

# Wilderness Survival

High School Course  
West Brooke Curriculum



An Exciting Science or Elective Class  
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## **Textbook List**

*Tom Brown's Field Guide to Wilderness Survival* by Tom Brown, Jr.  
*The Complete Wilderness Training Manual* by Hugh McManners

## **You will need a First Aid book or Reference:**

We had *Community First Aid and Safety* by the American Red Cross  
*Wilderness and Remote First Aid* American Red Cross also produced this book (if you can find it)  
*Wilderness First Aid Field Guide* by AAOS, Alton L. Thygeson  
You could also use the internet, or Encyclopedias, or *Awakes* to look up first aid topics.

You will need a Journaling book for note taking:

We made one of our own, or you could purchase a nice one. The one we made was spiral bound and I included some pages with lines for notes, and some pages of art paper for drawing diagrams and field observations.

We also used:

A Pocket Tutor Guides: by Waterford Press  
    Wilderness Survival  
    Edible Wild Plants  
    Medicinal Plants

Books from the library

And I would have liked to had a specific survival guide for my State. I may still add that to our continued studies!

You are probably thinking, this is not a standard science class! That is true but, did you know that adults go to Wilderness Survival training schools and pay big bucks to do so? Think of all of the things you will be learning: First Aid, plants, animals, environments, survival skills, how to make survival kits, what to do in emergencies, how to control emotions, building a fire, shelter, and more. This has been by far my son's favorite class, he still continues to use what he has learned 3 years later, now my youngest is begging me to start this class! Enjoy!

Before you start: Go to the library and check out some books, look for books on local flora and fauna, woodsman's guides, candle making, survival books, first aid books, etc. Start gathering supplies for survival kits, candles, etc. You will get more of an idea as you look through your books (next lesson)

### Lesson 1

Spend 45 min to 1 hour skimming through the materials you will be using for this class.

### Lesson 3 Emergency candle

<http://www.instructables.com/id/Altoids-Tin-Emergency-Candle/>

Read this instructable on making an emergency candle kit, and then work on this project. If you don't have an altoids can, you can also make a candle in some other disposable container, soup can, etc.

Lab Grade: \_\_\_\_\_

Choose a literature book to read while doing your studies, this is part of your class and will improve your general knowledge of survival skills as well as the natural sciences:

*Hatchet* by Gary Paulsen (warning in chapter 18 there is a description of someone who died)

*River* by Gary Paulsen (sequel to *Hatchet*)

*Brian's Winter* by Gary Paulsen (related to *Hatchet*)

*Swiss Family Robinson* by Wyss

*Robinson Crusoe* by Defoe

And more.....

### Lesson 15 Scout

Scout out a campsite in the back woods with an adult, or a campsite in your backyard. Or plan a camp trip to a state park.

### Lesson 39 Waterproofing tinder lab

Waterproof twine for emergency tinder for fires to add to your survival kit. Be sure to test it! <http://www.instructables.com/id/Waterproof-Emergency-Fire-Tinder-Bundle/>

### Lesson 42 Heat/cold

Look up cold related emergencies, hypothermia, frostbite, frostnip, dehydration and heat stress or heat stroke in your First Aid reference. Take notes in your journal.

### Lesson 43 First Aid

Look up first aid kits in your First Aid reference. Also read pages 174-183 of *The Complete Wilderness Training Manual*

Take some notes or make a list of what to include in a kit for First aid in your journal

Grade on Journal notes so far: \_\_\_\_\_

### Lesson 44 Plants

Look over your Edible wild plants pocket guide (this can be kept with your survival gear)

### Lesson 45 Plants

Start chapter 5 in *Tom Brown's Field Guide* read pgs 81-87

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