

Winter Survival and Living

"The purpose of the Winter Survival and Living course is to provide a further understanding about operating in cold weather conditions in Canada's remote northern regions. All material covered will help individuals to build confidence in a hands on learning environment while mimicking survival stress under extreme cold. Students will learn about the adverse conditions and how to use them to their advantage in order to survive in the harshest of environments."

Day 1

- Shelter
 - The Quinzy Hut
 - The Trench Quinzy
- Fire
 - Chemical methods
 - Steel wool
 - Building a fire on snow/ice
 - Finding dry material
 - Triangle principle
 - Building a Qulliq
 - Cooking in winter effectively
- Water
 - Why not just eat snow?
 - Sourcing potable water
 - Freeze prevention
 - Tea & vitamin C
- Fuel Stoves
 - Why avoid gas?
 - White gas substitutes
- How winter differs from other environments
 - Common misconceptions
 - Effects of extreme cold on the human body/mind
 - Dehydration
 - Hypothermia
 - Snow blindness
 - Frost bite
 - Mental effects of exposure to less sunlight & constant sunlight
- Psychology of survival
 - STOP principle
 - Importance of attitude
 - Importance of awareness
 - Dealing with fear
 - Dealing with "aloneness"
 - The importance of being "busy"
 - The importance of "here and now" thinking
 - Importance of keeping on the move
 - Increased metabolic response

- Physical aspects of working in a cold environment (effects on physical process)

Day 2

- Shelter
 - Winter A frame
 - Pit shelter
- Food
 - Snares (stationary/squirrel)
 - Paiute deadfall
 - Porcupine
- Equipment choices
 - "best of" for long term exposure to cold
 - Building insulation value using alt. materials
 - Homemade sleeping bags
 - Insulation in buildings
 - Raising the 'R' factor
 - Optimizing a home/cabin for max. heat in an emergency
- First aid/Survival kits
 - Cold weather kits
 - Hypothermia emergency kit
- Tools/Implements
 - Roycroft Snowshoe
 - Snow goggles
 - Snow saw
 - Bowls and containers
 - Sledge/travois
- Tracking/Awareness
 - The tracking stick
 - Common species
 - Finding direction w/o map & compass
 - Sundial method
 - Astronomy
- Movement
 - Crossing ice
 - Ice extraction and survival

Cost: \$185 per person

- Students are to bring appropriate outdoor clothing, a safety whistle and a sturdy folding or sheath knife.

