

World Record-Breaking Adventurer
PREET CHANDI



Illustrated by Aditi Kakade Beaufrand

wren
& rook



To my niece, Simran, and nephews, Karanveer and Arjan

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INTRODUCTION

**NO ADVENTURE
IS TOO SMALL**

HELLO!

I'm Preet Chandi and I love to explore! When I'm not working as a physiotherapist for the British Army, I get to go on incredible adventures all around the world. That's right, I've been on exciting journeys to hot climates like India and Kenya, and to freezing continents like Antarctica.


People often think that because I am in the Army and have been on some big adventures, I probably started exploring quite young, but that's not true. The first time I went camping was with the Army, I was nineteen years old and I'll never forget the mix of emotions I felt – **nervousness, excitement** and **curiosity** all at the same time.

Camping with the Army was a complete shock to my system. It was a far cry from anything I had experienced before. The training and the challenges were completely new to me, and it felt like stepping into a whole new world. There were so many things I was trying that I had never done before – **camping, reading a map, testing my survival skills.**

I can vividly remember the uncertainty I felt as I embarked on this new and unfamiliar journey. But you know what? **I was also incredibly excited.** That excitement was like a spark in my heart, pushing me to embrace the unknown.

Feeling this way when trying something new is entirely normal. It's OK to be a little nervous, but it's also important to let your excitement and curiosity guide you. Sometimes, the most incredible adventures






begin with that first step into the unknown. So if you ever find yourself facing a new experience, remember that it's an opportunity to **grow, learn** and **discover** your own incredible adventures.

Think of this book as your passport to a world of exciting adventures. Just like a good explorer's backpack (which you'll learn all about in chapter one), it's packed with all the knowledge and skills you need to have amazing adventures. We've got a treasure trove of chapters waiting for you, each filled with tales from my expeditions, guidance on how to have your own adventures and activities you can do at home to become a master explorer. You will discover all the essential tools to pack in your backpack, master the secrets of navigation, learn how to build a shelter and so much more!

And most importantly, I'll show you that adventures don't have to be great big expeditions **and you don't always need to go far from home to have an amazing experience.** One of my favourite adventures was in the UK when I took my niece, Simran, camping for the first time. We had the best adventure, and it was only in my mum's garden!



Camping at my mum's house was a perfect first adventure for Simran because if we needed anything from inside the house, it was easy to grab. But some of our family had concerns. They were worried Simran would be too scared to sleep outside in a tent or that she might get cold and not enjoy it. Of course, these fears came from the members of my family who had never been camping before, so I explained that there was nothing to worry about. If we were well prepared, then we'd be all snug in the tent.

And camping was a success! Simran eagerly helped me set up the tent by passing me tent poles, and we worked together to put down the roll mats and lay the sleeping bags. We brought extra blankets from inside the house to make sure it was super snug, and to make it extra special, we hung fairy lights. It was magical. Simran and I brought toys and books inside the tent and settled in for an epic sleepover. After a few hours, Simran fell asleep. I kept an eye on her, checking every now and then during the night to make sure she was comfortable. And guess what? When morning came, Simran didn't want to leave the tent; she wanted to stay 'for a bit longer'.

She absolutely loved her first camping experience, and I cherished the adventure we had together. She

had so much fun trying something new, even if it was just in the garden. It reminded me that adventures are all around us; they're just waiting to be explored!

So now I've embarked on a new adventure – writing this book – to teach you, lovely reader, just how easy it is to have an adventure and what it takes to be a good explorer. It's time to go wild by learning about nature, trying new things and making brilliant memories. Does this sound fun? Then let's get started!



**Explorer's
top tip**

First of all,
always remember
to ask a trusted adult before
you go on any adventures
outside of your home.
It's likely they'll want to
tag along with you too!