



Wilderness Survival



What: Wilderness Survival

Where: Halifax Regional Search & Rescue Base, 860-1638

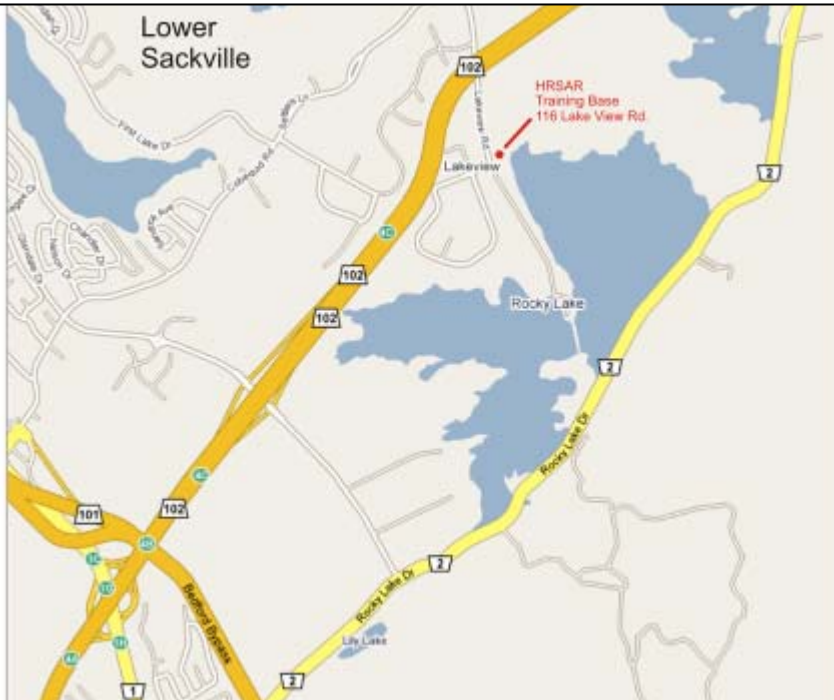
116 Lakeview Rd., Lakeview, Nova Scotia (5 min. east of Sackville)

When: November 26, 27, 28, 2010 (6:30pm Friday evening start – two overnights)

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

Cost: \$225.00 + hst

Prepare: Suggested what to bring attached. The session will be a combination of classroom and mostly field experiences. 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 provided on site. 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 ;-)

Survival Pack Contents List

Halifax Regional 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 course 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.)

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

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

Attention Getting Equipment

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

- 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)

Wilderness Survival

Friday

- Welcomes
- Get lost 101 – how to stay found
- Basic Survival principles – the plan! the limitations!

Saturday

- Breaking it down –
 - Will vs. Skill
 - Sustenance
 - STUFF ? - Survival Pack Contents - Show & Tell
 - Basic Heat Loss/ Heat Gain
 - Clothing / Footwear
- Who is Search and Rescue
 - Who's coming?
 - What are they seeking?
- 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 be rescued.
- Foraging

Course quiz and debriefing

Home – noon-ish

APPLICATION FORM

Course Dates applied for: _____

Name: _____

Mailing Address: _____

Postal Code: _____

Phone: (H) _____

(O) _____

Email: _____

Age: _____ Favorite season: _____

Previous Outdoor and canoeing experience:

Reasons for taking this course: _____

Any food particulars we should be aware of?

Have you had any Survival in the past? _____

If so, explain _____

Please send this form and cheque or money order deposit of \$75.00 payable to
(deposit non-refundable 30 days before program):

Doyle Adventure & Safety, 28 Virginia Ave., Dartmouth, N.S. B2W 2Z7

MEDICAL INFORMATION FORM

NAME: _____ SEX: Male: _____ Female: _____

HEALTH CARD #: _____ Expiry: _____

BIRTHDATE: _____

HOME ADDRESS: _____

TELEPHONE: _____

IN CASE OF EMERGENCY NOTIFY: _____

ADDRESS: _____

PHONE: _____

FAMILY DOCTOR (name and phone):

MEDICAL CONCERNS: i.e. allergies, seizures, chronic conditions, etc. Please be specific.

MEDICATIONS	DOSAGE	FREQUENCY

Have you had any recent injuries or illnesses? If yes, please explain:

I HEREBY DECLARE THAT ALL THE INFORMATION PROVIDED IS CORRECT AND ACCURATE TO THE BEST OF MY KNOWLEDGE.

SIGNATURE: _____

PARENT/GUARDIAN SIGNATURE: _____ (If under 19 yrs. of age)