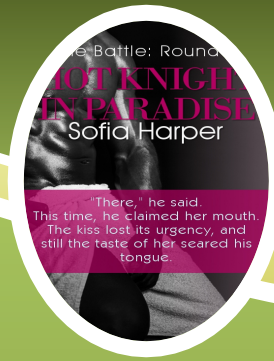


Rick McCarthy

1. Cabana boy (preferably named Rick or Marshall). This is essential; each of the following depends upon his presence.
2. A mirror for signaling planes and checking to see if you're ready for the cabana boy.
3. Coco bean so you can grow a fine, fully fledged coco bean tree and make chocolate to share with the cabana boy.
4. Chocolate, in case the coco bean tree doesn't grow.
5. Tom Hanks and Wilson. Tom can help with a bonfire and Wilson is a great conversationalist.



Marshall Jackson

6. Matches, in case Tom Hanks is unavailable and can't rub sticks together properly.
7. Keg-sized bottle of sunblock...for slathering on...by the cabana boy.
8. Grapes, because you might be there for a while and wine will need to be made.
9. Chewing gum and a set of paperclips. If you know MacGyver, you know why.
10. Clean panties because you're stranded and your mother taught you to be prepared for situations like this.

#SexySurvival A Survival Guide

How to survive on a deserted island...

Courtesy of Michele De Winton and Sofia Harper



*Learn more about
the authors*

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