

BECOMING AN OUTDOORS WOMAN WILDERNESS SURVIVAL SKILLS

- I. Primary Learning Objectives: The student will:
 - A. Receive basic knowledge for handling emergencies outdoors and remote areas.
 - B. Learn importance of mental self control in survival situations.
 - C. Learn what to include in a field kit.
 - D. Gain knowledge of how to find your way in the wilderness.
 - E. Learn how to find North without a compass.
 - F. Learn basic use of a compass.
 - G. Learn fire building.
 - H. Learn how to build a shelter and shelter options.
 - I. Learn how to locate and prepare water for drinking.
 - J. Learn about obtaining food.
 - K. Learn about signaling.

- II. Methods of Teaching:
 - A. Minimal lecture/ facilitation.
 - B. DVD showing situations, then demonstration, then hands on and participation.

- III. Supplies:
 - A. First Aid/ Survival Booklets
 - B. Projector
 - C. Laptop
 - D. Screen
 - E. DVD - Escape from the Amazon - discovery channel
 - F. Survival tubs:
 - Fire trays
 - Four muffin aluminum pans (place Vaseline jar/ 3 cotton balls in Dixie cups (save Dixie cups)/ knife/ hacksaw blade/ magnesium fire starter/ film canister/ dryer lint
 - Plastic boxes of topic items: Water demo, Fire starters, Signaling, & Compasses.
 - Plastic bags to show as rain poncho option or how to use as a shelter.
 - Water demo plastic containers & bandana for filtration
 - Large clear shower curtain and colored string to prepare example of shelter between two trees.

- IV. Introduction: The students all receive a flip booklet First Aid/ Survival. Go over the contents as an introduction, mentioning prevention, preparation, the S.T.O.P.P.E.D information. Will be watching a DVD from the Discovery Channel called "Escape from the Amazon", as a close situation to conditions of Florida. Students after watching segments of the DVD will then in turn watch a demo regarding water, build a fire, build a shelter, and then learn how to basically use a compass and signaling. Instructor should place sticks being used for the determination of north without a compass as sun is permitting and stopping class if sun permits (if going in and out/ behind clouds) to demonstrate.

- V. Setup before class:
 - A. Prepare fire building trays and muffin pans with supplies and keep out of sun. Set off to side so when get to fire building participants can pick up tray and find place to sit in circle near instructor for demonstrations.
 - B. Gather some tender and kindling for use in the fire building portion.

- C. Have palm branches (cut and brought to class, large cabbage palm branches for shelter building, I also bring approximately 10 long branches assorted sizes for shelter building - do not use class time for this collection since class time shortened) and long branches on tarp for shelter building.
- D. Have dirty water in step 1 container, and bandana ready for pouring step 1 water into step 2 container, and have water filtration items laid out.
- E. Have fire building materials laid out for viewing and for when going over fire building materials.
- F. Prepare shadow stick for determination of North without compass.
- G. Prepare shower curtain into tent like shelter for demonstration purposes of shelter building and staking.

VI. OUTLINE:

- Introductions and distribution of flip booklets
- Class overview
- Three P's: Prevention, Preparation, Preservation
- S.T.O.P.P.E.D - See flip booklet and review
- #days without water, #days without food
- Needs if lost or in survival situation:
 - Shelter
 - Water
 - Fire
 - Food
 - Signaling
 - First Aid
 - Navigation
- Rules of survival: telling someone where you are going - again in flip booklet, have participants follow along.
- Allow DVD to do most of the explaining. After Mike shows water filtration and DVD starts to move away from water, stop DVD and demo water collection. Flipbook shows a solar still.
- Back to the DVD, after Mike shows fire starting, stop DVD and show fire building materials and build two fires after instructor demos use of equipment. Fire 1. Dryer lint, Fire 2. Cotton ball w/ Vaseline.
- Take a break.
- Back to DVD, Mike shows shelters and elevated bed and debris hut. Stop DVD and go to Flipbook and talk briefly about pictures of shelters. Then group goes to already set up tent like shelter to show how to use poncho or trash bag to create shelter and stake with acorns, shoe strings, grape vines. Then divide into teams and allow each team to create their own shelter based on picture in books. After completed approximately 20 minutes and likely not built to completion but get general idea, group back together and allow team captain/ spokes person to describe intent and plan if had time to complete. Clap and move to next shelter. Allow for pictures.
- Back to DVD, Mike talks about dead reckoning, use of a compass and signaling. DVD over. Show signaling items and shadow stick, if haven't already. When sun available - take advantage and demo mirrors. Have everyone take a compass and explain parts and get into line and explain how to use compass focusing on objects and obtaining coordinates and giving coordinates and participants correctly setting compass. Discuss steps and pacing, longer steps early in day, smaller tired steps later in day. Introduction of error very easy. Don't go into too much detail, no time and participant can take Intro to Compass next time.

After class place all fire starting materials burnt into dumpster, dryer lint. Clean trays and replace all items into designated boxes. Make sure all Vaseline containers full and ready for next class, make sure plenty of cotton balls. (**film canisters must be obtained prior to class. The purpose for them is to have participants dip two cotton balls before starting fires into Vaseline and then into film canister. This is to go with the student as a life saver in their backpacks if in survival situation.)