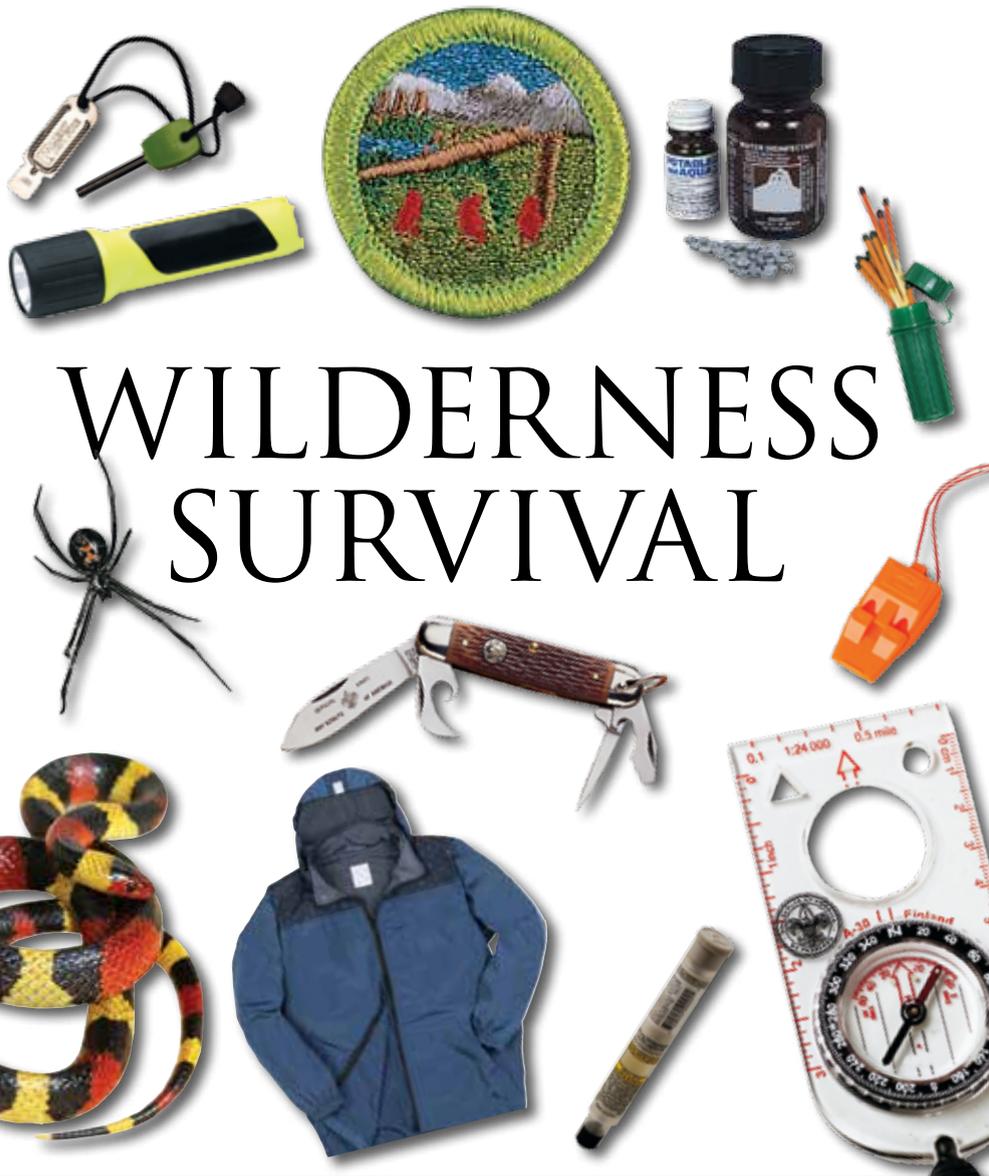


# MERIT BADGE SERIES



# WILDERNESS SURVIVAL



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# WILDERNESS SURVIVAL



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## **Wilderness Survival**

1. Do the following:
  - (a) Explain to your counselor the hazards you are most likely to encounter while participating in wilderness survival activities, and what you should do to anticipate, help prevent, mitigate, or lessen these hazards.
  - (b) Show that you know first aid for and how to prevent injuries or illnesses that could occur in backcountry settings, including hypothermia, heat reactions, frostbite, dehydration, blisters, insect stings, tick bites, and snakebites.
2. From memory, list the seven priorities for survival in a backcountry or wilderness location. Explain the importance of each one with your counselor.
3. Discuss ways to avoid panic and maintain a high level of morale when lost, and explain why this is important.
4. Describe the steps you would take to survive in the following exposure conditions:
  - (a) Cold and snowy
  - (b) Wet
  - (c) Hot and dry
  - (d) Windy
  - (e) At or on the water
5. Put together a personal survival kit and explain how each item in it could be useful.
6. Using three different methods (other than matches), build and light three fires.
7. Do the following:
  - (a) Show five different ways to attract attention when lost.

- (b) Demonstrate how to use a signal mirror.
  - (c) Describe from memory five ground-to-air signals and tell what they mean.
8. Improvise a natural shelter. For the purpose of this demonstration, use techniques that have little negative impact on the environment. Spend a night in your shelter.
  9. Explain how to protect yourself from insects, reptiles, bears, and other animals of the local region.
  10. Demonstrate three ways to treat water found in the outdoors to prepare it for drinking.
  11. Show that you know the proper clothing to wear while in the outdoors during extremely hot and cold weather and during wet conditions.
  12. Explain why it usually is not wise to eat edible wild plants or wildlife in a wilderness survival situation.
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# Wilderness Survival Resources

## Scouting Literature

*Boy Scout Handbook; Fieldbook; Deck of First Aid; Emergency First Aid* pocket guide; *Basic Illustrated Wilderness First Aid; Be Prepared First Aid Book; Backpacking, Camping, Canoeing, Emergency Preparedness, First Aid, Lifesaving, Orienteering, Safety, Search and Rescue, Signs, Signals, and Codes*, and *Weather* merit badge pamphlets

Visit the Boy Scouts of America's official retail website at <http://www.scoutstuff.org> for a complete listing of all merit badge pamphlets and other helpful Scouting materials and supplies.

## Books

Curtis, Rick. *The Backpacker's Field Manual: A Comprehensive Guide to Mastering Backcountry Skills*. Three Rivers Press, 2005.

Forgey, William W. *Wilderness Medicine: Beyond First Aid.*, Falcon Guides, 2012.

Gill, Paul G. *Wilderness First Aid*. Ragged Mountain Press, 2001.

Harvey, Mark. *National Outdoor Leadership School's Wilderness Guide: The Classic Handbook*. Fireside, 1999.

Isaac, Jeffrey. *The Outward Bound Wilderness First Aid Handbook*, 4th ed. Falcon Guides, 2013.

Keller, William. *Keller's Outdoor Survival Guide: How to Prevail When Lost, Stranded, or Injured in the Wilderness*. Willow Creek Press, 2001.

Nickens, T. Edward. *The Total Outdoorsman Manual*. Welden Owen, 2013.

Randall, Glenn. *Outward Bound Map and Compass Handbook*, 3rd ed. FalconGuides, 2012.

Tawrell, Paul. *Camping and Survival: The Ultimate Outdoors Book*. Paul Tawrell, 2011.

Tilton, Buck. *Wilderness First Responder: How to Recognize, Treat, and Prevent Emergencies in the Backcountry*. Falcon Guides, 2010.

Wells, Darran. *Wilderness Navigation*, 2nd ed. Stackpole Books, 2013.

## Videos

*More Wilderness 911.* DVD.

Wellspring Media, 1998.

*Survival Basics 1 and 2, The Adventure.*

DVD. Stoney-Wolf Productions, 2006.

*Survival: Learn to Become a*

*Survivor in the Wild.* DVD. BFS

Entertainment, 2001.

*The Unexplained—Wilderness Survival.*

DVD. A&E Home Video, 2006.

## Organizations and Websites

### Association of Outdoor Recreation and Education

Telephone: 810-299-2782

Website: <http://www.aore.org>

### Backpacker Magazine

Website: <http://www.backpacker.com>

### Equipped to Survive

Website: <http://www.equipped.org>

### Guide to Safe Scouting on Scouting.org

Website: [http://www.scouting.org/](http://www.scouting.org/HealthandSafety/GSS.aspx)

[HealthandSafety/GSS.aspx](http://www.scouting.org/HealthandSafety/GSS.aspx)

### National Outdoor Leadership School (NOLS)

Toll-free telephone: 800-710-6657

Website: <http://www.nols.edu>

### Outside Magazine

Website: <http://www.outsideonline.com>

### Wilderness Education Association

Website: <http://www.weainfo.org>

Toll-free telephone: 800-572-3015

### Wildwood Survival

Website:

<http://www.wildwoodsurvival.com>

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