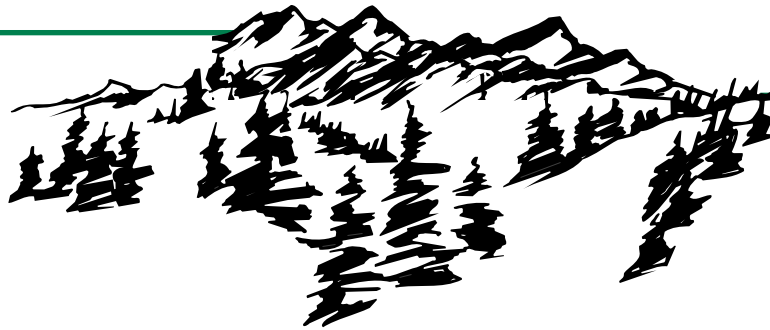




EM2872

Washington 4-H Natural Resources Project



OUTDOOR SURVIVAL

a guide for leaders



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LEADERS' SUPPLEMENT: OUTDOOR SURVIVAL

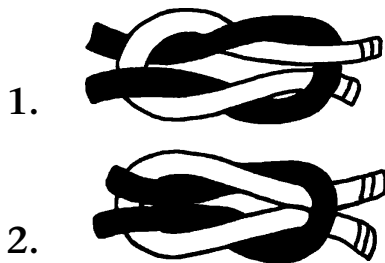
INFORMATION FOR LEADERS

Stories you may wish to relate to your members.

- Recently, in Western Washington, a man slipped and fell into an old well in which he was dumping some garbage. Though he knew perfectly well where he was, he certainly had to improvise. He spent four days before he was found.
- A fisherman became lost in Alaska and was given up for dead. He wandered out 67 days later.
- Also in Alaska, two people survived 42 days in below-zero weather when their plane was forced down.

In each case these people kept calm and did not lose their heads. They knew the importance of the three necessities—food, shelter, and clothing. They improvised many amazing tools and articles to help them live.

Perhaps you would like to show three important knots and how to tie them at one of your meetings. Two of these three are found below:



Number 1. Granny Knot
Number 2. Square Knot

OUTDOOR SURVIVAL

The information here is meant only as a guide. If you wish to add your own experiences or ideas, it is strongly suggested you do so.

The more interest you can generate, the more interest the children will have.

• A Situation

Before needing outdoor survival training, we will find ourselves in some sort of situation. What are the types of situations you can think of? (allow discussion)

• The Usual

The usual situations people think of are: (1) being lost in the woods; or, (2) being lost at sea. These certainly are cases in which outdoor survival training would be important. But, there are many unusual situations, too.

• The Unexpected

Here are some unexpected experiences: *pitfalls*. An example might be being marooned on a rock when the tide comes in. What would you do? Or, as happened recently, a man dumping garbage in an old, abandoned well, accidentally fell in. It was necessary for him to spend four days trapped there until help came. He certainly needed some knowledge of survival. Both of these cases are situations where the people were not lost. They knew exactly where they were. But, survival training was still necessary.

Here are seven important rules that spell survival:

- Study basic skills
- Understand the situation
- Remain calm
- Vanquish fear
- Improvise
- Value your life
- Endure privation

Now we will look at each one a little closer.

STUDY BASIC SKILLS

In order to be able to live in the out-of-doors for any length of time you will need to have some basic knowledge. You may need to know how to find your way with or without a compass. Do you? If you were lost either at night or during the day there are ways to determine the directions. Do you know how? (allow discussion.)

You should know how to build a fire without matches. Do you know how? What is the best fuel? What would you use? (allow discussion.)

You should have some basic knowledge about first aid. You do not have to be a doctor, but you should know how to help someone with broken bones, shock, snake bite, heavy bleeding, or any other problem which could be expected in the out-of-doors.

UNDERSTAND THE SITUATION

- **Avoid hazards**—avoid getting into a jam. *Prevention is better than cure.*

You have often been told to follow signs—everyone is. Unfortunately this seems to do little good. Every year hundreds of people are lost or killed in deep wells, dangerous

trails, caves, and many other well-posted places. Signs are put there to help you.

- **Leave word**

How many people are lost because they did not leave word where they were going? A few years ago a hunter was lost in the Olympic Mountains. He would have been found long before the heavy snows had he just left word as to where he would be hunting. He has never been found.

- **Be prepared**

When you know you are going into an area where there is a possibility of being stranded or lost, take some simple tools with you. Make up a survival kit with the basic items you might need. What would be some of the things you would include? (allow discussion.)

REMAIN CALM

The first thing you should do if you are lost is to sit down and think about your situation. Do not panic. Think about:

- **What can you expect?**

Will it freeze or snow tonight? Will you be in any danger from animals or snakes? Is there food around? Is it likely that someone is looking for you?

- **What do you have?**

Do you have a knife? Can you build a fire? Is there food or water where you are? Can you make a shelter here?

- **What do you need?**

Will you need fuel for a fire? Will it be necessary for you to leave to find food or water? Do you have anything to help you make basic implements?

Remember: Unless it is absolutely necessary to leave, **STAY WHERE YOU ARE.**

VANQUISH FEAR

It will do no good to be afraid. Three ways which may help combat fear are:

- **Fight Boredom**

Do not sit down and give up, thinking that there is nothing you can do. Build a fire, it will help entertain you.

- **Fight Loneliness**

Possibly you have never been completely alone. You may be hours or even days by yourself. Not long ago, a pilot was forced to land in the Alaskan Wilderness. He was 67 days without seeing another person. He fought loneliness and lived to talk about it.

- **Be active**

Think of ways to get out. Think how you will gather wood, make shelters, traps, and other implements. Work on some of these things. It is much better to do things than just sit.

IMPROVISE

Do you know what "Improvise" means? (allow time for discussion.) It means to make do with what you have. Do you know how to make a shelter? What kinds of food could you eat? What plants are edible? Do you know how to make fish hooks or traps with what you can find in the woods?

People are different from other animals because they can think. This is what you will have to do to survive.

VALUE YOUR LIFE

This is very difficult to pass on to children. Perhaps this example could be of help. In the prisoner of war camps in Korea, 17% of the soldiers who died had nothing wrong with them. They had no wounds that could cause death. They just gave up and died. We know that many of the deaths of those lost in the out-of-doors are so caused. So, it is important to keep confident, keep a stiff upper lip. Don't give up!

ENDURE PRIVATION

Many things will be difficult to accept. You will be alone. You may have to put up with extremes of temperature. You may have to eat things you never considered edible. You will have to undergo many unpleasant experiences. But, if you keep in mind all that we have discussed, you will have an excellent chance of surviving in any situation.

ACTIVITIES

OUTDOOR SURVIVAL

- Can you improvise? From what you can find in the out-of-doors make examples of the following:
 - knife
 - collection of fish hooks and/or lures
 - string or cord
 - fire making implements
 - models of the common types of shelters
 - models of traps or snares.
- Show the common types of edible plants found locally. You may:
 - draw them
 - photograph them
 - press them
- Show the types of non-edible plants in our area. Display them as shown in number 2.
- Tie the important types of knots any woodsman or sailor should know. Glue them to a board and label them.
- Make your own survival kit. Arrange it on a board or table and label the parts telling what they are and the uses they may have.
- Make a notebook of all the hidden dangers (poisonous plants, harmful animals, quicksand, etc.) in your neighborhood. Tell how to identify, avoid or treat them.
- Make a collection of news stories of accidents, injuries, or people being lost. In each case show how they could have avoided the experience by having survival training.
- Make some clothing out of animal hides.
- Get some samples of edible barks, prepare them, and display them. If you have enough time, prepare enough to give some spectators at your exhibit a sample.
- Make some charts or drawings showing how to tell directions without the aid of a compass.
- Use your head, improvise, think of an exhibit or any related activity you could show at a fair.

SUGGESTED DEMONSTRATIONS

- Show how to make a fire without matches.
- Show how to determine directions without a compass.
- Show your homemade survival kit and explain its uses.
- With the aid of drawings, photos, or pressed plants, show either edible or non-edible plants in your area.
- Make a fish hook or other implement in front of your audience.
- Demonstrate, by use of models or drawings, how to make simple shelters.
- Think of any activity that you could demonstrate that is related to outdoor survival.

TEACHING GUIDE

MEETING I

INTRODUCTION

Aims:

To stimulate an interest in youngsters as to importance of understanding the out-of-doors and give an insight on how to survive.

Outline of Procedure:

- Ask members to tell of outdoor survival.
- Hand out booklets on outdoor survival.

MEETING II

Audio Visual

Aims:

To relate material in booklet to practical applications.

Outline of Procedure:

- Ask if there was anything not understood in booklet. (If so, clarify.)
- Hypothetical examples:
Ask "What would you do if you . . ."
 - Found yourself in an old well without aid.
 - Were lost in the woods or mountain area.
 - Were stranded with your vehicle in an area with no immediate help.
- Plan field trip. Purpose would be to simulate as many of the activities and lessons as possible.

MEETING III

FIELD TRIP

Aims:

Provide for members as many opportunities as possible to show how to make shelters, what to eat, how to build fires, etc.

Provide opportunity to develop awareness of natural survival materials.

Provide opportunity to learn to find their way with or without compass. Suggest measure to prevent getting lost.

Utilize survival skills under mock conditions.

This generally requires more time and would work out fine with a weekend campout.

MEETING IV

FOLLOW-UP

Outline of Procedure:

- Bring together any samples of edible plants, traps, snares, or aids made from natural materials at field trip.
- Discuss activities possible with this unit.
 - Suggested demonstrations. Have members list as many ideas as possible.
- Make use of several outdoor films available from your U.S. Forest Service or have a resource person visit and demonstrate survival equipment. (Suggestions: Army, Air Force, Civil Defense, Mount Climbing Organization.)
- Suggested activities for Fair: Review your local fair premium list. Have members list ideas.
- Introduce next meeting topic.



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