



# Backcountry Basics

*Winter Survival Camp*

**A winter survival situation is no time to cut corners or take unnecessary risk. Backcountry survival basics will help you develop the skills to survive the cold and make it out alive. Learn to build a snow shelter, become a fire master, and navigate with a map and compass. The choices you make are crucial to your survival.**

- **Day One (1.5 hrs): Basic Needs of Survival & Confronting the Cold**

- Humans have seven basic needs for survival. If these needs are met, within a specific time period, survival is possible. Campers will work in teams to identify items and concepts that represent a survival need and learn the "Rule of 3".
- Recognizing how the body loses heat is the first step in preventing hypothermia. Campers will identify five ways the body can lose heat. Through discussion and demonstration, they will determine the best course of action to take in order to prevent heat loss and confront the cold.

- **Day Two (1.5 hrs): Intro to Snow Shelters & Thermal Experiment**

- Using nature, campers will design and engineer a solution to help a "jar animal" preserve as much heat as possible outside in winter and transfer what is learned to their own survival situation.
- The type of shelter you build will depend on your environment. A shelter should keep you dry, hold in heat, and protect you from the elements. Campers will have an opportunity to choose the best shelter for their situation and take a shot at building it themselves.

- **Day Three (1.5 hrs): Becoming a Fire Master**

- Fire is considered the quintessential survival tool. Fire provides light, warmth, a quick means to dry wet gear, heat for purifying water, and a comfortable atmosphere to improve moral. Campers will work on building their own fire, starting with a single match fire, flint and steel, and then a multitude of different materials and methods. Once fires are built and are stable, campers will attempt to boil water.

- **Day Four (1.5 hrs): Beginning Orienteering & Snowshoeing**

- Feeling Lost? Once you learn the basics of orienteering you'll never have to worry about that happening again. Campers will learn to successfully use a compass and take a bearing. With the basics down we'll strap on our snowshoes and put our orienteering skills to the test.

- **Day Five (8 hrs): Mountain Survival Adventure**

- Head up to the mountain for a full day of winter survival. Working in teams, campers will snowshoe in and receive a survival scenario where they will be expected to build a shelter, fire, and boil water. It will be a test of skills and ingenuity. Will they make it out alive?