

Introduction to Survival and Primitive Living

"The purpose of the basic course is to provide a solid foundation for all students and encourage further learning. All material covered will help individuals to build confidence in a hands on learning environment while mimicking survival stress. Students will gain the tools and skills necessary to endure a typical 72hr lost person scenario which is the most common type experienced in North America."

Course is approx. 2 weekends in length (32hr field course)

Cost: \$234.99

- Students are to bring appropriate clothing, a safety whistle, and a sturdy sheath knife

Weekend 1

- Psychology of Survival
 - STOP principle
 - Importance of attitude
 - Importance of awareness
 - Dealing with fear
 - Dealing with "aleness"
 - The importance of being "busy"
 - The importance of "here and now" thinking
- Equipment
 - Knife selection
 - Styles and qualities to look for
 - What to avoid
 - Clothing
 - Materials
 - Design considerations
 - First aid
 - Basic kit choices
 - Personal Survival Kit and Car Kit
- Shelter
 - The Debris hut
- Primitive fire making
 - Tinder bundle construction
 - "Fuzz" sticks
 - The parallel principle
 - Wood selection and fire ring construction
 - The triangle principle
 - Ferro-cerium/Magnesium and its limitations
 - Bow drill construction and use
 - Thong hand drill technique
 - Primitive oven and griddle
 - The Primitive Kitchen

- Rock Boiling

Weekend 2

- Shelter
 - The Lean-to
- Water
 - Building a 2L solar still
 - Collection through transpiration
 - Filtration and other methods
- Snares, Traps & Game
 - The figure four
 - Rolling and stationary snares
 - Skinning and preparing small game
- Tools
 - Foraging implements
 - Hunting tools
 - Bowls and cutlery
- Introductory Tracking and Awareness
 - Track pattern & habitat recognition
 - Identifying animal sex
 - Identifying track direction and head placement
 - Concentric ring theory
- Tree Species and Their Common Uses
 - Cedar
 - Birch
 - Willow
 - Pine
 - Aspen
 - Maple
 - Spruce