

## WILDERNESS SURVIVAL

### 1. Do the following:

- a. Explain to your advisor the hazards you are most likely to encounter while participating in wilderness survival activities, and what you should do to anticipate, help prevent, mitigate, or lessen these hazards.
  - Not planning ahead or failing to prepare a trip plan
    - Match skill and fitness levels of the participants.
    - Get permission from land owners.
    - Research the terrain, elevation ranges, trails, campsites, and typical weather conditions.
    - Know where you're going and what to expect.
  - Not having good leadership in your group
    - Include a mature, conscientious adult at least 21 years old who is prepared to assume responsibility for the group's safety. One additional adult, at least 18 must accompany the group.
  - Being in poor physical condition or not eating enough or eating the wrong kind of foods
    - Keep fit and train for the trip.
    - Plan nutritious menus and eat healthily.
  - Wearing the wrong clothing or footwear, and being poorly equipped
    - Have the proper and appropriate equipment and protective clothing to suit the weather and environmental conditions of the trip.
  - Becoming too tired, too cold, too hot, or too thirsty
    - Don't overtax the body
    - Get proper rest.
    - Adjust clothing layers to match weather conditions.
    - Drink plenty of water.
  - Encountering unexpected changes in the weather or unexpected terrain
    - Keep an eye on weather conditions.
    - Refer to topographical maps and current trail maps for the area.
- b. Show that you know first aid for and how to prevent injuries or illnesses that could occur in backcountry settings, including hypothermia, heat reactions, frostbite, dehydration, blisters, insect stings, tick bites, and snakebites. [Health and Safety Resource Material](#)

### 2. From memory, list the seven priorities for survival in a backcountry or wilderness location. Explain the importance of each one with your advisor.

- **STOP: Stop, Think, Observe, Plan:** The first thing to do is to stop yourself, stay positive and begin to take charge of the situation.
- **Provide First Aid:** Treat life-threatening injuries and illnesses immediately.
- **Seek Shelter:** Give the body shelter to maintain its ideal temperature without using more energy than necessary,
- **Build a Fire:** A fire can be important for maintaining body warmth, melting snow for water, drying out clothing, signaling for help, and raising your spirits.
- **Signal for Help:** Signaling for help can aid rescuers in locating you, and can be important if you or others in your group are injured and can't be moved.

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- **Drink Water:** You can survive for days without food, but in hot weather, only hours without water.
  - **Don't Worry About Food:** Keeping warm in cold weather, cool in hot weather, finding shelter, drinking water, and signaling your location are all more important than finding something to eat.
3. Discuss ways to avoid panic and maintain a high level of morale when lost, and explain why this is important.
- **Whatever is done while panicking will probably make matters worse.**
  - **Keep a positive attitude**
  - **Evaluate the resources with you and around you to determine what can be used to make the most of your situation.**
  - **After securing shelter, building a safe fire can raise your spirits.**
4. Describe the steps you would take to survive in the following exposure conditions:
- a. **Cold and snowy**
    - **Do all you can to keep yourself warm and dry.**
    - **Take steps to build a shelter and if possible to light a fire.**
    - **Drink plenty of fluids.**
  - b. **Wet**
  - c. **all you can to keep yourself warm and dry.**
    - **Consider moving to an open area if the need for signaling arises, marking your steps from where you were.**
  - d. **Hot and dry**
    - **Rest in a high, shady spot during the day.**
    - **Complete necessary activities in the cool of the evening or early morning.**
    - **Wear sun protection.**
  - e. **Windy**
    - **Wear a windproof outer layer.**
    - **Seek shelter on the calm side of a boulder or large tree.**
    - **Watch for signs of hypothermia.**
  - f. **At or on the water**
    - **Those who fall in the water need to get to dry land, get back into a watercraft, or stay afloat until help arrives.**
    - **If in cold water near the shore, get out of the water as soon as possible to help avoid hypothermia.**
    - **If far from shore:**
      - **get as much of your body out of the water as possible by climbing onto the capsized craft.**
      - **with pfd, float with legs drawn up close to your trunk.**
      - **huddle with others if you are not alone.**
    - **If the situation involves a life raft, look for storage compartments containing an emergency kit.**
    - **If stranded on the coastline of an ocean:**
      - **don't drink the salt water.**
      - **stay in the shade to keep from sweating away moisture.**
      - **try to locate sources of fresh water.**

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- If you need to ride out rapids in a river, before swimming to safety or catching a rescue line:
  - go downstream feet first.
  - use a backstroke to maneuver past obstacles.
  - watch for eddies that might protect you.
- 5. Put together a personal survival kit and explain how each item in it could be useful.
  - In addition to the ten Outdoor Essentials:
    - Duct Tape - has a variety of uses.
    - Whistle - can be heard over longer distances and requires less energy than shouting.
    - Metal Mirror - for signaling.
    - Thin Wire - for repairs.
    - Heavy Duty Garbage Bag - to keep things dry and protected.
    - Fishing Line and Hooks - for making repairs and for fishing.
    - GPS Receiver - can pinpoint your location.
    - Mobile Phone - can be a convenient way to contact emergency response personnel.
- 6. Using three different methods (other than matches or a liquid fuel lighter), build and light three fires.
  - Solar Ignition <https://promtaskforce.com/solar-ignition-instruction/>
  - Ferro Rod <https://promtaskforce.com/ferro-rod-instruction/>
  - Flint and Steel <https://troopresources.scouting.org/flint-and-steel/>
  - Bow and Drill <https://troopresources.scouting.org/bow-and-drill/>
- 7. Using a camp saw, hand axe and knife, safely prepare tinder, kindling, and fuel from a single piece of dead (not rotten) wood, 9 inches in length and about 2 inches in diameter. <https://troopresources.scouting.org/hand-ax-and-knife/>
- 8. With only two matches, ignite the tinder processed in requirement 7 and feed the fire until all the processed material is burning. <https://troopresources.scouting.org/lighting-and-feeding-a-fire/>
- 9. Do the following:
  - a. Show five different ways to attract attention when lost.
    - Mirrors and Lights
      - flashlight
      - flares
    - Color and Motion
    - Fire and Smoke
    - Ground to Air Signals
    - Shadows
  - b. Demonstrate how to use a signal mirror.
    - Sight a target through the hole in the mirror's center or by looking over the mirror's top edge. Form a "V" with the fingers of your free hand and extending your arm in line with the target, adjust the angle of the mirror until the reflected light illuminates the "V".

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c. Describe from memory five ground-to-air signals and tell what they mean.

- V = Require Assistance
- X = Require Medical Assistance
- N = No
- Y = Yes
- —> = Proceeding in this direction

10. Improvise a natural shelter. For the purpose of this demonstration, use techniques that have little negative impact on the environment. Spend a night in your shelter.

9. Explain how to protect yourself from insects, reptiles, bears, and other animals of the local region.

- For insects:
  - use insect repellent.
  - wear a hat, long sleeves and long pants.
  - tie a bandana around your face or an extra t-shirt to protect your head.
  - wear gloves or socks over your hands.
  - smooth a layer of mud over exposed skin.
  - build a fire and stay close in the smoke.
  - consider moving to higher ground.
- For reptiles:
  - use a hiking stick to poke among stones and brush ahead of you in snake country.
  - watch where you put your hands as you collect firewood or climb over rocks and logs.
- For bears:
  - make noise while hiking.
  - set up your sleeping area at least 200 feet from where you will cook and eat.
  - properly store all smellables.
  - clean up and pack out campsite trash and spilled food and food particles.
  - dispose of dishwater at least 200 feet from sleeping area.
  - avoid using scented toiletries.
  - wear separate sleeping clothes to bed.

11. Demonstrate three ways to treat water found in the outdoors to prepare it for drinking. <https://promtaskforce.com/water-purification/>

- Boiling
- Chemical Treatment
- Filtering

12. Show that you know the proper clothing to wear while in the outdoors during extremely hot and cold weather and during wet conditions.

- For hot weather:
  - wicking underwear
  - lightweight, synthetic long pants and long-sleeved shirt
  - hiking shorts
  - lightweight short-sleeved shirt
  - brimmed hat

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- bandana
- appropriate footwear
- For cold weather:
  - fleece, wool, or synthetic blend long-sleeved shirt
  - fleece, wool, or synthetic blend long pants
  - fleece or wool sweater
  - polypropylene long underwear
  - wool or synthetic blend socks
  - warm hooded parka or jacket
  - fleece or wool stocking hat
  - fleece or wool mittens or gloves with water resistant shells
  - wool scarf
  - appropriate footwear
- For wet weather:
  - breathable, loosely-fitting rain pants and rain jacket with a hood

13. Explain why it usually is not wise to eat edible wild plants or wildlife in a wilderness survival situation.

- In order to avoid intestinal distress and even poisoning, it's best to leave vegetation alone, unless you are absolutely sure of a plant's identity and know for certain it's safe to eat.