

Introduction to Wilderness Survival

Times			Subject	Time Duration	Times		
8:30	to	8:40	Introduction	0:10:00	8:30	to	8:40
8:40	to	9:01	DVD Part 1	0:21:00	8:40	to	9:00
9:01	to	9:21	Water, Where, filtering	0:20:00	9:00	to	9:21
9:21	to	9:42	DVD Part 2	0:21:00	9:21	to	9:36
9:42	to	9:57	Break	0:15:00	9:36	to	9:51
9:57	to	10:42	Fire Demo w/ BOW, Types, Components/ Make Fire	0:45:00	9:51	to	10:36
10:42	to	10:57	Signaling, mirrors, whistles, etc	0:15:00	10:36	to	10:57
10:57	to	11:42	Shelter, how to, kinds, etc.	0:45:00	10:57	to	11:42
11:42	to	11:52	Basic Compass	0:10:00	11:42	to	11:52
11:52	to	11:55	Show Water collection outside	0:03:00	11:52	to	11:55

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Subject	Time Duration
Introduction	0:10:00
Water, Where, filtering	0:20:00
DVD Part 1	0:21:00
Signaling, mirrors, whistles, etc	0:15:00
Break	0:15:00
Fire Demo w/ BOW, Types, Components/ Make Fire	0:45:00
DVD Part 2	0:21:00
Shelter, how to, kinds, etc.	0:45:00
Basic Compass	0:10:00
Show Water collection outside	0:03:00

Introduction to Wilderness Survival

Subject
Introduction, handout flip booklets and review
DVD Part 1
Demonstrate water filtrations equipment and options
DVD Part 2
Fire - Make Fire, show various ways to start fire
DVD Part 3
Shelter, how to, kinds, etc./ Build a shelter (Teams)
DVD Part 4
Basic Compass/ Signaling, mirrors, whistles, etc

Introduction to Wilderness First Aid

Times			Subject	Time Duration
8:30	to	8:40	Introduction to Wilderness First Aid	0:10:00
8:40	to	8:50	Epi Pen Demo	0:10:00
8:50	to	9:05	Wilderness First Aid Video, Segment 1	0:15:00
9:05	to	9:25	Rescue Breathing, Demo & Practice	0:20:00
9:25	to	9:40	Wilderness First Aid Video, Segment 2	0:15:00
9:40	to	9:50	Break	0:10:00
9:50	to	10:20	Patient Assessment, Head to Toe, ABC's	0:30:00
10:20	to	10:30	Spinal Cord Injury	0:10:00
10:30	to	10:45	Wilderness First Aid Video, Segment 3	0:15:00
10:45	to	11:05	Types of Wounds, Bleeding & Shock	0:20:00
11:05	to	11:25	Bandaging & Splinting	0:20:00
11:25	to	11:40	Wilderness First Aid Video, Segment 4	0:15:00
11:40	to	11:50	Transports & Carries	0:10:00
11:50	to	12:00	Final Scenario	0:10:00

Introduction to Wilderness First Aid

Times			Subject	Time Duration
2:00	to	2:10	Introduction to Wilderness First Aid	0:10:00
2:10	to	2:20	Epi Pen Demo	0:10:00
2:20	to	2:35	Wilderness First Aid Video, Segment 1	0:15:00
2:35	to	2:55	Rescue Breathing, Demo & Practice	0:20:00
2:55	to	3:10	Wilderness First Aid Video, Segment 2	0:15:00
3:10	to	3:20	Break	0:10:00
3:20	to	3:50	Patient Assessment, Head to Toe, ABC's	0:30:00
3:50	to	4:00	Spinal Cord Injury	0:10:00
4:00	to	4:15	Wilderness First Aid Video, Segment 3	0:15:00
4:15	to	4:35	Types of Wounds, Bleeding & Shock	0:20:00
4:35	to	4:55	Bandaging & Splinting	0:20:00
4:55	to	5:10	Wilderness First Aid Video, Segment 4	0:15:00
5:10	to	5:20	Transports & Carries	0:10:00
5:20	to	5:30	Final Scenario	0:10:00

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DVD Part 1
Demonstrate water filtrations equipment and options
DVD Part 2
Fire - Make Fire, show various ways to start fire
DVD Part 3
Shelter, how to, kinds, etc./ Build a shelter (Teams)
DVD Part 4
Basic Compass/ Signaling, mirrors, whistles, etc