

# 2010

## WILDERNESS SURVIVAL PROGRAM OVERVIEW & WORKBOOK



CAMP AUGUSTINE

MERIT BADGE UNIVERSITY

OVERLAND TRAILS COUNCIL

7/31/2010

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FEBRUARY 2010

Information in this booklet was accurate at the time of publishing.  
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Program Overview & Workbook was reviewed by  
MBU Staff/Committee.

## **WILDERNESS SURVIVAL PROGRAM OVERVIEW**

**COUNSELOR:** tba

C/O: Overland Trails Council  
PO Box 1361  
Grand Island, NE 68802-1361

**LOCATION:** Camp Augustine  
2299 West Camp Augustine Road  
Doniphan, NE 68832

**TRANSPORTATION:** Transportation is provided

**ADDITIONAL COSTS:** None

**CLASS SIZE:** 10

**BRING TO CLASS:** Wilderness Survival merit badge pamphlet.  
Wilderness Survival merit badge workbook, part one & part two.  
Signed "Application for Merit Badge", found at the end of the merit badge workbook. (This will be your only record of work completed on this merit badge.) If your Council requires the official "blue card", you must bring one with you to class.

**PRE-REQUISITES:** Complete Part One of the workbook before class (requirement 1, 3, & 5).  
Complete information on "Application for Merit Badge" including Scoutmasters signature.

**CURRICULUM:** Requirements 2, 4, 6, 7, 8, 9, 10, 11, & 12 will be completed during class (part two of the workbook). Pre-requisites will also be reviewed during class.



# WILDERNESS SURVIVAL

Boy Scouts Requirements 2010

PRE-REQUISITE REQUIREMENTS ARE PRINTED IN **ITALICS &**  
MUST BE COMPLETED BEFORE CLASS.

1. **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 conditions:
  - a) Cold and snowy
  - b) Wet (forest)
  - c) Hot and dry (desert)
  - d) Windy (mountains or plains)
  - e) Water (ocean, lake, or river)
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, and bears
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 in your area on an overnight in extremely hot weather and in extremely cold weather.
12. Explain why it usually is not wise to eat edible wild plants or wildlife in a wilderness survival situation.

# WILDERNESS SURVIVAL WORKBOOK

## PART ONE, PRE-REQUISITIES



Name \_\_\_\_\_  
 Unit # \_\_\_\_\_ District \_\_\_\_\_  
 Council \_\_\_\_\_

*Part One of the workbook must be completed before class.*

*Bring the entire workbook (part one and part two) with you to class.*

*Also bring the "Application for Merit Badge" signed by your scoutmaster (included at the end of the workbook).*

1. 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.

*Prevention of and Treatment for:*

<i>Hypothermia</i>	
<i>Heat reactions</i>	
<i>Frostbite</i>	
<i>Dehydration</i>	
<i>Blisters</i>	
<i>Insect stings</i>	
<i>Tick bites</i>	
<i>Snakebites</i>	

**WILDERNESS SURVIVAL WORKBOOK, PART ONE, p.2**

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Name \_\_\_\_\_

3. Discuss ways to avoid panic and maintain a high level of morale when lost, and explain why this is important.

*Avoiding panic:*


*Maintaining a high level of morale:*


*Why this is important:*


5. Put together a personal survival kit and explain how each item in it could be useful.

*Personal survival kit:*

<i>Item</i>	<i>Usefulness</i>
<i>Pocketknife</i>	
<i>First-aid kit</i>	
<i>Extra clothing</i>	
<i>Rain gear</i>	
<i>Water bottle</i>	
<i>Flashlight</i>	
<i>Trail food</i>	
<i>Matches and fire starters</i>	
<i>Sun protection</i>	
<i>Map and compass</i>	

*Additional items:*

<i>Duct tape</i>	
<i>Whistle</i>	
<i>Signal mirror</i>	
<i>Thin wire</i>	
<i>Garbage bag</i>	
<i>Fishing line and hooks</i>	



Name \_\_\_\_\_

4. continued

- b) Wet (forest)

*Steps you would take to survive:*


- c) Hot and dry (desert)

*Steps you would take to survive:*


- d) Windy (mountains or plains)

*Steps you would take to survive:*


- e) Water (ocean, lake, or river)

*Steps you would take to survive:*


Name \_\_\_\_\_

- 6. Using three different methods (other than matches), build and light three fires.

*Build and light three fires:*

1
2
3

- 7. Do the following:
  - a) Show five different ways to attract attention when lost.

*Ways to attract attention when lost:*

1
2
3
4
5

- b) Demonstrate how to use a signal mirror.

*Signal mirror*

<i>Initial:</i>	<i>date:</i>
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- c) Describe from memory five ground-to-air signals and tell what they mean.

*Ground-to-air signals*

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*Tell what they mean*

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Name \_\_\_\_\_

- 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.

*Natural shelter:*


*Spend a night in your shelter:*

	<i>Initial:</i>	<i>date:</i>
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- 9. Explain how to protect yourself from insects, reptiles, and bears

*Explain how to protect yourself from:*

<i>Insects</i>	
<i>Reptiles</i>	
<i>Bears</i>	

- 10. Demonstrate three ways to treat water found in the outdoors to prepare it for drinking.

*Demonstrate three ways to treat water:*

<i>1</i>
<i>2</i>
<i>3</i>

Name \_\_\_\_\_

- 11. Show that you know the proper clothing to wear in your area on an overnight in extremely hot weather and in extremely cold weather.

*Proper clothing for an overnight in extremely hot weather:*


*Proper clothing for an overnight in extremely cold weather:*


- 12. Explain why it usually is not wise to eat edible wild plants or wildlife in a wilderness survival situation.

*Why it usually is not wise to eat edible wild plants or wildlife:*


## ORGANIZATIONS and WEB SITES

*(Whenever you go online, be sure you have your parent's permission first.)*

Association of Outdoor Recreation and Education

<http://www.aore.org>

Backpacker Magazine

<http://www.backpacker.com>

Equipped to Survive

<http://www.equipped.org>

Guide to Safe Scouting on Scouting.org

<http://www.scouting.org/pubs/gss>

National Outdoor Leadership School (NOLS)

<http://www.nols.edu>

Outdoors Magazine

[http://www.outdoors-magazine.com/s\\_links.php](http://www.outdoors-magazine.com/s_links.php)

Outside Magazine

<http://outside.away.com>

Tracker Trail

<http://www.trackertrail.com/survival>

Wilderness Survival

<http://www.wilderness-survival.net>

# WILDERNESS SURVIVAL WORKBOOK

Notes



**APPLICATION FOR MERIT BADGE**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_

Is a registered \_\_\_\_\_ Boy Scout,  
 \_\_\_\_\_ Varsity Scout,  
 \_\_\_\_\_ Venturer,

of \_\_\_\_\_ No. \_\_\_\_\_  
Troop, team, crew, ship

District: \_\_\_\_\_

Council: \_\_\_\_\_

**MERIT BADGE UNIVERISTY**

Merit Badge: **Wilderness Survival**

Counselor: \_\_\_\_\_

Address: Overland Trails Council

PO Box 1361

2808 O'Flannagan

Grand Island, NE 68802-1361

Phone: 308-382-3717

email: mbuotc@yahoo.com

*and is qualified to begin working for this merit badge and has completed the following pre-requisite requirements:*

**SECTION A PRE-REQUISITE REQUIREMENTS**

Requirement No. and letter	Date of Approval	Counselor Initial	Requirement No. and letter	Date of Approval	Counselor Initial
1					
3					
5					

*The applicant has personally appeared before me and demonstrated to my satisfaction that he has met all pre-requisites requirements for the above stated merit badge and is ready to attend his assigned MBU class.*

Signature of Unit Leader \_\_\_\_\_ Date \_\_\_\_\_

**SECTION B APPLICANTS RECORD**

Requirement No. and letter	Date of Approval	Counselor Initial	Requirement No. and letter	Date of Approval	Counselor Initial
2					
4					
6					
7					
8					
9					
10					
11					
12					

The applicant has personally appeared before me and demonstrated to my satisfaction that he has completed all requirements in **SECTION B** above for the

Merit Badge: **Wilderness Survival**

Name of Counselor: \_\_\_\_\_

Signature of Counselor \_\_\_\_\_ Date \_\_\_\_\_

### SCOUT INSTRUCTIONS

- ❑ Complete your name, address, city, unit type & number, district, & council on the Application for Merit Badge.
- ❑ Your unit leader must sign the Application for Merit Badge before attending class.
- ❑ All other information is already printed on the Application for Merit Badge; please make sure all information is correct.
- ❑ The merit badge counselor is registered & approved for this merit badge and is on the MBU Counselor's List.
- ❑ Read the merit badge pamphlet.
- ❑ Attend the merit badge class.
- ❑ Always meet with your counselor along with a buddy (a Scout, friend, or parent)
- ❑ Have your merit badge worksheet with you when you attend class.
- ❑ **If the merit badge pre-requisites are not completed before class, you will not be able to complete the merit badge during this weekend event, you will have to follow up with your Unit's Advancement Chair when you return home**
- ❑ **PLEASE BE AWARE THAT SOME COUNSELORS WILL NOT ALLOW YOU TO ATTEND THEIR CLASS WITHOUT PRE-REQUISITES COMPLETED—CLASS CURRICULUM IS DEPENDENT ON PRE-REQUISITE WORK BEING COMPLETED!**

### COUNSELOR INSTRUCTIONS

- ❑ Never meet alone with a Scout.
- ❑ Verify all information & merit badge name on Application for Merit Badge is correct.
- ❑ Sign your name on the line at the bottom of **"SECTION B APPLICANTS RECORD"**.