

SAINTS GLOBAL

ACTIVITY PLAN

WILDERNESS SURVIVAL

PHYSICAL CORE

Version 2026.1



Companion to the BRC: a series of one-hour activity sessions for use on weekly activity night or at home. Each session declares which requirements it contributes to.

THE CULMINATING EVENT

The supervised survival overnight

Between Sessions 3 and 4, each saint builds a low-impact natural shelter at an approved site and sleeps one night in it under adult supervision. He picks the site, constructs the shelter, manages warmth and dryness through the night, and breaks the site down without trace. The overnight is the field test for everything the first three sessions prepare for.

OUTDOOR — AN APPROVED BACKCOUNTRY OR CHURCH-PERMITTED OVERNIGHT SITE WITH LEADER AND PARENT SUPERVISION AND A CLEAR EVACUATION PLAN

SESSION 1 · PHYSICAL CORE

⌚ 60 min target

Hazards, priorities, and a clear head

Know what to do first when something goes wrong outside.

SESSION AIM

Walk the most likely backcountry hazards through scenarios, drill the seven priorities of survival from memory, and practice panic-control and the STOP rule. Saints leave with the seven priorities recalled cold, a stop-rule for their own group, and one panic-reset technique they can use under stress.

🎯 WALK AWAY WITH

- Can name the common backcountry hazards and the first-aid response for each
- Can list and explain the seven priorities of survival from memory
- Has a panic-reset routine and the STOP rule he can run under stress

📦 BRING / SET UP

- Six scenario cards for the hazard roleplay (heat illness, hypothermia, dehydration, bee sting, snake bite, twisted ankle)
- A first-aid kit laid out for inspection
- Printed Seven Priorities cards (one per saint — handout from B3)
- Sticky notes and a pen per saint
- A stopwatch or phone timer

📅 THE HOUR

BLOCK 1 · DISCUSSION Opener — Worst hour outside

⌚ 5 min

Ask the group: "When was the worst hour you've spent outside — lost, cold, hurt, or alone — and what was the first thing that went wrong?" Two or three saints share, briefly. Most outdoor emergencies start with one small thing missed. The hour today is about the small things, in the right order, before they stack up.

SESSION 1 · HAZARDS, PRIORITIES, AND A CLEAR HEAD (PAGE 2 OF 3)

THE HOUR — CONTINUED

BLOCK 2 · ROLEPLAY Walk the six scenarios

⌚ 18 min

1. Lay the six scenario cards face-down on the table: heat illness, hypothermia, dehydration, bee sting, snake bite, twisted ankle. Each scenario names the saint, the weather, the terrain, and one warning sign.
2. Pair up. Each pair draws three cards in turn, three minutes per scenario. For each, name the hazard, the first three actions in order, and the point at which the trip ends and the group walks out.
3. Walk the room and listen. Correct anything dangerous immediately. Look for procedural thinking — heat illness goes shade, cool the neck, sips of water; hypothermia goes wind off, dry layer on, calories in.
4. Each pair reports one scenario back to the group in full. The group adds one prevention step for each — the layer that should have been on, the water that should have been drunk, the boots that should have been broken in.
5. Each youth writes one rule on a sticky note: a stop-rule for his own group ("we stop and turn around when ____"). Read them aloud. Keep the notes in the BRC binder.

REQ 1A

BLOCK 3 · SKILL PRACTICE The seven priorities — from memory

⌚ 22 min

1. Walk the seven priorities in order: positive mental attitude (STOP), first aid, shelter, fire, signaling, water, food. Use the handout — each youth gets a printed Seven Priorities card.
2. For each priority, give one plain sentence on what it covers and why it sits where it does. The order is not arbitrary: cold and wet take you out in hours, water in days, food in weeks. STOP comes first because every other priority depends on a clear head.
3. Run a lost-person scenario aloud: a saint is alone, two miles from the trailhead, an hour before dusk, no cell signal, the temperature dropping. Rank the seven priorities for that situation. The group will move shelter ahead of first aid if no one is hurt — defend the reasoning.
4. Drill recall. Each youth covers the card and lists the seven from memory. Run it twice; on the second pass, name the priority that shifts in each environment (cold, hot, wet, windy, aquatic) and why.
5. Confirm 1b for any youth who lists the seven cold and explains the order. For any who do not, schedule a recall check at the start of Session 2 — the requirement is memorized recall, not a glance at the card.

REQ 1B

SESSION 1 · HAZARDS, PRIORITIES, AND A CLEAR HEAD (PAGE 3 OF 3)

THE HOUR — CONTINUED

BLOCK 4 · SKILL PRACTICE **Keep the head — STOP and the breath**

⌚ 10 min

1. Run the STOP rule plainly: Stop moving. Think — what do I know? Observe — what do I see and hear? Plan — what is the next single thing I do? Sit five minutes before any major decision when something has gone wrong.
2. Drill the breath: four seconds in, hold four, four seconds out, hold four. Two cycles. Controlled breathing slows panic and needs no equipment.
3. Read one short case aloud: a hiker who survived three days lost because he sat down for thirty minutes before he made any decisions. Read one case where a hiker panicked in the first hour and ran himself further from the trail. Panic costs energy, time, and clear judgment.
4. Each youth writes one line in his BRC margin: "When I notice I am panicking, the first thing I will do is ____." Specific enough to remember a year from now.

REQ 1C

BLOCK 5 · REFLECTION **Close — Priorities on you**

⌚ 5 min

1. Each youth recites the seven priorities one more time, aloud, from memory.
2. Take the Seven Priorities card home. Carry it in the pack at the next session and the overnight.
3. Next week the group covers the five environments and assembles the personal survival kit. Bring the kit you would carry today, even if it is incomplete.

AT THE CLOSE · DEBRIEF

1. Which scenario tonight would you have handled wrong an hour ago?
2. What is your stop-rule, in your own words?
3. Which of the seven priorities did you have to look at the card to remember?

📝 Initial 1a, 1b, and 1c on each saint's BRC after this session. Any youth who could not list the seven priorities from memory has a recall check at the start of Session 2 — do not mark 1b until he lists them cold.

SESSION 2 · PHYSICAL CORE

⌚ 60 min target

Environments and the personal kit

*Build the kit that matches the worst conditions you might face.***SESSION AIM**

Cover survival strategies for the five exposure environments — cold, hot, wet, windy, aquatic — then assemble each saint's personal survival kit item by item, defending every piece. Saints leave with a finished kit, a written environment plan for the overnight site, and any missing kit item identified and assigned.

🎯 WALK AWAY WITH

- Can name the top three survival actions for each of the five exposure environments
- Has assembled a personal survival kit and can defend every item in it
- Has a written environment plan for the actual overnight site and weather window

📦 BRING / SET UP

- Five environment cards — cold/snowy, hot/dry, wet, windy, aquatic — each with terrain notes and a weather scenario
- A model kit laid out at the front (one of every essential item, by category)
- Each saint brings: his own current kit and pack, plus any items he wants to add
- A bathroom scale and a small camp scale for kit weight checks
- Forecast and topo or map of the planned overnight site, printed

🕒 THE HOUR**BLOCK 1 · DISCUSSION Opener — Recall check**

⌚ 5 min

Round the room, twenty seconds each: name the seven priorities in order, then name the one priority that moves up in importance for the weather you saw on the way here. The opener is a fast confirmation that last week's recall held. Mark any saint who needed a prompt and follow up at the close.

SESSION 2 · ENVIRONMENTS AND THE PERSONAL KIT (PAGE 2 OF 4)

THE HOUR — CONTINUED

BLOCK 2 · DISCUSSION **Five environments, five threats**

⌚ 18 min

1. Lay the five environment cards on the table: cold/snowy, hot/dry, wet, windy, aquatic. Each card names the terrain, the season, and one weather scenario.
2. Pair up. Each pair rotates through all five cards, three minutes each. For every environment, name the top three threats and the one priority that moves up the list — shelter and fire in cold, water in heat, dryness in wet, wind protection on a ridge, flotation and warmth on water.
3. Group share-back: one pair per environment, one minute each. The group fills in what is missing. Strategies must be specific to the environment — "stay dry" is not a strategy on a windy ridge; "stay out of the wind, off the wet ground, eat the calories" is.
4. Discuss why priorities shift: cold and wet take you out in hours, heat dehydrates you in hours, calm air gives you more options than a 30-knot wind. The list is not memorized once and frozen — it is re-ranked for the conditions you are actually in.
5. Each youth writes on his Seven Priorities card the priority that shifts up for the actual overnight site and conditions. He will defend the ranking at the close.

REQ 2A

SESSION 2 · ENVIRONMENTS AND THE PERSONAL KIT (PAGE 3 OF 4)

THE HOUR — CONTINUED

BLOCK 3 · SKILL PRACTICE Lay out the kit, defend every item

⌚ 25 min

1. Each youth empties his current survival kit onto a tarp or table at the front. Walk the room. Note what is present, what is missing, what is novelty and what is functional.
2. Walk the categories together: shelter (tarp or emergency bivy), fire (three methods — spark, friction, lens or battery; matches as backup), water (treatment tablets, filter or boil pot), signaling (whistle, mirror, marker panel), first aid (bandages, blister care, blade), navigation (compass, paper map), clothing layer (extra dry baselayer, gloves, hat), light (headlamp, spare batteries). Each youth checks his kit against the list.
3. Defense round. Hold up one item from each saint's kit and ask: "Why is this in here? What does it do that nothing else in the kit can?" Reject novelty items — a paracord bracelet that takes ten minutes to unravel is not the cordage you carry. Multi-use items that work cold and wet earn their place.
4. For each missing category, the youth writes on a sticky note: "I need ____ before the overnight." Pair any saint who needs to buy or borrow an item with one who has a spare. Every saint must arrive at Session 3 with a complete kit.
5. Weigh each closed kit. A personal survival kit should sit under two pounds — heavier than that and it gets left at home, which means it is not really a kit. Trim before leaving the session.

BY TIER

ENTRY

Build a kit from the leader's model list. Carry only what you can defend. Ask before adding anything.

ESTABLISHED

Pack a kit calibrated to your usual outings. Add one item for the planned overnight environment and explain it.

MENTOR

Pack a kit that includes one shared group item (a bigger first-aid module, a stove backup, or a tarp). Help one entry-tier saint through his kit check after your own is done.

REQ 2B

BLOCK 4 · CREATIVE Environment plan for Saturday

⌚ 7 min

1. Pull up the forecast for the planned overnight site and date. Identify the temperature low, the wind, the precipitation, and the dawn light.
2. Each youth writes a four-line environment plan in his BRC margin: (1) the conditions he is preparing for, (2) the priority that moves up the list for those conditions, (3) the kit item that addresses it, (4) the layer of clothing he will wear at the start.
3. Read three of them aloud. The group spots gaps — a missing wind shell, a cotton layer that should not be on a wet trip, a fire kit that lives in the bottom of the pack instead of the lid.

REQ 2A

SESSION 2 · ENVIRONMENTS AND THE PERSONAL KIT (PAGE 4 OF 4)

THE HOUR — CONTINUED

BLOCK 5 · REFLECTION **Close — Kit complete, gap named**

⌚ 5 min

1. Each youth reads his missing-item sticky note aloud. Pair any youth still missing an item with a saint who has the spare or knows where to find it.
2. Bring the completed kit and the environment plan to Session 3. The kit you arrive with next week is the kit you sleep with on the overnight.

AT THE CLOSE · DEBRIEF

1. Which item in your kit would you remove last, no matter what?
 2. Which category were you weakest in tonight, and what is your plan to fix it?
 3. For Saturday's conditions, which priority moved up your list and why?
- ☒ Initial 2a and 2b on each saint's BRC after this session. Note any saint whose kit is still missing a category and confirm the gap is closed by Session 3.

SESSION 3 · PHYSICAL CORE

🕒 60 min target

Fire, water, signal, shelter — dress rehearsal

Practice the field skills you will use on the overnight.

SESSION AIM

Drill the four field skills the overnight depends on — fire by three non-match methods, water treated three ways, signaling for rescue, and the clothing and shelter-construction practice that earns the overnight stay. The session ends with the overnight locked in: site, partners, weather window, and shelter design confirmed.

🎯 WALK AWAY WITH

- Has built and lit three fires using three different non-match methods
- Has demonstrated signaling for rescue — five attention methods, mirror aim, five ground-to-air signals
- Has treated water with three methods and explained the limits of each
- Has the overnight on the calendar with site, partners, and shelter design confirmed

📦 BRING / SET UP

- Tinder, kindling, and fuel sorted into three trays per fire station
- Three ignition stations: ferro rod and steel; bow drill or hand drill; magnifying lens (or battery-and-steel-wool backup if overcast)
- A clear plastic water bottle of murky water, a metal pot, a stove with fuel, a filter or pump, and chlorine dioxide tablets
- A signal mirror (real or polished metal), three plastic whistles, and chalk or flagging for ground signals
- A range of layers laid out: a cotton t-shirt, a wool baselayer, a synthetic baselayer, a fleece, a wind shell, a rain shell, a wool hat, gloves
- Tarp, paracord, and a small bundle of debris (leaves, grass, pine boughs) for the shelter practice

🕒 THE HOUR**BLOCK 1 · DISCUSSION Opener — Three days out**

🕒 5 min

The overnight is three days away. Round the room, one line each: name one thing you have already done to be ready and one thing you are still scrambling on. The open items get addressed in the close when the site, partners, and shelter design are locked in. Treat tonight as the last practice before the field.

SESSION 3 · FIRE, WATER, SIGNAL, SHELTER — DRESS REHEARSAL (PAGE 2 OF 4)

THE HOUR — CONTINUED

BLOCK 2 · PHYSICAL **Three fires, three methods**

🕒 18 min

1. Move to the fire stations. Inspect each fire lay before any ignition. A fire lay needs cleared ground, a wind block, tinder graded fine to coarse, kindling sorted thin to thick, and fuel ready in arm's reach. Stop any saint whose lay is wrong before he strikes a spark.
2. Each youth runs all three stations: (1) ferro rod and steel — strike a spark into a fine tinder bundle; (2) friction — bow drill or hand drill with a spindle and hearth; (3) lens or battery — concentrate sunlight onto tinder, or short a 9V across steel wool. Friction is the hardest; budget the most time on it.
3. Require each youth to explain his fire lay before lighting. Conservation matters: one match's worth of tinder, the smallest fire that does the job, fuel added only when the flame can hold it.
4. After each successful ignition, the youth extinguishes the fire fully — water on, stir, more water, hand-temperature check before he walks away. A fire that is out is colder than the ground around it.
5. Mark 3a only when a youth lights and controls three fires using three different non-match methods, with safe lay, safe lighting, and a fully cold extinguish.

REQ 3A

BLOCK 3 · SKILL PRACTICE **Signal the rescue**

🕒 14 min

1. Walk the five attention-getting methods on the field card: signal mirror, whistle (three short blasts), three fires or three smoke columns, a bright color in a clearing, a ground-to-air symbol. Three of anything means help in the field.
2. Mirror drill. Each youth practices the V-finger aim outdoors on a fixed distant target — a tree, a pole, a chimney. Hold the mirror near the eye, make a V with the other hand framing the target, tilt the mirror until the flash crosses through the V. Run it until every saint can put a flash on the target in five seconds.
3. Whistle drill. Three short blasts, paused, repeated. Each youth tries it once. Loud, sharp, and standardized — a single shout is mistaken for a voice; three sharp blasts are a signal.
4. Ground-to-air signals. From memory, each youth recites the five: V — need assistance; X — need medical help; F — need food and water; arrow — going this direction; LL — all is well. Lay one of them out on the ground in chalk or flagging for the group to inspect; it must be at least 18 feet long to be read from the air.
5. Mark 3b when each youth demonstrates the five attention methods, aims the mirror on the target, and recites the five ground-to-air signals from memory.

REQ 3B

SESSION 3 · FIRE, WATER, SIGNAL, SHELTER — DRESS REHEARSAL (PAGE 3 OF 4)

THE HOUR — CONTINUED

BLOCK 4 · SKILL PRACTICE **Water, clothing, and the shelter walk-through**

⌚ 18 min

1. Water — three methods. (1) Boil one liter at a rolling boil for one full minute (longer at altitude). (2) Treat one liter with chlorine dioxide tablets, time the wait, identify what the chemical does not kill. (3) Filter or pump one liter through a backcountry filter, identify what it removes (protozoa and bacteria) and what it does not (most viruses). Each youth runs all three and states aloud when the water is safe to drink.
2. Clothing — layer comparison. Hold up the cotton t-shirt, then the wool and synthetic baselayers. Cotton soaked through cools the body fast; wool and synthetics keep insulating wet. Walk the four-layer system: baselayer (wicks), insulation (traps warm air), wind shell (cuts wind), rain shell (sheds water). Each youth names what he will start the overnight in and what he will switch to after dark.
3. Shelter walk-through. Pick a site on the property: drainage downhill, no widow-makers overhead, wind-broken, dry ground. Walk the lean-to construction: ridge pole anchored at one end and elevated, rib branches at a 45-degree angle, debris layered shingle-style from bottom to top, two feet thick for cold nights. Insulation matters more than size — the shelter should be small enough that the body warms it.
4. Each saint sketches in his BRC margin the shelter he plans to build on the overnight: site, materials, dimensions, and the priority that drove the design (warmth, wind, rain, or all three).
5. Confirm 3d (water — three methods) and 3e (clothing for heat, cold, wet) for each youth who ran all three water methods correctly and named his layering plan. 3c (the overnight shelter) is confirmed at the field site, not here.

REQ 3D

REQ 3E

BLOCK 5 · REFLECTION **Close — Overnight locked**

⌚ 5 min

1. Confirm the date, departure time, site, and return time. Each youth writes all four in his BRC. Parents get a separate notification, but each saint should know the four from memory.
2. Assign partners and partner shelters. The shelter is per saint; partners check each other's sites for drainage, overhead hazards, and wind direction before the build begins.
3. Each youth's kit gets a final check at the door: water treatment, signaling tools (mirror and whistle), fire kit, dry layer, headlamp with spare batteries, the Seven Priorities card. Anything missing has three days to be fixed — Saturday is too late.
4. Confirm the stop rule and the evacuation plan with the group: who calls it, by when, and how the group exits if conditions deteriorate.

SESSION 3 · FIRE, WATER, SIGNAL, SHELTER — DRESS REHEARSAL (PAGE 4 OF 4)

🗨 AT THE CLOSE · DEBRIEF

1. Which of tonight's four skills (fire, signaling, water, clothing) felt least solid when you tried it?
2. Which fire method took the longest, and what would you change next time?
3. What is one thing about Saturday's overnight you are still uncertain about, and who will you ask before then?

📝 *Initial 3a, 3b, 3d, and 3e on each saint's BRC after this session. The overnight earns 3c — record the date, site, partners, and shelter design in the trek log; sign 3c off after the youth completes the stay and the site is restored.*

SESSION 4 · PHYSICAL CORE

⌚ 60 min target

Field report, restraint, and BRC sign-off

Debrief the overnight and finish the badge.

SESSION AIM

Saints arrive having just completed the supervised survival overnight. The session opens with a field report, moves into paired shelter-and-night stories, then covers respect for life and the restraint rule against eating wild plants and animals. The session ends with a BRC walk-through and full sign-off.

🎯 WALK AWAY WITH

- Has told the story of his shelter night — what worked, what failed, and what he would change
- Can explain the restraint rule against eating wild plants and animals and why it usually keeps a lost person alive
- Has a signed BRC and one survival habit he plans to keep

📦 BRING / SET UP

- Each saint brings: his BRC, his sketch from Session 3, and any notes from the overnight
- The leader's trek log from the overnight (master copy)
- Half-sheets of paper and pens for the keep/drop writing in Block 4
- A small set of common wild plants (or printed photos) — some edible, some toxic, some look-alikes — for the restraint discussion

🕒 THE HOUR**BLOCK 1 · DISCUSSION Opener — One line on the night**

⌚ 5 min

Go around the room. Each saint answers in one sentence: what was the shelter night actually like? No comparing, no correcting. Most answers will land somewhere between "colder than I planned" and "warmer than I expected." That range sets up the shelter stories in the next block.

BLOCK 2 · DISCUSSION Shelter stories — what worked, what failed

⌚ 16 min

1. Pair up with a saint who was not your shelter neighbor. Six minutes each — one talks, the other listens. Each youth describes his shelter build, his single coldest or wettest moment in the night, and what he did about it. No advice and no comparing.
2. Switch and repeat for six minutes.
3. Each pair reports one phrase from the partner's story to the group — only what the partner gave permission to share.
4. Explain the pattern: the shelters that worked were small and well-insulated; the ones that failed were too big, had a gap somewhere, or were built on wet ground. A small space holds body heat; a roomy shelter loses it.
5. Each youth writes one line in his BRC margin: "My shelter's worst moment was ____, and what I did about it was ____."

REQ 3C

SESSION 4 · FIELD REPORT, RESTRAINT, AND BRC SIGN-OFF (PAGE 2 OF 3)

THE HOUR — CONTINUED

BLOCK 3 · DISCUSSION **Respect for life and the restraint rule**

🕒 18 min

1. Lay out the plant set (real samples or photos): a known edible, a known toxic, and a look-alike pair. Ask the group to sort them. Most will get the look-alike wrong. That is the point.
2. State the rule plainly: in a real survival situation lasting under two weeks, do not eat wild plants or animals. Foraging is high-risk and low-reward — a misidentified plant or an undercooked animal turns a survivor into a patient, and the energy cost of catching food usually exceeds the calories the food returns. The body can go three weeks without food; do not trade days of safe waiting for the risk of poisoning.
3. Read one short case aloud: a hiker who survived nine days on water and one granola bar by sitting still and signaling. Read one case of a hiker who died from a misidentified mushroom on day two. Sitting still and signaling has a better survival record than foraging.
4. Walk respect for life on the other side: do not kill wildlife you do not need, do not damage habitat for shelter when a tarp will do, leave the site you build on restorable to the next group. The next person on this ground matters as much as you do — act that way.
5. Each youth writes one sentence: "The restraint that would be hardest for me to keep in a real survival situation is ____, and the reason I would keep it anyway is ____."

REQ 4A

BLOCK 4 · CREATIVE **The keep — three habits home**

🕒 16 min

1. Each youth writes for three minutes on a half-sheet, in two columns. Column A: "Three survival habits I will keep doing at home, not just outside" — recall priorities under stress, breath-and-STOP, check the weather before any decision. Column B: "One civilian habit I am dropping because the overnight showed me I do not need it."
2. Each youth reads both columns aloud to the group. No commentary from the group. The leader listens for who is stretching, who is being tepid, and who needs a follow-up before the Board of Review.
3. Explain that the real test of the badge is the next week at home, not the overnight itself. The same disciplines matter at home: restraint, clear thinking, and small things done in order. Carry the habits across.

REQ 4A

SESSION 4 · FIELD REPORT, RESTRAINT, AND BRC SIGN-OFF (PAGE 3 OF 3)

THE HOUR — CONTINUED

BLOCK 5 · REFLECTION **Close — BRC sign-off**

⌚ 5 min

1. Walk the BRC with each saint one at a time while the rest of the group cleans up. Confirm each requirement against the trek log. For 3c — was the overnight completed, the shelter built and slept in, the site restored? Initial when yes.
2. For any outstanding requirement, note what is still missing and the dated deadline before the Board of Review.
3. Leader and saint each sign the BRC. The saint takes it home.

AT THE CLOSE · DEBRIEF

1. How long did it take you to settle in your shelter after dark, and what helped?
2. Which of the seven priorities did you actually use on the overnight, and which one would you have moved up the list?
3. Which of your three keep-habits are you most likely to drop first, and what will you do to keep it?

☑ *Initial 3c and 4a on each saint's BRC after this session. With 3c confirmed against the trek log from the overnight, the BRC should fully sign off tonight. Any outstanding requirement gets a dated deadline before the Board of Review.*

HANDOUT 1 OF 2

FROM SESSION 1 — THE SEVEN PRIORITIES — FROM MEMORY

The Seven Priorities of Wilderness Survival

Memorize before the next session. Carry it in the pack on the overnight.

WILDERNESS SURVIVAL · FIELD CARD

Work the priorities in order, top to bottom.

Memorize the seven. The order shifts with the environment.

SEVEN PRIORITIES — IN ORDER

1

Positive mental attitude — STOP

decision quality drops fast under panic

Panic kills more than weather. Settle the head first.

STOP

Stop. Think. Observe. Plan.
Sit five minutes before you move.

2

First aid

an injury made worse closes off every other priority

Stop bleeding, keep airway clear, immobilize what is broken.

CHECK

Bleeding, breathing, broken bones.
Treat what threatens life first.

3

Shelter

cold and wet take you out in hours, not days

In cold or wet weather, shelter often jumps ahead of first aid.

CHECK

Wind off. Ground insulated.
Dry, small, close to the body.

4

Fire

warmth, water purification, signal, morale

A small, controlled fire beats a big one. Conserve fuel.

CHECK

Tinder, kindling, fuel sorted.
Cleared ring. Wind block.

5

Signaling

rescue depends on being seen or heard

Set signals up early — before fatigue takes the energy.

CHECK

Mirror, whistle, ground signal.
Three of anything means help.

6

Water

three days without it — sooner in heat or at altitude

In heat or aquatic settings, water moves ahead of fire.

CHECK

Boil, treat, or filter.
Never assume clear water is safe.

7

Food

last in line — weeks, not hours

A bad plant or parasite turns a survivor into a patient.

CHECK

Eat what you packed first.
Foraging costs more than it gives.

Memorize the seven. Re-rank them for the weather you are actually in.

Print this handout for in-person reference during session 1 — the seven priorities — from memory.

HANDOUT 2 OF 2

FROM SESSION 3 — SIGNAL THE RESCUE

Signaling for Rescue — Field Card

Carry on the overnight. The mirror reaches farther than the whistle in clear weather.

WILDERNESS SURVIVAL · FIELD CARD

Set signals up before fatigue arrives.

Three of anything means help. The mirror reaches the farthest.

FIVE ATTENTION-GETTING METHODS

- | | |
|--|---|
| <p>1 Signal mirror
Aimed flash carries for miles in sun.</p> | <p>2 Whistle — three short blasts
Carries farther than a shout. Saves the voice.</p> |
| <p>3 Fire and smoke — three fires
Triangle of three. Green branches make white smoke.</p> | <p>4 Bright color in the open
Tarp, shirt, or pack laid flat in a clearing.</p> |
| <p>5 Ground-to-air symbol
Large letters in rocks, logs, stomped snow.</p> | <p><i>Stay where you can be seen.
Stop moving once you have signaled.</i></p> |

SIGNAL MIRROR — AIM WITH THE V



FOUR STEPS

- 1 Hold the mirror near your eye.
- 2 Make a V with the other hand, arm out. Frame the aircraft in it.
- 3 Tilt the mirror until the flash crosses through the V.
- 4 Sweep slowly across the horizon when no aircraft is in sight.

FIVE GROUND-TO-AIR SIGNALS

V

X

F



LL

NEED ASSISTANCE NEED MEDICAL NEED FOOD AND WATER THIS DIRECTION ALL IS WELL

HOW TO BUILD A GROUND SIGNAL

Pick a clearing visible from the air — a meadow, sandbar, or open snow.
 Make each letter at least 18 feet long. Use rocks, logs, branches, or stomp it into snow.
 Contrast matters — dark stones on snow, light branches on dark ground.
 Leave the symbol up even after rescuers spot you, until you are clear of the site.

Pick the method the weather allows and build the signal large enough to see.

Print this handout for in-person reference during session 3 — signal the rescue.