

# Wilderness Fieldcraft Basic Course

**No alcohol or tobacco are permitted during classes.**

We start with a challenge you must find me first :- ) GPS location provided Site will be marked. Don't worry; you will be able to drive right up :-)

Check-in Friday evening at the site. GPS Location provided. Arrive anytime after 3 pm  
Check in with Kevin and select and set up your overnight camp  
The class starts at 7 pm around the campfire.

- Introductions
- Class projects detailed (*We will do three projects in this course, Flint and Steel, Making a Buck Saw. and emergency fire starters Instructor will provide base materials*)
- Safety
- Basic camp life rules and etiquette ( the camp BATHROOM!)

Friday Night: dinner and drinks; however, you like the fire pit is a shared community fire for warmth and cooking, so feel free to share.

## Friday Night Class

- Confidence welcome! Check your EGO at the turn-off; leave it at home. More important, Know your limits.
- Wilderness Mindset Mother Nature is not for or against you
- Plans and sharing plans for safety (BASIC)
- Knowledge and ability build your mental and physical library.
- SITUATIONAL AWARENESS Common sense goes a long way!
- THINK OUTSIDE THE BOX!!!!!!!!!!!!!!!!!!!!
- Build your library. Know where to get answers VS just knowing the answer
- What's the purpose, just a fun trip to the woods, etc.or a getting home scenario?
- It's all about Body Core Temp Maintenance
- Selection of who is responsible for the morning fire :-)

## **Saturday Class 0700 Start**

### **The Basic info**

- Layered System ( starts with Fitness Cloths, Vehicle, Cool Shelter gear,)
- Triangles of survival are my approach. What can I say? I am married to a math teacher, lol
- Plans P.A.C.E. Leave info behind where? How long? when will you return? When to worry 24hr 48hrs? Map copy
- Failure everything starts with FAILURE (See Plans)
- Emergencies and Emergency Comms Signaling Ground to Air Ground to Ground
- First Aid This is not an EMT class!!!!
- **Navigation:** Basic Navigation skills and tools

### **Cordage**

- Types
- Uses
- Knots and connections
- Ridge Line
- Marlin Spike
- Toggle
- Toggle to loop extension

### **First Aid**

- First Aid This is not an EMT class!!!!
- Basic stop the bleeding
- Knowing when to self-rescue (walking wounded)
- Know when to call for help
- Splints and Crutches

### **Fire**

- Fire triangle
- First Fire, Next Fire, Last Fire
- Fire Kits What's in that thing
- Don't cause a root fire
- Ways to start a fire Tender etc
- Primitive VS Lighters / Matched and types of lighters and shortcomings
- Char Cloth and Tender Make or Buy Firestarters We will be making char cloth
- Fuel what and where to gather and type
- Types of Lays
- The Stove

## **Water**

### **Gather**

- RAIN
- Ponds, Streams
- From the Tree (bag it up)
- Vines
- Solar Still
- Desalination ADVANCED USERS ONLY
- Treating with Tablets or Bleach
- Carry
- Filter
- Purify

### **Shelter**

- Site selection and use of terrain and natural feature
- Types of sheltering Carried VS Primitive
- On Under In
- Tarp Shelter setups
- Elevated Bed
- Browse
- Cover and Blankets

### **Food**

- Types of food what to carry
- How to cook it

### **Hygiene**

- General cleanliness
- Everybody Poops (SO PLAN FOR IT)
- Hand sanitizer keeps safe and works for fires

### **Sunday Class 0700 start time**

**Gear,** Your Bushcraft Kit can be your GHB)

- Build it for yourself
- What to get
- Where to get your Gear
- You have to build a kit that fits you and your needs and abilities and your budget. I am betting a good starter kit could 80% be found in your house, garage storage shed or storage unit.....
- Kits should be reviewed and updated every 6 months, think seasons Spring and Fall.

## **Tools**

### Knives

- Safe Use
- Knife selection and maintenance

### Saws

- SAW selection and maintenance
- Safe Use

### Axes

- Safe Use
- Ax selection and maintenance

### Firearms.

- Just a discussion on types, uses, and basic safety. This is not a firearms class, but they have a place in bushcraft and the history of the woodsman.

## Equipment List (required Items)

Shelter and Sleeping Kit (anything you like, a tent, tarp, etc, whatever you are comfortable in tents should be small 2 people max as space for setting up can be limited)

**Water** a minimum of 1 gallon of clean water per person per day. I recommend 2 gallons a day

**Food** whatever meals you will like for the course of the class. There will be access to your vehicle during the class.

Snacks for the day hike trips

**Rucksack**

**Haver Sack**

**Leather work gloves**

Season-appropriate clothing you must have

**Extra socks.**

**Rain Gear**

**Notebook and pencil I recommend rite in the rain**

## 10 Cs

**Cover** ( Tent, Tarp, Hammock, Ranger Burrito)

**Cordage** 100ft paracord small roll of #36 bank line

**Candling** Rechargeable or battery headlamp with two sets of extra batteries

**Cutting tools**

- Fixed blade approx 4" blade knife Preferred Full tang with 90-degree spine or any MORA knife. ***Gerber Principle is one of my favorites***
- Pocket folding knife/Multi-tool Should have saw and nonserrated blade Swiss Army knife with a saw and awe for example (Camper, Huntsman or Ranger Grip 79)
- Hatchet or Axe **Optional**
- Small Pruning/Folding saw,

**Cargo Tape** (One roll Inch wide Gorilla Tape) (One standard roll Gorilla Tape)

**Compass**

- Non-lensatic Must have bezel ring and sighting mirror (Suunto MC2 style) Northern Hemisphere.
- Pace Beads / Ranger Beads

**Container(s)**

- Single walled stainless steel canteen 32oz WIDE MOUTH nesting cup
- Bush Pot 2QT Cook Pot

**Cloth Needle**

- #14 Sail Needle / Sewing Kit

**Cotton Material bandana or Shemagh**

- (2) bandanas will be needed for this class as one will be made into char cloth.

**Combustion**

- 2 BIC or CLIPPER Lighters

- Ferro Rod ½ X 5” or 6” and Striker NO SMALL FERRO RODS
- 10X magnifying glass or Fresnel Lens
- Set of stormproof UCO style matches in a waterproof container

**IFAK (this is course specific)**

- Tourniquet
- Two triangular bandages
- Pressure Bandage (Israeli bandage)
- One roll self-adhesive bandage
- Bleed stop or hemostatic gauze (optional)

**Boo Boo Kit (optional but highly recommended)**

- Band-aids
- Blister bandages
- Mole Skin
- Allergy Medication
- Tylenol
- Aleve or Ibuprophen
- Super Glue
- Self-adhesive bandage
- 6-8 2x2 and 4x4 bandages
- One roll of paper tape
- Tweezers and nail clippers