

CATEGORY C

SUBJECT

WILDERNESS SURVIVAL

OBJECTIVE(S)

To gain the knowledge and skills necessary to become competent and able to function in a wilderness setting with limited equipment/supplies/provisions for a particular length of time.

PREREQUISITES

None.

Map Using Proficiency an asset.

INSTRUCTORS/EVALUATORS

- Members of Rescue Units (Armed Forces and Police);
- Members of Parks' Staff;
- Scouts/Guides Instructors;
- Naturalists and/or Conservationists.

REFERENCES AND MATERIALS

- *St. John Ambulance First Aid in the Wilderness*. Available through Provincial/Territorial Council Stores.
- *St. John Ambulance First on the Scene, The Complete Guide to First Aid & CPR*. Available through Provincial/Territorial Council Stores.
- *St. John Ambulance Official Wilderness First-Aid Guide* by Wayne Merry.
- *Common Sense Survival for Outdoor Enthusiasts* by Bob Newman.
- *Practical Outdoor Survival* by Len McDougall.
- Local, Municipal or school libraries.
- Appropriate Federal, Provincial or Municipal government agencies, ministries or departments dealing with the environment or Canadian wildlife.
- National and Provincial Parks.
- *Down But Not Out* - (ISBN 0-660-11549-2) available through bookstores or by mail from the Canadian Government Publishing Centre, Supply and Services Canada, Ottawa, K1A 0S9.
- *SAS Survival Handbook* by John Wiseman - available from Scout shops stock no. 20-649.
- *The US Armed Forces Survival Manual* (ISBN 0-8129-0889-9) published in Canada by Fitzhenry & Whiteside.
- Internet.

CONTENT

1. *Survival Psychology*
 - a) Know the effect of fear and panic and how to cope with them.
 - b) Know the effects of pain, cold, fatigue, thirst, hunger, loneliness and boredom and ways to combat them.
 - c) Know the differences between surviving alone or in a group.

 2. *Survival Geography*
 - a) Know, in detail, the topography, climate, vegetation and wildlife encountered in the local area.
 - b) Know, in brief, the above aspects of each of the following regions: arctic, sub-arctic, boreal, rocky mountains, west coast, Maritimes.

 3. A) *Fire making*
 - a) Demonstrate or explain the technique of fire lighting using different techniques and equipment.
 - b) Demonstrate the procedure for starting a fire, types of fire (tee pee, Log House, Alter, etc) and fire layout.
 - c) Know several types of tinder and fuel.
 - d) Know the purpose and method of construction of cooking fires, reflector fires, council fires.

 - B) *Fire Extinguishing*
 - a) Know how to extinguish a fire.

 4. *Signals*
 - a) Demonstrate the correct use of the heliograph mirror for signaling purposes.
 - b) Explain the use of ground to air emergency code.
 - c) Explain the use of fire and smoke signals.

 5. *Shelters*
 - a) Explain briefly the construction of a tarp shelter, a lean-to and snow shelters.
 - b) Demonstrate, if possible, the construction of one type of shelter.

 6. *Food*
 - a) Demonstrate the construction and function of one type of trap or snare for catching animals in the local area.
 - b) Demonstrate a technique for catching fish using only a fish hook and other improvised material found in the local wilderness area.
 - c) Know at least five types of small game, and three types of large game found in the local area.
 - d) Know the location, habits and best method of fishing for at least two common fish found locally.
-

- e) Know, be able to identify, and explain the cooking and preparation procedure for five edible plants found locally.
- f) Know how to store food so as not to attract animals.

7. *Cooking and Water Supply*

- a) Demonstrate or explain one method of cooking fish, pancakes, small game, and edible plants, using only natural materials.
- b) Demonstrate or explain a method for preserving perishable food in the wilderness.
- c) Know two methods for purifying water.
- d) Know the best methods for obtaining water from ice or snow.

8. *Clothing and equipment*

- a) Know, and if possible demonstrate, the function of the following equipment:
 - compass
 - map and waterproof holder
 - tomahawk or axe
 - knife
 - string saw
 - blanket roll or sleeping bag
- b) Display, or explain, the most suitable types of clothing to be worn while travelling or camping in local wilderness regions.
- c) Make up and display a basic survival kit. The following is a suggested list of contents:
 - matches in a watertight container
 - water purification tablets
 - heliograph mirror with instructions
 - antiseptic for small cuts
 - bouillon cubes
 - unsweetened chocolate
 - 2 doz. assorted fish hooks
 - 90 lb. test fish line, 25 feet
 - dehydrated soup
 - 1 and 2 in. gauze and rolls
 - 25 feet of strong nylon line
 - antiseptic cream
 - small package of salt and pepper
 - needle and thread
 - 1 square yard of aluminum foil

- 12 tea bags
- 1 doz. ASA tablets
- 1 doz. adhesive bandages
- small pocket knife
- whistle
- small candle (besides light, candle wax is sometimes useful for patching)

* all of the items in the kit should be packed into a small, watertight container to be used only in case of emergency.

9. *Camp implement*
- a) construct or explain how one camp implement can be made from naturally available material such as:
- birch bark pot, drinking cup, bowl, spoon
 - water bottle
 - elm bark knife
 - birch bark packsack
 - bed (evergreen boughs, willow bed)
 - soft sole moccasins

* except in a real emergency, every possible step should be taken to avoid damage to the natural environment for practice and demonstration purposes. It is illegal in many areas to cut living trees or branches.

10. *First Aid*
- a) The instructor/evaluator must be satisfied that candidates have adequate knowledge of the treatment of the most likely conditions.
11. *Travel*
- a) Know and explain the dangers and limitations of travelling in an emergency survival situation.
- b) Explain the correct use of topographic map and compass for orientation.

DURATION

As required.

CERTIFICATION

Candidates must qualify in all of the above. Evaluations should be as practical as possible, keeping in mind the limitations imposed by law and good conservation practices. Instructors/Evaluators are free to adapt the syllabus to suit local conditions.

CATEGORY C - OUTDOOR ACTIVITIES

CERTIFICATION OF SUCCESSFUL COMPLETION OF PROFICIENCY SUBJECT

WILDERNESS SURVIVAL

Instructors/Evaluators should carefully consider the age, ability and accessibility to resource materials of each candidate.

The candidate has completed the above content and meets the requirements to the satisfaction of the Instructor/Evaluator.

Name of Instructor/Evaluator: _____

Agency: _____

Address: _____ Tel #: _____

Instructor qualifications: _____

I certify that

_____ of _____
(candidate's name) (Division #)

meets the criteria of this proficiency subject, as laid out on the previous page(s).

Instructor/Evaluator (signature) Date

Divisional Superintendent (signature) Date