Answers: Escape the Island – Extreme!

The Rainforest
a) 200 ml pineapple juice
   160 ml coconut water
   80 ml mango juice
   40 ml lime juice

b) You make 480 ml of punch.

The Rocks
a) You have caught 27 edible fish.

b) 48 fish would be edible.

The Storm
a) You will finish the shelter at 17:58.

b) You need 4m more rope.

The Beach
You will need:

a) 96 large rocks
   474 twigs
   288 logs

b) 576 logs
The Cave
Walk 8 paces south and turn 90° anti-clockwise to face east.
Walk 5 paces and turn 45° clockwise to face south-east.
Walk 9 paces, passing a small cavern on your left. Turn 90° clockwise to face south-west.
Walk 16 paces and turn 45° anti-clockwise to face south.
Walk 24 paces and turn 135° clockwise to face north-west.

The Boat
It will take 6 hours and 40 minutes (or 400 minutes) to reach the land.