

Outdoor Survival BASICS
"Fun in the Outdoors"



Course Objective:

The objective of this workshop is to provide participants with knowledge and practice on what to do in the event they should get lost in the woods. Sometimes vacations take families to remote areas, where it's easy for a child to get lost, such as camping, picnics, hiking, fishing, etc.

This workshop is designed to:

- Leave participants with an understanding of how to stay comfortable if ever lost in the woods
- How to be spotted if found
- Provide participants with a basic understanding of hazards, and potential environmental emergencies
- Introduce and practice application of basic knots
- Provide opportunity to learn and practice: building a survival bed & shelter
- Provide materials for participants to create their own survival kit
- Provide participants with knowledge to make informed decisions if ever finding themselves lost
- Practice thinking, planning, preparing, and using judgment

Course Description:

The course may include lectures, videos, group and individual exercises and reflection. Discussion will be invited on a wide range of key topics relating to Lost in the Woods survival. This workshop is designed for participant **ages 9 +**. All needed materials will be provided. Participants should come prepared for weather conditions and to be outside.

Course Delivery:

This 6-8-hour workshop consists of four modules. It may be conducted inside and in the outdoors during evening, weekday, or weekend classes.

Course Content

Introduction of the Instructor
Brief outline of Workshop
Course Expectations
Participant Introductions (depending on the number of participants)
Workshop manual
Workshop Evaluation
Client attendance and / or confidentiality Agreement (if applicable)
Limits to Confidentiality (if applicable)
Participant Registration Information Form & Release (Confidential, unless participant otherwise requests)

Modules

Environmental Considerations Cold (HYPO) & Hot (HYPER) Thermia
Lost in the Woods – Rules of Survival
Knots & Application
The Survival Kit & First Aid considerations

Workshop Debrief and Evaluations