

Wilderness Survival Merit Badge



Monday, April 14, 2014

- 1) First aid for; hypothermia, heat reactions, frostbite, dehydration, blisters, insect stings, tick bites, and snakebites.
- 2) How to protect your self from insects, reptiles, bears.
- 3) Demonstrate three ways to treat water found outdoors to prepare it for drinking

Monday, April 21, 2014
Complete study and preparation

Saturday, April 26, 2014
Outdoor skills
Overnight campout
Spend night in natural shelter



Requirement 1b: First Aid



Hypothermia: move victim to a warm location, call 911, if they stop breathing use CPR, remove wet clothing and replace with a dry warm covering, DO NOT apply direct heat or hot water.



Sunburn: drink water to stay hydrated, take a cold shower, take pain reliever if needed.

Heatstroke: move out of the sun, drink water if able, do whatever you can to cool their body down, call 911 if their condition does not improve.

Heat Exhaustion: move out of the sun, lay the person down and elevate the legs and feet slightly, loosen clothing, drink water, cool the body down, if condition worsens call 911.

Requirement 1b: First Aid

Frostbite:

- 1) Move victim to a warm place and remove any wet clothing. Unless absolutely necessary, the person should not walk on frostbitten toes or feet.
- 2) Do not rewarm the skin until you can keep it warm.
- 3) Gently warm the area in warm water (not hot) or with wet heat until the skin appears red and warm.
- 4) If no water is nearby, breathe on the area through cupped hands and hold it next to your body.
- 5) Do not use direct heat from heating pads, radiator, or fires.
- 6) Do not rub or massage the skin or break blisters.
- 7) Bandage the area with loose dry, sterile dressings.
- 8) Put gauze or clean cotton balls between fingers or toes to keep them separated.



Requirement 1b: First Aid

Dehydration: Move victim to a cool, shady place and drink plenty of water. Watch for signs of more severe heat illness.



Blisters: protect with moleskin doughnut or gel pad



Requirement 1b: First Aid



Insect bites and stings: move to safe area, remove stinger, apply cold pack, topical cream or take pain reliever. Severe Reaction: loosen clothing, turn on side, epi pen, call 911, CPR.

Requirement 1b: First Aid



Tick bites: remove tick without squeezing it, wash with soap and water, see doctor if a rash, fever, or muscle aches develop.

Requirement 1b: First Aid



Snakebite: remain calm, immobilize the area, remove jewelry before swelling starts, position body so bite is below level of the heart, cleanse wound (do not flush with water, call 911. **DO NOT** apply a tourniquet or ice, attempt to remove the venom.

Requirement 9

How to protect yourself from insects: Chemical repellents (DEET) and/or permethrin-treated clothing give you the best protection; natural repellents can also be effective.

- DEET-based repellents are safe, is absorbed through skin but eliminates it through urine.
- The Centers for Disease Control and Prevention (CDC) lists it first among its recommended active ingredients.
- Safe for everyone in concentrations of up to 30% when used according to directions on product labels.
- Most effective formulation: controlled-release with 30% concentration
- Pros: The longest-lasting ingredient now available.
- Cons: Can adversely affect fabrics, leather, plastics, auto paint and other surfaces; distinctive odor; marginally effective against flies.



- Clothing treated with a chemical known as permethrin is effective against 50 insect types, including ticks.
- Some clothing comes with a built-in treatment.
- Self-treated clothing usually must be retreated every 42 days to maintain optimal performance and can remain effective through 6 washings.
- When using both sunscreen and repellent, apply sunscreen first (ideally 30 minutes before stepping outside), then add repellent.
- Do not apply on cuts, wounds or irritated skin.

Requirement 9

How to protect yourself from reptiles (snakes):

- 1) Know what snakes are common in your area and how to identify them

Rattlesnake



Copperhead

- 2) Stay on trail. Avoid tall grass, logs and rocky areas where snakes may hide
- 3) Do not stick your hands into holes or crevasses
- 4) Remember snakes can climb trees
- 5) Wear boots and long pants in area where snakes are likely to be found
- 6) Do not camp next to brush or rock piles.
- 7) Most snake bites occur when trying to capture or kill a snake.

Requirement 9

How to protect yourself from bears:

- 1) Keep all food put away and trash secured in bags hung from a tree well out of reach. Hang bear bags at least 300 feet from your tent.
- 2) Never keep food inside your tent.
- 3) When choosing a location for your tent, make sure it isn't close to fruit trees or berry bushes.
- 4) When hiking through bear country there are a few things to keep in mind:
 - Make sure that you travel in a group. Bears are less likely to attack groups of six or more.
 - Carry a can of bear pepper spray in case of an attack.
 - While walking through areas that have wild fruits and berries growing make noise. Most bears will run away if they hear you coming toward them, but if startled the bear may attack.
- 5) If a bear has already started attacking you because you startled him:
 - Be loud, wave your arms, and stand your ground.
 - Fight back! Be aggressive and use any object you have.
 - If you have pepper spray, use it. Begin spraying when it's within 40 ft so it runs into the fog. Aim for the face.
- 6) Using air horns to deter bears is always better than fighting them.



Requirement 10

Demonstrate three ways to treat water found in the outdoors to prepare it for drinking:

Substances that are removed treating the water include parasites (such as Giardia or Cryptosporidium), bacteria, algae, viruses, fungi, minerals.

- 1) **Filter:** glass fiber/carbon filtration to remove particles down to 0.3 microns. Water can used immediately.
- 2) **Chemical:** Need 8 to 10 ppm Iodine or chlorine dioxide. Must wait 4 hours before water is safe to drink. Kills parasites, bacteria, and viruses but does not remove particles. Bad taste.
- 3) **Boiling:** Water should be brought to a rolling boil for 10 minutes to kill parasites, bacteria and viruses. Does not remove particulates.



WILDERNESS SURVIVAL

Mr. Haines
April, 2014

Seven Priorities for Survival

1. S.T.O.P.
2. Provide First Aid
3. Seek Shelter
4. Build a Fire
5. Signal for Help!
6. Drink Water
7. Don't worry about food



S Stop
T Think
O Observe
P Plan

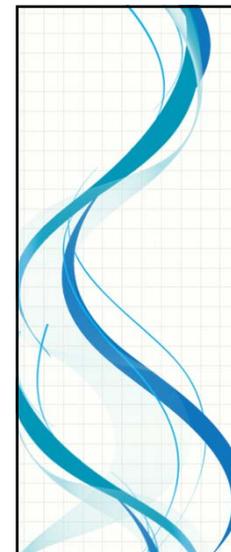


How do we avoid panic and maintain a high level of moral when lost?

- Evaluate your resources
- Work as a team
- Make a plan
- "Decide to Survive"

Panic and moral are emotions, you can control your emotions by using logic, and thinking, not reacting.

Way to attract attention when lost

- 
- Noise
 - Mirror/ Light
 - Color/ Motion
 - Fire/ Smoke
 - Electronic Devices



Ground to Air Signals

Make a signal big and contracting

- X** • Require Medical Assistance
- V** • Require Assistance
- Y** • Yes or Affirmative

Make a signal big and contracting

- N** • No or Negative
- • Proceeding in this direction

Clothing

What should we wear into the outdoors?



Building

Your Shelter needs to do several things.

1. Provide cover from wind/ rain
2. Be simple to build
3. Insulate you from cold/hot environment
4. Provide a place to sleep

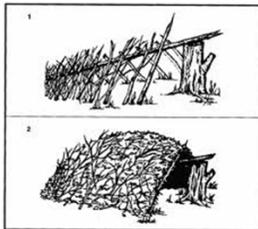
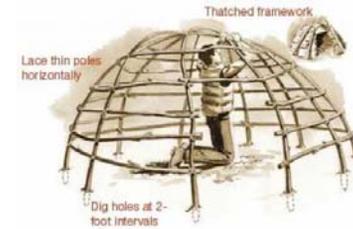
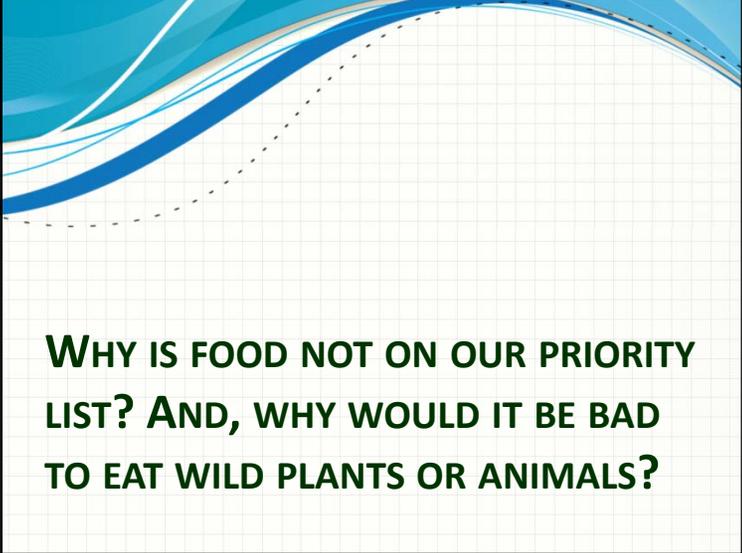


Figure 5-11. Debris hut.



What to put in you Survival Kit?

Anything that will help with
The Seven Priorities of survival



WHY IS FOOD NOT ON OUR PRIORITY LIST? AND, WHY WOULD IT BE BAD TO EAT WILD PLANTS OR ANIMALS?