



## Wilderness Survival

### Age Level 10-13

Level 1	Anyone at any time can suddenly find themselves dependent on their own resources for survival. Learn how to be prepared before heading into the wilderness. The first steps to survival training will be gaining critical skills in signaling for help and orienting oneself with resource and directional awareness. Then, discover how to mentally rise above the obstacle of fear and stay focused.
Level 2	Learn how to manage a medical emergency, administer basic first aid, and build a rugged stretcher that could be used for transport through the woods if needed. Build a shelter in various ways to stay protected from the elements. Then, discover how to find water and multiple ways to filter it for safe drinking.
Level 3	The game of survival has now reached its peak and you need to build a fire. Review how to build a fire safely and learn different ways to start a fire using survival ingenuity. Discover how to safely gather wild edible Ohio berries and leaves to help maintain energy. Then, test your skills in constructing a primitive fishing pole and try to catch a fish. Lastly, enjoy the fun of a simulated search and rescue mission in the woods.