



**TRAIL
LIFE
USA**

Survival Skills

Name _____

To work on Survival Skills, one must be at least an Able or Journey Trailman who has completed the Camping, Fire Ranger, First Aid, Ropework, Trail Skills, and Woods Tools Trail Badges. Care must be taken to ensure that the activities of this Trail Badge are permitted in the location(s) used to complete the requirements.

Planning and preparation requirements (1-4)

- ____1. **Principles.** Explain the following survival principles and practices:
 - ____a. Buddy system for prevention
 - ____b. Stop, Think, Observe, Plan (STOP) steps in a survival situation
 - ____c. Survival rules of 3 (3 minutes without oxygen, 3 hours without shelter in an extreme environment, 3 days without water, 3 weeks without food)
 - ____d. The five key needs: First aid, shelter, fire, signal, water
 - ____e. Avoid eating wild foods in short term emergency situations

- ____2. **Common Myths.** Investigate the following myths and explain why each of these is **NOT** a safe survival practice:
 - ____a. Find food first
 - ____b. Roof before bed
 - ____c. Fire through persistence – In other words if you try hard enough you can do it without the correct tools or skill
 - ____d. Suck Poison out of a snake bite
 - ____e. Drink water from a cactus
 - ____f. Drinking urine
 - ____g. Rationing water in the desert
 - ____h. Your cell phone will save you

- ____3. **Water.** Research survival water procurement and list the following:
 - ____a. The amount of water a person needs each day
 - ____b. Steps to take to conserve body hydration during extreme temperatures
 - ____c. Impact of high altitude, injury or illness on your need for water
 - ____d. Four signs that may indicate water is near

- _____e. Two methods of purifying water
- _____4. **Survival Kit.** Make a survival kit (see resource section) to be used on the survival overnighter and do the following:
 - _____a. Make some waterproofed matches for your survival kit.
 - _____b. Make at least two types of homemade fire-starters for your survival kit.
 - _____c. Include materials for at least two types of fire starting methods other than matches and lighters.
 - _____d. Explain when and how to use the contents of the survival kit.

Skill demonstration requirements (5 – 9):

Note: Any of requirements 5 – 8 may be done on the survival overnighter to help meet the parts of requirement 9.

- _____5. **Shelter.** Build a survival shelter (see resources below for suggested types of shelters).
- _____6. **Fire.** Demonstrate your fire starting skills:
 - _____a. Start a fire using a fire using a starting method other than matches or lighters and a fire starter or tinder types from the resource section.
 - _____b. Bring at least one cup of water to a full boil.
 - _____c. Start a second fire using a different starting method (other than matches or lighters) and a different fire starter or tinder types from the resource section.
 - _____d. Bring at least one cup of water to a full boil on the second fire.
- _____7. **Food.** Prepare a hot survival meal from a dehydrated food package, MRE (meals ready to eat), or your emergency food.
- _____8. **Signaling.** Demonstrate two signaling techniques and one method of looking bigger to a searcher in the air. (See the Resources section below).
- _____9. **Survival Overnighter.** With your survival kit and essentials, spend the night in a survival shelter you helped build and do the following:
 - _____a. Make a fire without matches for warmth, to heat a meal, or boil water.
 - _____b. Purify your drinking water from a local source.
 - _____c. Eat at least one hot meal you help prepare.

Resources

Survival Manuals

- Trailman's Handbook
- FM 21-76 US Army Survival Manual
- Aircrew Survival, Air Force Pamphlet 36-2246 or 64-5
- United States Air Force Search and Rescue Survival Training 64-4

Suggested Survival Shelter Types

| | | |
|---------------------------|--------------------------|------------------------------|
| A-Frame Tarp | Quinzhee or Quintze hut | Tarp Reflector |
| Desert Double Roofed Tarp | Ramada | Wigwam |
| Fallen tree | Wedge Tarp | Wicki-up |
| Lean-To (tarp or branch) | Lean-To (tarp or branch) | Lean-To with Raised Bed |
| Tarp Hammock | Swamp Bed | Tarp Tipi (0, 1, 3 or poles) |
| Debris hut | Hoop house | Trench |

Survival Kit and Essentials Suggestions

- Fire starting (ignition sources and fire starters)
- Paracord or other types of rope or line
- Fishing line and hooks
- Duct tape and thin wire
- Navigation and Signaling (Compass, whistle, mirror, flashlight, etc.)
- First aid kit
- Emergency food
- Water bottle(s), collection, and purification
- Tools and pocket knife
- Rain gear, extra clothing, and sun protection
- Sleeping bag (cold weather)
- Small Bible or Testament

Survival Kit Containers:

- Mini survival kit using an Altoids® tin or similar size container
- Small backpack
- Tupperware® or other small sealable food containers
- Fishing tackle storage containers
- Ammo can

Fire Starting and Tinder Suggestions

Caution: Large poison ivy plants have hair like fibers that look like great tinder. Don't touch and don't burn! The smoke can carry the toxic oils on to your skin and clothing and into your lungs!

| Fire Starting Methods | Homemade Fire Starters |
|-------------------------------------------|-----------------------------------------------|
| Hand drill | Char Cloth, Dryer lint, or cotton balls |
| Two man hand drill | Dryer Lint and candle wax or Vaseline |
| Fire plough | Cotton Balls and candle wax or Vaseline |
| Pump fire drill | Tinder Examples |
| Bow drill | Dead Evergreen Needles |
| Fire thong | Dry Grass, Ferns Fungi or Moss |
| Flint and Steel or other metal spark sets | Dry inner tree bark |
| Batteries and steel wool | Dry Leaves |
| Air piston | Jute twine |
| Bamboo saw | Palm fibers |
| Magnifying glass (plastic, glass or ice!) | Seed heads (i.e., Cattail, Thistle, Milkweed) |
| Waterproofed matches | Wood Shavings |

Signaling and Visibility Techniques:

- Whistles
- Flashlight
- Signal mirror
- Signal fires and smoke
- Waving bright colored clothing or tarps on poles
- Laying out large orange tarp
- Ground-to-air emergency signal code
- International distress signal

Trail Badge Mentor Signature

Date

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