

**OUTDOOR SURVIVAL SKILLS – WILD1130**

**Day One –**

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| Time | Activity | Location | Staff |
| 6:00 pm  | Arrival (before or after dinner) Gear to RoomsBasic Site orientation by PSEC staff Site Orientation - gear sign out, start up briefing, set the tone Icebreaker: i.e. CellsOrientation Hunt | Palisades |  |
| 8:00 pm | Fire - Basic orientation (PSEC to orient group to fire pit, tools, extinguishing options) and handoff to teachers | Fire Pit | Teachers |



**Day Two – Thursday, April 14**

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| Time | Activity | Location | Staff |
| **8:00 am** | **Breakfast**  | **Bunkhouse** | Teachers |
| 8:30 – 9:30  | **Teambuilding Activities** | Grounds |  |
| 9:30 – 10:10 10:15 – 11:00  | Rotate (40 minutes each + 5 mins switch time) 1. **Tents and Bivy** (modern tents, bivi sac, etc. Pros and cons of each type)
2. **Cooking** (different stoves/fuels, make a drink or mix and fry bannock) May not have time to mix ingredients, perhaps just dry and wet prepped beforehand
 | GroundsGrounds |  |
| 11:00 am  | Break |  |  |
| 11:15-11:5011:55-12:30 | Rotate (35 minutes each + transition) 1. **Fire**
2. **Tools**
 | Fire pit near BullpenFire pit near Garage |  |
| **12:30-1:15** | **Lunch and packing for trip**  | **Bunkhouse** | teachers |
| 1:15-1:45 | Trip Planning – Gathering Information* Why is Valley of the 5 Lakes a reasonable destination?
* How long will it take us?
* What obstacles might we encounter?
 | Garage |  |
| 2:00- 5:00 | Hike Valley of the Five Lakes * PCA and Leave no Trace Focus
* Fire in fire pit? Trip Planning for this..?
* Map and compass skills practice
 | Valley of 5 Lakes |
|  | Reflection about the hike. If done early, poss. do some of the evening activities: Nightline, etc. | Grounds/Garage | S |
|  **6 pm** | **Dinner**  | **Bunk-house** | Teachers |
| 6:45 – 7:45 | Large Group Presentation: **Food** (1.4) and **Food drying and prep**.**Hygiene** (1.5)**Gear** (1.1)**10 essentials** | Grounds/Garage |  |
| 7:45-8:00 | Ice breaker/Group Game | Grounds/Garage |  |
| 8:00-8:30 | Trip Planning – Maligne Lk Snowshoe  | Garage |  |
| 8:30 | Hand over to teachers: Capture the Flag, Fire  | Fire pit | Teachers |



**Day Three – Friday, April 15**

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| Time | Activity | Location | Staff |
| **8:00 am** | **Breakfast and check out of rooms, pack for day, pack bus, get bag lunch**  | Bunkhouse | Teachers |
| 8:50 | Gear from Midden: winter boots, clothing, etc. | Midden |  |
| 9:00 | Depart for Mary Schaeffer Trail Maligne Lk (50min drive 1 way) | Mary Schaeffer Loop |  |
| 10:00 -1:00 | SnowshoeingBag Lunch * Shelter Building
* Cold Injuries (Emergency Situations)
* How to deal with an emergency in the field
* Animal encounters
* Games
* Reflection
 | Mary Schaeffer Loop |  |
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| 1:00- 1:15 | Closing Circle What was your most memorable experience in JNP?  | Parking Lot at Maligne Lake |  |
| 1:15 | Departure for home | Parking Lot at Maligne Lake |  |