.

Lars Larson Show, (nationally syndicated), October 2007.

Thom Hartman Show, Portland, OR, October 2007.

Conversations with Maggi, Portland, OR, October 2007.

KPOJ Morning Show, Portland, OR, October 2007.

Conversations, Seattle, WA, October 2007.

Introspect Northwest, Seattle, WA, October 2007.

Mind Over Matters, Seattle, WA, October 2007.

KYCA-AM News, Prescott, AZ, October 2007.

WDIS-AM News/Talk Radio, Boston, MA, October 2007.

KMED Morning Show, Medford, OR, October 2007.

WHAM Morning Show, Rochester, NY, October 2007.

KPPZ-FM, Prescott, AZ, October 2007.

KOLE-AM News radio, Beaumont, TX, October 2007.

Popp Off with Mary Jane Popp, Sacramento, CA, October 2007.

The Dr. Alvin Augustus Jones Show, Washington D.C., October 2007.

KFYI Talk Radio with Roberta Gayle, Phoenix, AZ, December 2006.

Practical backpacking.com. May, 2006. Features a one-hour podcast interview with Cody.

KYCA Weekend with Jay Robbins, Prescott, AZ, July 2004.

The Sandy Moss Show, Prescott, AZ, May 2004.

The Cuzin Eddie Show, McLeansboro, IL, November 2003.

The Paul Kircher Show, "Money Talk Radio", Philadelphia, PA, October 2003.

On Your Side, Hagerstown, MD, September 2003.

The Morning Line with Jim and Trapper John, Indianapolis, IN, September 2003.

Cordani and Company, Newburgh, NY, September 2003.

The Rocky Brooks Morning Show, Lenoir, NC, September 2003.

The Morning Show with Bobby Lane, Lenoir, NC, September 2003.

The Jim Cates Show, Topeka, KS, August 2003.

Hang Time, Bangor, MN, August 2003.

The Morning Show with "Johnny", McLeansboro, IL, August 2003.

The Morning Drive with Bob Simmons, Langdon, ND, August 2003.

The Dan Deibert Radio Show, Green Bay, WI, August 2003.

The Paul Pryor Show, Austin, TX, August 2003.

Live with Lee, Lexington, KY, August 2003.

The Bob Rivers Show, Seattle, WA, August 2003.

WLIU & WCWP NPR stations with interviewer James Asendio, Long Island, NY, August 2003.

KSKI Morning Show with Tom Sparks, Sun Valley, ID, August 2003.

Reading Between the Lines with Lou Bendrick, Telluride, CO, August 2003.

702 Talk Radio with Boo Prince, Johannesburg, South Africa, July 2003.

Wynn's Outdoor World with Bob and Joe, Knoxville, TN, July 2003.

Out There with Don James, Laughlin, NV, April 2003.

The Angie McClelland Show at Africam Radio, Johannesburg, South Africa, January 2001.

The Ron and Don Show, Dallas, TX, December 2000.

The Chris Baker Show, Kansas City, MO, November 1999.

Basic Black with Arthur Black, CBC Radio One, Canada, October 1999.

The Sandy Kenyon Show, Prescott Valley, AZ, March 1992.

Newspaper

The Arizona Republic, June 2008. Cody is interviewed by reporter Lisa Nicita about urban survival scenarios that could be created by natural disasters during the summer season.

The New York Times, April 6, 2008. "When All Hell Breaks Loose" by Cody Lundin instructs readers how to dispose of bodies and dine on rats and dogs in the event of disaster." Alex Williams cites Cody's urban survival book in his article Duck and Cover: It's the New Survivalism.

New York Post, March 2008. "That tan dude walking through midtown today in cut-off jean shorts (and bare feet!) is survival expert Cody Lundin..." Cody shares his views on self-reliance with a few people in Manhattan.

Transitions (Prescott College) Fall/Winter 2007. "Although Cody is ready to take readers to the max - the Mad Max, as it were - in the Armageddon of his imagination, he also offers levels of practical advice for folks seeking to prepare emergency clothing, food, shelter, and clean water for a few days to a few weeks." Writer Mary Lin reviews Cody's new book on urban preparedness *When All Hell Breaks Loose*.

The Arizona Republic, November 2007. "Cody Lundin, founder and director of the Aboriginal Living Skills School in Prescott, is a model of self-reliance. He lives off the grid in a home he designed. Through the judicious use of passive solar energy, collecting rainwater and composting waste, he pays nothing for utilities." Reporter John Stanley interviews Cody about his new urban survival book.

The Philadelphia Enquirer, October 2007. Cody is quoted for Doug Lansky's article on travel preparedness and survival.

The Prescott Daily Courier, October 2007. "Ever since Cody Lundin was a child, he knew he wanted to do more with less." Reporter Will Waterman interviews Cody about his thoughts regarding self-reliance and his new book on urban survival skills.

The Chino Valley Review, October 2007. "Many consider Lundin as a leading source for survival skills and knowledge." Cody is interviewed about his new book, *When All Hell Breaks Loose*.

The Monitor, (Texas) August, 2007. Cody was interviewed for an article about hurricane preparedness and survival.

The Arizona Republic, April 2005. "Lundin's survival tips are simple and practical, aimed at staying alive...rather than elaborate instructions on how to live off the land for weeks." Outdoor reporter John Stanley interviews Cody and Sgt. Dave Garland, Search and Rescue coordinator for the Maricopa County Sheriffs Office about Cody's survival training courses.

The Fresno Bee, December 2004. "Most survival books of this ilk might as well have been cut and pasted from old Air Force manuals. Not this one. Founder of the Aboriginal Living Skills School in Arizona, Lundin explains - vividly - how the human body can survive days without food and water but can perish within hours if body temperature dips below 98.6degrees. Lundin's tips are insightful and jam-packed with practical advice." Writer Marek Warszawski touts Cody's book *98.6 Degrees* as a must get book for the outdoor enthusiast this Christmas season.

The Prescott Daily Courier, March 2004. "Cody Lundin, founder of Prescott's Aboriginal Living Skills School, LLC who has been featured in several national and international newspapers and magazines and television, and radio programs including Dateline NBC and Channel 8 Horizon Program (PBS) will mentor the lost until help arrives." Courier reporter Mirsada Buric-Adam

interviews Cody and the Yavapai County Search and Rescue for their roles in the Discovery Channels "Lost in the Wild" shows.

The Prescott Daily Courier, February 2004. "Cody Lundin spent Valentine's Day on the private Necker Island in the Caribbean, snorkeling with his "sweetie" in 82-degree weather and soaking up the rays." Courier reporter Hilary Eller features Cody's work on NBC's The Today Show for "Where in the world is Matt Lauer?".

The Houston Chronicle, February 2004. "Outdoors expert and author Cody Lundin lugs four pounds of survival gear afield, including dozens of lightweight items that all make sense for someone faced with several days in the middle of nowhere." Writer Doug Pike features Cody's tips in a column on staying alive in the Texas outdoors.

Grand Rapids Press, December 2003. "I love this book. Lundin's direct and sometimes irreverent approach is a breath of fresh air, a far cry from the survival book of yesteryear. His is a resource loaded with critical facts, sarcastic humor, sometimes radical tactics, outlandish cartoons, excellent diagrams and high quality photographs that will interest any outdoor enthusiast." Outdoors editor Howard Meyerson reviews *98.6 Degrees* as one of five outdoor related books that make great gifts for the holiday season.

The Morning Call, Allentown, PA. December 2003. "Lundin presents his material with a humorous, entertaining, in-your-face style...You won't get bored absorbing Lundin's teachings, which just might save your life someday." Writer Christian Berg reviews Cody's book *98.6 Degrees*.

Arizona Daily Star, October 2003. "Cody Lundin...has written a book of tips to help you survive any outdoor adventure." Writer Karen Mracek highlights Cody's book and his visit to the University of Tucson

Phoenix New Times, October 2003. "....Lundin's witty book about life-or-death situations is backed up by his incredible expertise." Writer Michele Laudig reviews Cody's book in preparation for an author signing in the "This Weeks day-by-day Picks" section of the New Times.

The Arizona Republic, October 2003. "Cody Lundin knows survival. His new book, *98.6 Degrees: The Art of Keeping Your Ass Alive!* explains in clear, no-frills language exactly what it takes to stay alive in outdoor survival situations." Outdoor writer John Stanley reviews Cody's new book for his "On the Shelf" column.

The Rough Writer, October 2003. "Cody Lundin, YC adjunct faculty member, has become Gibbs Smith publishing company's number two best-selling author with his book *98.6 Degrees: The Art of Keeping Your Ass Alive!*" Editor Greg Grahlmann interviews Cody about his college classes, his book and philosophies about teaching survival skills.

The Hippo Press, October 2003. "Lundin, who runs the Aboriginal Living Skills School in Arizona, offers practical survival advice that could come in handy anywhere from Everest to Mount

Washington." Hippo staff writer reviews Cody's new book *98.6 Degrees: The Art of Keeping Your Ass Alive!*

The Arizona Republic, September 2003. "The best list of survival gear is one put together by the individual who may need it, says Cody Lundin, author of the new book *98.6 Degrees: The Art of Keeping Your Ass Alive!*" Outdoor feature writer John Stanley interviews Cody about his new book, urban and wilderness survival scenarios, home preparedness, car survival kits and his Aboriginal Living Skills School.

The Los Angeles Daily News, August 2003. "This outrageously straightforward survival book teaches you what you need to know, now, to live through virtually every survival scenario...this is one of the year's best reads." Outdoor writer Michael A. Anastasi reviews Cody's new book, *98.6 Degrees: The Art of Keeping Your Ass Alive!*

Laramie Daily Boomerang, August 2003. "Cody Lundin's new book, *98.6 Degrees: The Art of Keeping Your Ass Alive!* is designed to smack the reader in the face with dire, lifesaving information...". Staff writer Amy Geringer interviews Cody about the style and content of his new book.

North Shore News, Vancouver BC, August 2003. "Author Cody Lundin takes a no-nonsense approach to getting his message across." Writer Terry Peters reviews Cody's new book, *98.6 Degrees: The Art of Keeping Your Ass Alive!*

Philadelphia Metro News, July 2003. "Cody Lundin's book, *98.6 Degrees*, breaks new ground in the world of survival manuals." Writer Josh Miller interviews Cody about his new book and the Aboriginal Living Skills School.

Knoxville News Sentinel, July 2003. "Lundin is a survival expert who runs the Aboriginal Living Skills School in Arizona. His book is a no-nonsense guide to staying alive in the worst of hot, cold, wet or dry extremes." Columnist Sam Venable reviews Cody's new book, *98.6 Degrees: The Art of Keeping Your Ass Alive!*

The Prescott Daily Courier, July 2003. "Lundin's new book takes the reader on a bold trek through common sense survival." Reporter Briana Lonas interviews Cody about teaching, his lifestyle, and his new book *98.6 Degrees: The Art of Keeping Your Ass Alive!*

The Chino Valley Review, July 2003. "Rave reviews of local author Cody Lundin's new book, *98.6 Degrees: The Art of Keeping Your Ass Alive!* is proof that people want to know how to survive in emergency situations." Reporter Laura Flood interviews Cody regarding the style and content of his new book.

Philadelphia Metro News, June 2003. Reporter Josh Miller interviews Cody about staying alive in the city and the country and details Cody's new book, *98.6 Degrees: The Art of Keeping Your Ass Alive!*

Copley News Service, February 2003. Reporter Paul Huard interviews Cody and others for a syndicated story on survival skills, attitude and survival gear.

The Prescott Daily Courier, August 2002. "Cody Lundin's Aboriginal Living Skills School offers opportunities to shed your outer city trappings, and get in touch with your inner wildman." Prescott Courier columnist, Richard Sims, Director of the Sharlot Hall Museum, touts Cody's new courses offered through the museums educational department.

The Chino Valley Review, August 2002. "...the Aboriginal Living Skills School is designed to teach people how to do more with less when trying to survive in the outdoors." Writer Diane DeHamer features Cody and his school in the "Meet Your Neighbor" section of the Review.

The Prescott Daily Courier, July 2002. "Wilderness survival instructor Cody Lundin has been chosen by Backpacker magazine to represent the magazines Outdoor Survival Skills program at this years Camp Jeep event in Missouri." Part of an article compiled by business reporter Chad Simpson detailing Cody's Camp Jeep training.

The Arizona Republic, October 2001. "Cody Lundin teaches everyone from white-collar types to hard-core outdoor folks how to survive in the wilderness." Outdoors reporter John Stanley interviews Cody for a front cover dual article in the "Smart Living" section regarding his Spartan lifestyle, why he chose to teach survival skills, his views on life in and out of the wilderness and the components of his outdoor survival kit.

Transitions, Prescott College, Summer 2001. "With their three weeks of training and hands-on learning, Cody's class has the skills and knowledge to survive, just like their ancestors did thousands of years ago." Editor Karlyn Haas interviews Cody and his students for a full-page article regarding his 30-day Aboriginal Living Skills course conducted for Prescott College.

Transitions, Prescott College, Winter/ Spring 2001. Cody and his school are mentioned in the Alumni News regarding his work training Dateline NBC correspondent in winter survival skills.

The Record, August 2000. "The Aboriginal Living Skills School is run by guide and survival guru Cody Lundin, whose philosophy is "whatever works." ALSS is one of three survival schools nation wide featured in a story regarding the CBS series Survivor.

Colorado Springs Fit Magazine, August 2000. "Cody Lundin of the Aboriginal Living Skills School in Prescott, Arizona, is one of the foremost authorities on primitive and modern survival skills." Reporter Robert S. White interviews Cody on the priorities of staying alive and thermoregulation.

Transitions, Prescott College, Winter/Spring 2000. Cody and his school are mentioned in the Alumni News regarding his survival kit demonstration on the Donny and Marie Show.

USA Today, October 1999. "Cody Lundin wants to save you from yourself." Reporter Taylor Buckley interviews Cody for a full-page article about his survival skills training and the components of his survival kit.

The Prescott Daily Courier, August 1999. "Cody Lundin, the shoeless primitive skills instructor who teaches people how to survive outdoors, is on the cover of the September issue of Backpacker, The Magazine of Wilderness Travel." Reporter Louise Konarski interviews Cody about his feature article in Backpacker magazine and his ALSS wilderness course.

The Chino Valley Review, December 1998. "Cody Lundin teaches the ways of the Earth with a vision." Cody is interviewed about his school and its corporate training adventures.

Tucson Weekly, April 1998. "Among Lundin's more colorful credentials is a license to collect and process fresh road kill for his own consumption." Part of a story featuring Arizona people in the national news.

The Arizona Republic, April 1998. "Lundin is used to teaching people how to survive in the most severe circumstances." Trains Outdoors reporter Barry Burkhart in desert survival including what to carry in a desert survival kit.

Russ Miller's "Oddly Enough", World Wide Media Syndication, 1998. "Oddly Enough, Cody, a white man, has been hired by local Indian tribes to teach their children forgotten native skills." Illustration of Cody making a hand drill fire accompanied the article. Featured in countries such as South Africa, Italy, Japan and the Philippines.

The Chino Valley Review, February 1998. Trains reporter Russ Miller in a primitive skills adventure for his weekly column, Miller's Musings.

The Arizona Republic, February 1997. "It's a chance to learn the art of primitive living." Outdoors reporter Barry Burkhart interviews Cody for a dual article about his life style and the contents of his survival kit. Story is picked up by the Associated Press and appears nation wide.

The Prescott Daily Courier, July 1996. "From weaving willow pack frames to slicing up a road kill snake for supper, Lundin covers it all." Reporter Constance Keremes interviews Cody about teaching primitive living and survival skills courses for Yavapai College and Prescott College as an adjunct faculty member.

The Phoenix New Times, July 1995. "Cody Lundin teaches aboriginal living for people who want to survive in the modern world." Cody appears on the front cover of the New Times after training reporter Mark Ramirez for a feature story on the art of going primitive.

Out and About, April 1995. "All you really need is food, water and personal shelter (clothes), Cody helps you locate all these necessities and have a good time doing it." Story regarding upcoming ALSS field courses by editor Barbara Forton.

The Prescott Daily Courier, August 1994. "When it comes to really living in the wild, exposed to the elements, Lundin has first hand experience." Reporter Mary Lin interviews Cody about his school, life in the woods and his college courses in outdoor skills.

The Prescott Daily Courier, May 1990. "Walking barefoot is one aboriginal habit most people forget. Lundin often walks barefoot in the forest, on and off trail." Reporter Steve Lee interviews Cody for a full-page story about survival priorities and living full time in his Wicki-up.

Magazines

Popular Mechanics magazine, October, 2008. The editors at Popular Mechanics use Cody as the survival expert for extreme cold and hot weather survival, as well as proofing other survival skills copy for the "100 Skills Every Man Should Know" feature article.

Arizona Highways magazine, November 2008. Writer Kelly Kramer uses Cody as a survival resource for her "Man vs. Wild" feature story.

Sedona Monthly magazine, May 2008. "Since 1991, the year he launched the Aboriginal Living Skills School, Cody's been teaching students about wilderness survival, primitive living, and especially of late, urban preparedness. With the recent sky-high gas prices and global warming threats, he has seen more and more students interested in urban preparedness and self-reliance." Writer Erika Ayn Finch features Cody and his school in the "Around the Town" section of the magazine.

SuperConsciousness magazine, March/April 2008. "Survival expert Cody Lundin discusses what to store and how to store it. More importantly, Lundin emphasizes the critical need to take personal responsibility in an emergency, whether it's long-term or short-term." Cody writes the feature article (urban survival and food storage) for the preparedness edition of SuperConsciousness magazine.

SuperConsciousness magazine, March/April 2008. "If there's such a thing as a typical survival skills instructor, Cody Lundin is not it....*When All Hell Breaks Loose* is aimed at empowering an urban and suburban audience to deal with survival situations BEFORE they happen." SuperConsciousness magazine editors review *When All Hell Breaks Loose*.

Backpacker magazine, March 2008. Cody is interviewed about "honey," his favorite Mora knife for the gear guide issue of the magazine.

Wilderness Way magazine, January 2008. "*When All Hell Breaks Loose* breaks survival preparedness down into a common sense approach, although Cody's style is still "in your face." Wilderness Way reviews Cody's new book on urban survival in the "Dirttime Report."

Backhome magazine, September/October 2007. "*When All Hell Breaks Loose*--all 450 pages of it--is aimed toward educating and preparing you and your family for change and the unknown."

Backhome reviews Cody's latest book on urban and suburban survival.

Backpacker magazine, October 2006. Cody is chosen as one of four wilderness survival experts to design a desert survival "how-to" skills page for the magazines special survival edition.

National Geographic Adventure magazine, April, 2006. Robert Young Pelton, author of *The Worlds Most Dangerous Places* and *National Geographic* magazine columnist for "Pelton's World", picks Cody's Ultimate Abo course as the class to take for real-life experience in living-off-the-land.

Wilderness Way magazine, winter, 2006. "The primitive skills courses that I have taken over the years were always taught in a comfortable environment...To put my skills to the test, I enrolled in the Ultimate Abo course, offered by Cody Lundin..." Writer Matt Kull tells of his experience in the high desert backcountry while learning to live off the land.

Off-Road magazine, February 2006. "Despite Cody's ability to thrive off the land in tranquil solitude-whiling away the time fishing by hand, grubbing, or brain tanning-he has also spent a good deal of time training hosts or personally hosting the most significant outdoor survival media presentations of the last decade." *Off Road* writer Moses Ludel talks about his and Cody's 4x4 Survival workshop held in the high desert mountains of Nevada.

Popular Mechanics magazine, August, 2005. Writer Jim Gorman interviews Cody and three other survival instructors for the article "Would You Survive?" in which survival gear and case scenarios of actual emergency situations are explained.

Stuff magazine, May, 2005. "Cody Lundin, the only man in the state of Arizona licensed to catch fish with his bare hands, gives you the low down on keeping your heart pumping." Writer Shanti Sosienski asks Cody's advice for "The Stuff Test" section featuring a variety of urban and wilderness survival gear.

Prescott Living magazine, summer, 2005. "Cody's bare feet, like many indigenous natives, take him into some pretty wild country, where he teaches his aboriginal living skills to all ages of folks interested in becoming more self-sufficient." Writer Dave Ganci follows Cody on a tour of wild edible plants and the pros and cons of going barefoot in the southwest.

Wilderness Way magazine, summer, 2004. "Utilizing his extensive experience in the field, Cody established the Aboriginal Living Skills School in 1991 and is one of the leading instructors and practitioners of the primitive lifestyle. In my own extensive outdoor/how-to/survival library, 98.6 is unique. Beyond the printed word, this is a very visual book that engages the reader's attention." Excerpts from field editor Dude McLean's one-page book review of *98.6 Degrees: The Art of Keeping Your Ass Alive!*

Northern Arizona Zene, June/July 2004. "Aboriginal Living Skills School founder and author Cody Lundin was a real-life 'survivor' before reality TV ever hit the air. Now, thanks to nationwide media coverage, he's a local celebrity. But there's more to the man and his mission than you're likely to hear in a ten-second sound-byte." Assistant editor Susan DeFreitas interviews Cody for a cover story article about his school, the media, and his views on nature as teacher.

TV Guide, March 2004. "Survivalist Cody Lundin teaches novices how to make it out alive when they're stranded with minimal supplies in two different wilderness settings." *TV Guide* writer Rick Toy promotes the Discovery Channel's "Lost in the Wild" shows for a *TV Guide* Special article.

Hooked on the Outdoors, April 2004. "98.6 has 16 chapters detailing everything from survival psychology to survival kit components." The smartest dog in the world, Angus, turns a questioning reader onto the virtues of Cody's new book in his "Ask Angus" advice column.

Advanced Rescue Technology magazine, January 2004. "98.6 is a no-nonsense, down-to-earth survival guide that is filled with practical advice, and at the same time, goes many a sacred-survival manual cow in the process." Veteran EMS writer Norm Rooker reviews Cody's book.

Hustler magazine, January 2004. "This is the kind of book you never think you'll need, until it's too late. Read it now!" Cody's book is reviewed in *Hustler* magazines "Bits and Pieces" section.

Powder magazine, November 2003. "Discounting all the trendy "how to wrestle alligator" books, Lundin uses humor, logic, and repetition to teach readers survival basics." *Powder* magazine "Down Time" columnist Jamey Voss reviews Cody's new book *98.6 Degrees: The Art of Keeping Your Ass Alive!*

Unlimited magazine, Fall 2003. "Cody is a survivor, baby. Always has been." Editor-in-chief Kevin Haynes interviews Cody about his new book, his school and his lifestyle in general.

Backpacker magazine, October 2003. "Bring these traits to the woods, says Cody Lundin, primitive skills instructor and author of *98.6 Degrees: The Art of Keeping Your Ass Alive!* and your chances for returning improve." Writer Gina DeMillo features Cody's book for side bar information for an "Are you a survivor?" article.

Field and Stream magazine, August 2003. "Excellent advice...the obvious product of a man who has gone and done it...well worth reading." F & S editor reviews Cody's new book, *98.6 Degrees: The Art of Keeping Your Ass Alive!*

COLORS magazine, April 2002. "The Aboriginal Living Skills School is certainly ambitious!..." Published in 8 languages around the world, *COLORS* editor Richard Mason touts ALSS in its "Tours Around the World" issue.

Southwest Airlines Spirit magazine, April 2001. "The Aboriginal Living Skills School in Arizona offers wilderness survival courses specifically for corporate groups." Writer Chris Santella adds side bar promoting ALSS corporate training adventures.

Playboy magazine, February 2001. ALSS is one of four schools nation wide interviewed by writer Steve Pond for a feature article regarding the CBS series *Survivor*.

FHM-For Him magazine, October 2000. (European edition, United Kingdom) "The Aboriginal Living Skills School takes you back to the days when you didn't have to work out how to use the video." ALSS is featured in an article as one of 100 international adventures.

American Way magazine, (American Airlines magazine) June 2000. "Cody Lundin, who runs the Aboriginal Living Skills School in Prescott, Arizona, teaches simple survival skills which could be key even if your just overnight camping or on a rock climbing adventure." Writer Ashley Jude Collie talks with Cody about survival necessities and the components he packs in his wilderness survival kit.

Maxim magazine, May 2000. "The Aboriginal Living Skills School will arm you for going off the grid." ALSS is featured in a story on adventure camps for grown ups with others such as bow hunting with Ted Nugent and playing basketball with Michael Jordan.

My Business magazine, April 2000. Writer Kathy Landis interviews Cody on the importance of doing what you love and how he started his business with less than 50 dollars.

Backpacker magazine, September 1999. "Considering the hundreds of dollars I spend each year on "just in case" insurance policies, the quality wilderness survival training I got from Lundin was a bargain." Annette McGivney, Southwest Editor. Cody is the third person in history to appear on the cover of Backpacker. The ten-page cover story features his skills and philosophies of survival as well as his wilderness survival kit.

American Survival Guide magazine, June 1999. "Lundin teaches students how to improvise all their needs for survival." Outdoor writer John Alba interviews Cody about his school, his views on wilderness survival training and the difference between modern survival skills and living off the land.

Back Home magazine, March/April 1998. "I highly recommend an excursion like this, especially for the whole family. It will give you something to ponder and talk about for a long time." Back Home writer accompanies Cody on a multi day primitive living skills adventure.

Esquire magazine, April 1998. "Like Tony Manero, Lundin's bottom line is stayin' alive." ALSS is listed among six other schools nationwide as the place to go for Southwestern survival skills training.

ICON magazine, April 1998. "Cody's students make fire using handmade friction tools, catch fish with their hands, and make water carriers, cord, glue, shelter, tools, and bug repellent with materials found on-site." Cody is interviewed about his lifestyle and why he chose to teach self-reliance skills.

Summit magazine, Winter 1996. "ALSS students learn to become independent in the wilds with gear they've made from the most basic materials." Story on ALSS field courses with interviews from students.

American Survival Guide magazine, January 1996. "All ALSS courses enhance one's staying power in the wilderness." ASG writer interviews students on an ALSS field course and talks to Cody about survival skills in general.

Edging West magazine, November/December 1995. "ALSS curriculum reflects the attitudes of cultures that pre-date television, poly-pro and water filters." Writer Katherine Minott interviews Cody and some of his students on an ALSS field course.

Mountain Living magazine, Fall 1995. "This program is no ordinary wilderness experience!" Story on ALSS touts the school as an adventure alternative to the traditional vacation.

Books

"When All Hell Breaks Loose: Stuff You Need To Survive When Disaster Strikes."
Cody Lundin, Gibbs Smith publisher, 2007

"98.6 Degrees: The Art of Keeping Your Ass Alive!"
Cody Lundin, Gibbs Smith Publisher, 2003

Cody has consulted for or been featured in the following books.

"The Rough Guide to Travel Survival."
Doug Lansky, Rough Guides Publishing, 2005

"52 Great Weekend Escapes in Arizona."
Ray Bangs, Northland Publishing, 2002

"National Geographic's, The Ultimate Adventure Sourcebook."
National Geographic Books, 2000

"Aboman's Guide to Wilderness Schools and Primitive Events."
Joseph Bigley, Gibbs Smith Publisher, 2000

"Arizona Outdoor Survival and Safety Guide."
By Marty Campbell, World Publishing Corporation, 1999

"Oddly Enough, The Book of Odd Facts."
Russ Miller, Caliber Press, 1998

Instructor and/or Consultant for (partial list):

America's Most Wanted (TV show)
Federal Emergency Management Agency (FEMA)
The Travel Channel
Men's Health Magazine
Smoki Museum
Arizona Mountaineering Club
Time Passages Expeditions
Yavapai County Search and Rescue
Sharlot Hall Museum
Yavapai Prescott Indian Tribe

Recreational Equipment, Inc. (REI)
Florence Prison Tracking Team
Prescott Recreation Department
Arizona State University
Chino Valley Unified School District
Sedona Historical Society
Ananda World Brotherhood Community
Boy Scouts of America
Gunsite Training Center
United States Forest Service
Church World Service
Arizona Outing Club
New Alternatives
Arizona Public Service (APS)
Highlands Center for Natural History
Digimage Films, Quebec, Canada
Hoggard Films
East Valley Tribune newspaper
The Prescott Paddler's Club of America
Prescott Connection
Arizona Parks and Recreation Association
Prescott Unified School District
Prescott Public Library
TV's Bare Necessities, British Broadcasting- Corporation (BBC)
Primavera School
Prescott Rotary Club
Youth Talent Search Program, Yavapai College
National Geographic Television
American Camping Magazine
Cafe' Productions Limited, United Kingdom
The Scottsdale Tribune
The Arizona Republic
Great North Productions, Canada
Youth STEP
The Scottsdale Sportsmen's Club
Association for Experiential Education (AEE)
Sacred Earth, Sacred Self National Conference
Arizona Children's Burn Camp
Sports Enhancement and Conditioning, (YCC)
Camp Jeep
The Discovery Channel
National Geographic Adventure magazine
Damascus Trail Days
Book Expo America
RDF Media

44 Blue Productions
JWM Productions
National Indian Youth Leadership Project
Willow Bend Environmental Center
Juma Entertainment
Popular Mechanics magazine
Arizona Highways magazine
First 30 Days
The Inspiration Networks
Darlow Smithson Productions
Creative Differences
Diverse Bristol TV
CNN
Professional Writers of Prescott