



Bear Grylls



Biography

Edward Michael Grylls was born on the 7th June, 1974, in Donaghadee, Northern Ireland. At one week old, his sister Lara gave him the nickname Bear and he's been called that ever since.

Bear has always had an adventurous streak, joining the Cub Scouts at the age of eight, taking up Shotokan Karate at eleven and skydiving when he was a teenager.

He worked with the Special Air Service (SAS) for three years from the age of twenty. Bear was fortunate to survive a parachute jumping accident, in which his parachute only half-opened resulting in him landing on his back and breaking it in three places. After eighteen months in therapy, he was fit enough to start his adventures again.



He climbed Mount Everest at twenty-three and is one of the youngest people to ever do so.

He became a combat survival instructor and has been on many expeditions including to the Arctic, the Sahara and a Vietnamese jungle. He has written books and presented TV series on surviving in these harsh conditions.

Bear is the Chief Scout of the Scouts Movement. He has helped raise money for several charities including Comic Relief, the Royal National Lifeboat Institution and the Duke of Edinburgh Award Scheme.



Religion

Bear is a Christian and has called his faith his "backbone". He has discussed how his faith helped him at many times especially when both his and his wife's fathers passed away during their first year of marriage.

He considers Jesus to be the "source of his survival fire" i.e. an inspiration that helps him.

