



OUTDOOR SURVIVAL

WELCOME

Welcome to the 4-H Outdoor Survival Project! Please read through this guide carefully, as it contains information and suggestions that are important for your project. **4-H leaders can obtain a Leader Project Guide and other resources from the PEI 4-H Office.** Hopefully you, as a member, will “Learn to do by Doing” through hands-on activities that will encourage learning and enjoyment. If you have any questions, contact your District 4-H Officer or your 4-H project leader.

4-H YEAR COMPLETION

You complete a project by:

- completing the project Achievement Day requirements
- completing a communication project
- completing a community project
- completing an agriculture awareness project
- taking part in Achievement Day

ACHIEVEMENT DAY REQUIREMENTS

Map Project	50
Special Project	30
Fire Starter (as outlined in this members' resource guide, page 2)	<u>20</u>
	100 Marks

EXHIBITION REQUIREMENT

Map Project

Special Project Ideas

Outdoor Survival members are expected to complete a special project. This special project will be completed as a group, and your project leader will give you a mark based on interest and participation. Your special project can be one of the following games or activities

- | | |
|-------------------------------|---|
| Take a First Aid course | Play “North by Northeast” |
| Build a Debris | Play “The Giant Compass Game” |
| Build a Tarp Shelter | Complete an Orienteering Scavenger Hunt |
| Water Purification Taste Test | Build a Fire |

Write a one page report describing what you did for your special project and display it on Achievement Day!



Ages for 4-H members as of January 1st of the 4-H year:

- | | |
|---------------|-------------|
| Junior: | 9-11 years |
| Intermediate: | 12-14 years |
| Senior: | 15-21 years |

Check out the PEI 4-H Web Site

www.pei4h.pe.ca

HELPFUL RESOURCES!

www.natureskills.com
www.ulimatecampresource.com
www.equipped.org/kidsrvl.htm
www.hikingwithmike.com/BeginnersTips.htm
www.simplesurvival.net

BE A GOOD SPORT!

In the spirit of learn to do by doing, all those involved in 4-H are encouraged to practice good sportsmanship, use common sense at all 4-H activities and the work in any 4-H project should be the member's own work.

Introduction to Outdoor Survival

In this exciting and interactive project, members will learn about many different skills that are needed to survive in the outdoors! Some activities may include packing a first aid or repair kit, building a lean-to, making a fire and playing many exciting games that will help members learn about direction and using a compass. For Achievement Day each member must display their map project, a fire starter and they must participate in a special project, to be marked by their leader. All of the members of the project must work together on a poster explaining their special project to display on Achievement Day.

Map Project

(Achievement Day & Exhibition Requirement)

Put your map drawing skills to the test! Choose an area that is familiar to you, such as your yard, farm or a park near your house. On an 8 1/2 x 11 inch sheet of paper, draw and color a map of the area. Using this map you are going to write out and draw the directions from one point to another on your map.

Example:

Directions from the Oak Tree to my Front Door

1. Starting at the Oak Tree, walk North until you reach the white fence.
2. At the white fence turn East and follow the fence for 20 paces.
3. Head Southeast until you reach the blue van.
4. Now walk 15 paces to the West, and you have found my front door!

You must write out the directions on a separate piece of paper, and draw the path on your map. Also, make sure you take pictures of important landmarks on your path (eg: Oak Tree, White Fence, Blue Van, etc.). When you are finished make sure to put everything together in a folder or binder to keep it all together. This binder is the item that you will send on the exhibition circuit.

Fire Starter

(Achievement Day Requirement)

For Achievement Day, members must make their own homemade Fire Starters. You must display at least one "Fire Starter", using the following directions.

To make your Fire Starters, you will need:

- A clean, empty can
- Crayons or old candles
- A pot
- Newspaper
- Strings, scissors

Instructions

Fill the can half full with crayons or candles and melt the wax.

Fire Starters

Roll sheets of newspaper lengthways tightly. Tie bows of string every 4 or 5 cm along the length. Leave a bit of string hanging from the bows. Cut the newspaper roll between each string to form little packets of paper. Hold the string ties and dip the packets into the melted wax and let cool.

Outdoor Survival Games

North By Northeast

To play this game, all you need is a compass!

Instructions:

1. The leader gathers the group together. Using the compass, the group determines which way is north. Someone from the group must then select an object that is directly north (e.g. a tree, house, etc.)
2. The group then decides on objects that lie directly south, east and west of where they are standing.
3. Now, with everyone standing in the center of these four objects, the leader calls out one of "North", "South", "East" or "West", and everyone runs to touch the object that lies in that direction. The last one to touch the object is eliminated.
4. After playing a few rounds of the game, you can add objects for other directions (Northeast, Northwest, Southeast, etc) to make it more challenging.

The Giant Compass Game

To play this game, you will need 5 pylons and a compass.

Instructions:

1. Mark each direction (N,S,E,W) with a pylon 25 m away from the center pylon.
2. The members all begin at the center. The leader will close their eyes and call a direction and a certain number of paces.
3. The members follow the call. If the caller opens their eyes, after counting the number of paces, and the members are still moving; they must go back to the center. (This activity is similar to Red Light, Green Light).

Water Purification Taste Test

The objective of this activity is to determine which kind of purified water tastes the best. There are three major types of purification.

Boiling: is easy and does the job, but you have to have a fire or other heat source, and it has to be cooled to drink.

Chemical Purifiers: are easy to use and relatively inexpensive (you can get a bottle of tablets for less than \$5). The taste is less than ideal, but it does not take long to prepare and does not have to be cooled.

Water Filters: give you the best tasting water, but they are fairly expensive, need replacement parts, and are bulkier to carry.

Why do we have to treat water today?

We treat water to destroy microorganisms, bacteria and parasites that can cause illness and disease in humans. There may not have been as many man made problems with the water in the past, but there were probably natural bacteria and parasites in the water - they were just unaware of it. In the past, many people were careful about where they got their water, and usually looked for a spring where the water comes out of the ground fresh and clean.

Leave No Trace Campfires

Once the decision is made to have a fire, the expertise of minimizing its impact comes into play. There will be an impact to the area from any fire, but there are many ways to reduce and disguise the impact.

- Use existing fire rings - in an established campsite, use the fire ring
- If there is no fire ring, do not make one. Instead, build a mound fire.
- Burn all wood to ash - stop adding fuel to the fire well before bed-time or departure time so it has time to burn itself out. This prevents having chunks of partially burned wood to disperse.
 - Gather firewood carefully:
 - Use wood that is down. Leave limbs on standing trees, even if they are dead limbs.
 - Use wood that is smaller around than an adult's wrist. It should be broken by hand - no saws or axes are needed.
 - Leave larger logs and limbs for habitat and to decompose into the soil.
 - Take a hike out away from camp to gather wood. Leave close-in wood so it can decompose into the soil.
 - Clean up after the fire:
 - Scatter unused wood as naturally as possible.
 - Push unburned ends of wood into the fire as it burns down so it is all consumed.

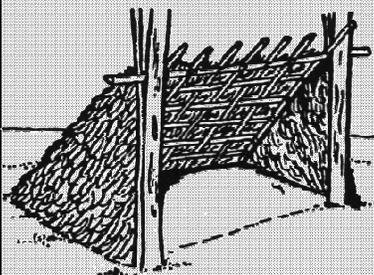
Building a Shelter

Debris Shelter

A debris shelter is built by leaning a long pole or branch against a tree. You then lean branches and dead wood against the branch to form a sloped roof. The final step is to pile leaves, grass, sod and boughs on the roof as thick as possible. The thicker the roof is, the more waterproof it will be.

Tarp Shelter

A tarp shelter is the simplest shelter to build, if you have the supplies. Tie a rope as high as possible between two trees. The trees should be at least two or three meters apart. Drape the tarp over the rope so the that the sides on either side of the rope are equal. Use large rocks to hold down the corners of the tarp.



Lean-To

To build a lean-to, you need two trees to act as end poles. Select an area where the wind blows *across* the to end poles, and not *between* them. Attach a long ridgepole between the two trees four to six feet high. Construct the lean to like a large hockey net with sticks lined up leaning against the ridgepole. Cover its with branches and sticks that are still covered in leaves.

CHOOSING A CAMPSITE

After reading the following information, choose a campsite and set up your camp. It is important to choose a safe and comfortable campsite. Look for a dry area that is slightly higher than the area around it, so that if it rains the camp area will not hold water.

DO

- Ask permission if you want to camp on private property.
- Camp close to a good water supply if possible.
- Camp in or near low trees and bushes for shelter.
- Choose level ground for your cooking and shelter area.
- Keep food cool by placing it under the shade of a tree.
- Put up a clothesline in an area that catches the breeze.
- Let someone know where you are camping.



DON'T

- Camp in a basin where flood water could flow.
- Camp in fields with animals like cattle.
- Put your tent or shelter under large trees with branches that could break off or attract lightning.
- Make a camp toilet too close to camp.
- Place your tent so the entrance is facing the wind.
- Leave your food too close to your shelter.
- Camp in an area by the ocean that might be covered by an incoming tide.



Other Outdoor Survival Activities and Challenges

• **Camping Skills**

- Digging a Latrine
- Knotscraft
- Making a Willow Whistle
- Playing Lacrosse

• **Outdoor Cooking**

- Making a Fire in a Hole
- Making a Grill
- Making Cooking Utensils
- Making a Water Collector
- Finding Food in the Wild
- Discovering Recipes for Outdoor Cooking

• **Winter Survival**

- Building a Fire in the Winter
- Signaling for Help!
- Making a Quinzee
- Making a Winter Day Pack
- Making an Emergency Car Kit

• **Orienteering**

- Using a Compass
- Using a GPS
- Using a Map
- Using the Sun and Stars

• **Hiking the Back Country**

- Planning a Backpacking Trip
- Low Environmental Impact Camping Principles

You can "Google" a lot of these things to find out more, or contact the PEI 4-H Office to get resource books from Manitoba. The Department of Forestry, Emergency Search and Rescue, Cadets, Scouts, and/or the Militia are also great contacts to teach you more.

Building a Fire

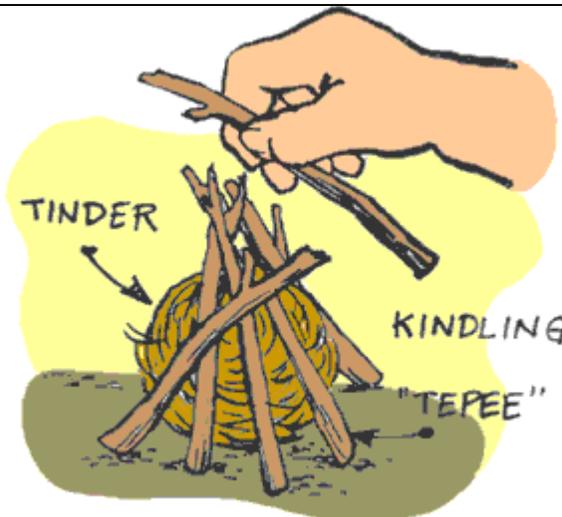
Knowing how to build a campfire is essential for surviving outdoors. Fires provide light, heat and sanitation.

Instructions:

1. Find a safe place to build your fire. Look for a flat rocky area with no overhanging branches. Make three wood piles with the following three sizes of wood:
 - Tinder - Material that will flare up when touched with a match. Pine needles or birch bark from a tree, or little twigs.
 - Kindling - Sticks that are the width of a pencil and shorter than your arm.
 - Fuel - Logs the width of your arm, remember find them on the ground, not on living trees.
2. Make a small pile of tinder in the fire area and make a kindling teepee over the tinder. Light the tinder with a match and when the kindling is burning, add fuel.



Tinder



Kindling

Community and Agriculture Awareness Projects

COMMUNITY PROJECT

Each year you are encouraged to provide a service to your community as a 4-H member. This introduces you to the responsibilities of citizenship. You must participate in your club's plan for a community project and you should have a role to play. Describe your involvement with your club's community project this year.



Our Community Project was _____

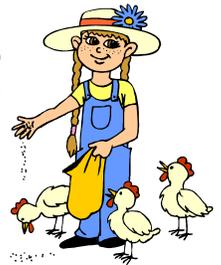
I helped by _____

It was beneficial because _____

I learned _____

AGRICULTURE AWARENESS PROJECT

Agriculture is one of PEI's main industries. You are expected to participate with your club to complete a project (or provide a service) which helps your club or others become aware of the importance of agriculture in our lives. As in the community project, you should actively participate.



Our Agricultural Awareness Project was _____

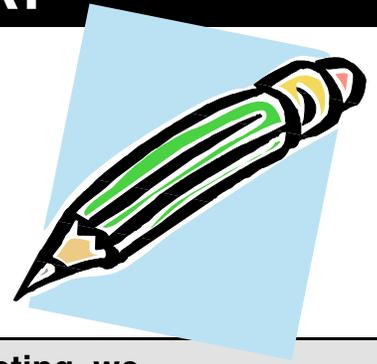
I helped by _____

It was beneficial because _____

I learned _____

PROJECT MEETINGS DIARY

Most projects will require at least six to eight project meetings to complete the project.



Meeting Date	Location	Time	At this meeting, we...