



Wilderness Survival



What: Wilderness Survival

Where: Halifax Search & Rescue Base

Google Map: <http://goo.gl/maps/ZN4ZU>

Timing: three days - 6:30pm evening start – two overnights till Noon on last day)

Instructors: Blair Doyle Email: adventure@eastlink.ca, 902-222-0868 (cel)

Register: Click on date link on www.WRFA.ca

Cost: \$200.00 + hst

Prepare: Suggested what to bring attached. We will begin with some basic concepts and evolve to growing your personal practice of understanding and using them. Please bring what you would normally take on a wilderness wander. Ensure boots that can handle getting wet and keep your feet dry and warm, layered clothing (no cotton) and a wind/ water outer layer. At anytime you can expect to be active in the field and engaged in problem solving and enabling our goal here on terra..... how do I come back alive?



Meals are prepared on site / in the woods. Please consider your own comfort snacks and woods travel energy food. A full kitchen is available at the base.

Lots of grub in the woods too ;-)

Wilderness Survival

Friday

- Welcomes
- Survival - what's that ?
- Basic Survival principles – the plan! the limitations!

Saturday

- Who is Search and Rescue
 - Get Lost 101
 - Who's exactly coming?
 - What are they seeking?
- Breaking it down –
 - Will vs. Skill
 - Sustenance
 - STUFF ? - Survival Pack Contents - Show & Tell
 - Basic Heat Loss/ Heat Gain
 - Clothing / Footwear
- Being ' knotty '
 - Rope: Types / Knots
- Shelter Building
 - Location, nesting, roofing, purposes
- Signaling:
 - Whistles/ Horns/ Smoke/ Flares/ Mirrors / Helicopters
- Fire building and sustaining
- Go Get Lost

Sunday

- Wake-up and wander back or signal to be rescued.
- Foraging

Course knowledge challenge and debriefing

Homebound – noon-ish

Survival Pack Contents List

A lot of Search and Rescue has got a standard survival pack to be carried by members while on search. This is placed here to encourage participants in the wilderness courses to have the "X'd" items in their packs for the course. You are recommended to "test" any gear that you would have with you in the back of beyonds!

"Everything you have with you should have three uses, one of which is First Aid"

Sustenance

- 2 Litre of water
- Quick High Energy Food (bars, hard candy, G.O.R.P., Boost, etc.)
- Hot Food (Soup Mix, Hot Coca, etc.)

Attention Getting Equipment

- Whistle (non-metallic, no bead)
- 2 roles of Flagging
- Metal Mirror (on compass?)
- 10" x 10" Aluminum Foil

Basic Survival Gear

- Knife
- First Aid kit
- Extra Compass
- Extra Socks
- Extra Warm Hat
- WATERPROOF Rain Gear
- Extra Clothing (given the conditions)
- Hatchet or Small Saw
- Extra Small Flashlight (can fit into mouth diameter)
- Extra Flashlight Batteries

- Extra Flashlight Bulb
- Matches/Lighter (Waterproofed)
- Toilet Paper
- Garbage Bag (Orange)
- Extra Gloves or Mitts
- Firestarter
- Metal Mug & Spoon (cooking!)
- Water Purification Tablets
- 2 Safety Candles (2" in diameter)

Sheltering Equipment

- 8x10 Tarp (polypropylene, drop cloth, etc.)
- All Weather Solar Blanket
- Rope or Parachute Cord (50' preferred)

Basic Gear

- Sturdy WATERPROOF boots (covering ankle and heel with sealed tongue)
- Proper attire given the conditions (gloves, hat, long johns, etc.)
- Something orange beyond a hat
- Working sturdy flashlight (plus extra batteries & bulb)
- Orienteering Compass
- Notebook, pencil and pencil sharpener
- Zip Lock Baggies (for Map and Radio/ Phone)
- If carrying a Radio/ Celphone or GPS, get extra batteries

Optional Gear Suggestions:

Binoculars, Sun block, Lip Medication, Safety glasses or Snow Goggles, Ice cleats, Helmet, Throw bag, Snow shoes / ski poles, plus any item you deem essential