

Wilderness Survival Training Syllabus

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Wilderness Survival is an advanced camping skill. We are assuming that each student has basic first aid skills, good cooking skills and good camping skills.

It is assumed that students who expect to complete the core requirement for Wilderness Survival in this course will prepare themselves for both the class and the field exercise. The well prepared student will arrive at the field exercise having attended two training sessions and familiarized themselves with the materials in the handouts.

For the dedicated student, or if you want to expand your survival training, two good guides are:

- **Outdoor Survival Handbook for Kids** by Willy Whitefeather. Although cartoon like and pointed at elementary school aged children, there is much good information here.
- The Tom Brown Guides. He has written a series of field guides that all start with **Tom Brown's Field Guide To**. Of most interest to us are his **Nature and Survival for Children, Wilderness Survival,** and **Wild, Edible and Medicinal Plants**.

It is rare that a victim will need to survive in the modern world for more than a few days. Search and Rescue teams usually find their targets quickly. There are exceptions though. Sometimes, no one knows that the search needs to start because no one knows that the person is missing. Other times, because of misinformation, a very intense search is conducted in the wrong place and the target is not found. Finally, weather can delay a search for extended periods in some places at some times of year.

Experience shows that the fundamental difference between survivors found in good shape and those found in other conditions is not strength, training, skill or equipment, it is attitude. Training, skill and equipment can help attitude, but it is the belief in survival and the willingness to make the best of what one has that makes the most difference.

Training Session 1

Risk Management Plan (Student is expected to have these at the start of the Field Exercise)

Risk Management Plan Write a risk management plan for a hypothetical trip. Assume you are the adult in charge. The plan must include enough detail to show that you have considered the following minimum items:

Description of Trip	Equipment
Nutrition	Maps and Navigation Equipment
Health	Training
First Aid	Environment
Supervision	Emergency and Evacuation
Insurance	Procedures
Safety Rules and Regulations	Emergency Contacts

Wilderness Survival Kit

Handout and discussion

Survival Priorities

STOP (Stop, Think, Observe, Plan)

Rule of Threes

Attitude/Will

Oxygen

First Aid

Shelter/clothing

Fire

Signaling

Water

Food

Conservation of Energy

Wilderness Shelters

Snow, Sand (Desert), Forest

Debris Shelters

Homework - review

First Aid

Hypothermia

Hyperthermia (Heat Stroke, Heat Exhaustion, Heat Cramps)

Frostbite

Sunburn

Dehydration

Knots

Sheet Bend, Fisherman's Knot, Bowline, Bowline on a Bight, Two Half Hitches, Clove Hitch, Timber Hitch, Taut-line Hitch, Square Lashing, Shear Lashing

Training Session 2

Search

Basic Search

Confinement

Segmentation

Clues

Search

Hasty

Open Sweep

Closed Sweep

Evacuation Decision

Signals

Basic Signals

Yes, No, Need assistance, Need Medical, Direction of Travel
Use your phone

Weather

Predicting the weather
Protection from weather hazards

Food Discussion

Big Four

Water

Methods for Obtaining Water
Rain water or snow, standing water, gather at dawn, dig down, solar still
Be prepared to describe and demo.
Methods for Purifying Water
Heat, Filtration, Chemical, Solar Heating
Be prepared to describe

Homework - review

Fire Lays Be prepared to demo two.
Fire Starter Discussion/Demo

Field Exercise

Wilderness Shelter Construction

Rope Discussion - Rope Lore

Knot Tying Competency - knot of the meal

Fire lays and building

Water gathering

Food Preparation (Found Food)

Conduct a search and rescue including first aid (signaling will be required)

Outpost Camp (2 Days and Nights)

Wilderness Camp Presentation