

Arrowhead District Boy Scout Roundtable Newsletter

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December 2007 Theme:

Wilderness Survival – Presented by Brian Macari of Troop 456

Related Merit Badges:

Wilderness Survival

Related web sites:

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

Survival Guide: <http://www.wilderness-survival-skills.com/>

Survival IQ: <http://www.survivaliq.com/>

Knot of the Month

Monkey's Fist

<http://www.animatedknots.com/monkeysfist/index.php?LogoImage=LogoGrog.jpg&Website=www.animatedknots.com>

Bird of the Month:

American Tree Sparrow

http://www.birds.cornell.edu/AllAboutBirds/BirdGuide/Red-breasted_Nuthatch.html

Special Attractions:

- Rechartering Packet Turn in
- Games and more Games
- Friendship and Fellowship
- Refreshments
- Diversity Presentation

Scoutmaster Minute Possibilities

- "When one door closes another door opens; but we so often look so long and so regretfully upon the closed door, that we do not see the ones which open for us. Alexander Graham Bell (1847-1922) Inventor
- Watch your step when you immediately know the one way to do anything. Nine times out of ten, there are several better ways. William B. Given, Jr.
- Most of the things worth doing in the world were said to be impossible before they were done. Louis Brandeis (1856-1941) Jurist
- Constantly choosing the lesser of two evils is still choosing evil. Jerry Garcia (1942-1995) Musician



WILDERNESS SURVIVAL POP QUIZ

1. What are the two most important things you should do BEFORE you leave on a wilderness trip?

- 1 Inform someone where you are headed and when you plan to return
- 2 Study your maps carefully
- 3 Pack some extra survival food
- 4 Check the weather forecast
- 5 Have a good meal.

2. If lost, why should you stay in one place and wait it out? – mark all that apply.

- 1 If you told someone, people are probably already looking for you.
- 2 Lost people have a tendency to walk in circles.
- 3 If you begin running around, trying to find out where you are, especially in the dark, you risk falling and injuring yourself.
- 4 From experience, wandering around just makes things go further wrong.
- 5 Don't stay more than 6 hours waiting for a rescue team.

3. We know, for the most part, that lost people are rescued within 72 hours. What are the three most important priorities in a survival situation?

- 1 Fire
- 2 Water
- 3 Positive mental attitude
- 4 Food
- 5 Shelter

4. In general, what is the most important survival tool you have?

- 1 Knife
- 2 First aid kit
- 3 Fishing kit
- 4 Waterproof matches
- 5 Flint striker

5. If you are forced to spend the night outside in harsh and unpredictable weather – what is the first thing you should do?

- 1 Find water
- 2 Eat some food
- 3 Check your survival kit
- 4 Start a fire
- 5 Find or build a shelter

6. If lost in the wilderness, what is the first thing you should do?

- 1 Find a shelter
- 2 Make a signal fire
- 3 Find water
- 4 Begin yelling for help
- 5 Sit down and relax, collect your thoughts.

7. Three symptoms of mild hypothermia:

- 1 Muddled thinking
- 2 Thirst
- 3 Hunger
- 4 Fumbling hands and poor coordination
- 5 Shivering

8. When picking your survival shelter site, make sure it is placed – mark all that apply:

- 1 On ground that is dry and well drained
- 2 On low ground such as ravines and narrow valleys
- 3 On a dry riverbed
- 4 Where it easily can be seen
- 5 Very close to water

9. Anyone practicing first aid must determine the priorities of treatment. What is the first priority if you find someone lying injured on the ground?

- 1 Keep the casualty warm
- 2 Place the casualty in the recovery position
- 3 Check that the airway is open.
- 4 Start chest compressions
- 5 Stop any bleeding

10. When searching for survival food, which method is less recommended? You have no special equipment – only a knife.

- 1 Hunting
- 2 Collecting bird eggs
- 3 Fishing
- 4 Trapping
- 5 Finding wild edible plants

11. How much water should the average adult drink per day?

- 1 0.5 – 1 gallon (2-4 liters)
- 2 More than 2 gallons (8 liters)
- 3 1 – 2 gallons (4-8 liters)
- 4 1 – 2 quarts (1-2 liters)
- 5 Less than 1 quart (1 liter)

12. What is the most certain way to make sure suspect water is pure and safely disinfected?

- 1 Boiling
- 2 Filtration
- 3 Chemicals
- 4 Cool it down (use e.g. ice or snow)
- 5 Put in some pine needles

13. Survival food – If true, mark the checkbox:

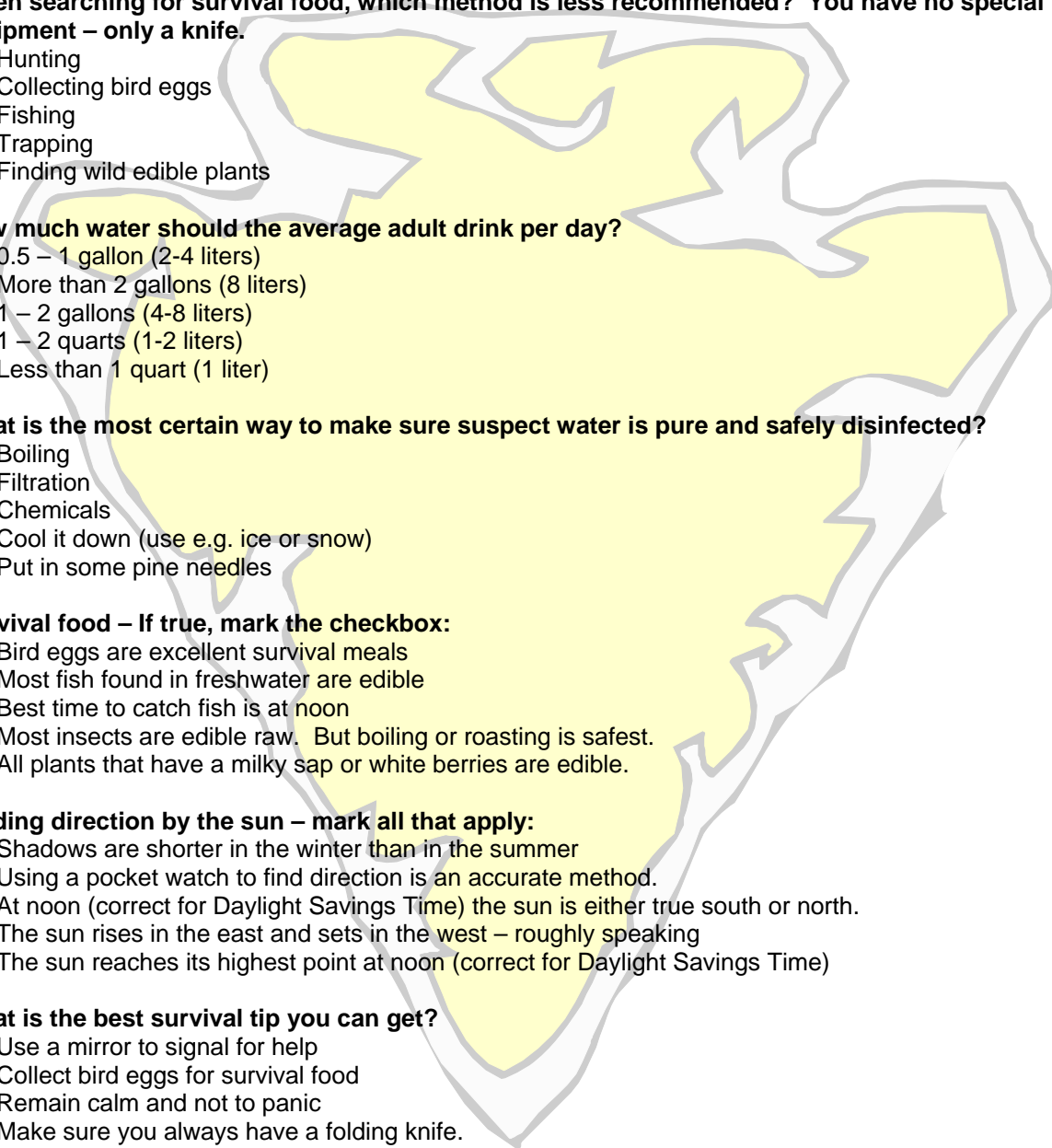
- 1 Bird eggs are excellent survival meals
- 2 Most fish found in freshwater are edible
- 3 Best time to catch fish is at noon
- 4 Most insects are edible raw. But boiling or roasting is safest.
- 5 All plants that have a milky sap or white berries are edible.

14. Finding direction by the sun – mark all that apply:

- 1 Shadows are shorter in the winter than in the summer
- 2 Using a pocket watch to find direction is an accurate method.
- 3 At noon (correct for Daylight Savings Time) the sun is either true south or north.
- 4 The sun rises in the east and sets in the west – roughly speaking
- 5 The sun reaches its highest point at noon (correct for Daylight Savings Time)

15. What is the best survival tip you can get?

- 1 Use a mirror to signal for help
- 2 Collect bird eggs for survival food
- 3 Remain calm and not to panic
- 4 Make sure you always have a folding knife.
- 5 Build a “debris hut” as your shelter.



ANSWERS TO WILDERNESS SURVIVAL POP QUIZ

Answer 1:

Inform someone where you are headed and when you plan to return.

Check the weather forecast.

Comments: You will be found faster if the rescue team knows your proposed route. Reminder: Leave a note in your vehicle as to where you are headed.

Answer 2:

The four alternatives are true:

1. If you told someone, people are probably looking for you.
2. Lost people have a tendency to walk in circles.
3. From experience, wandering around just makes things go further wrong.
4. If you begin running around, trying to find out where you are, especially in the dark, you risk falling and injuring yourself.

Comments on the false statements: You definitely should stay more than 6 hours waiting for a rescue team. Wait it out, it may be many hours before anyone thinks you are actually missing and contacts the rescue team. Then the rescue team has to try and find you – you probably have to wait for days.

Answer 3:

A positive mental attitude, shelter and water.

Comments: You will survive weeks without food but only a few days without water. A fire will definitely make it more comfortable but a shelter is more important in most situations.

Answer 4:

Knife.

Comments: Your wilderness survival knife is an invaluable asset in the wilderness. You always need a knife.

Answer 5:

Find or build a shelter.

Comments: In harsh weather, building a shelter is an absolute priority. Beware of hypothermia.

Answer 6:

Sit down and relax, collect your thoughts.

Comments: It's the obvious starting point. Are you really lost? What's the best thing to do? Etc.

Answer 7:

These three alternatives are right: Shivering, fumbling hands and poor coordination, and muddled thinking.

Answer 8:

On ground that is dry and well drained.

Where it easily can be seen.

Correction of false statements:

- A shelter site too close to water may lead you to be troubled by insects.
- Avoid even dry riverbeds. Heavy rainfall in nearby hills can easily create flash floods.
- Low ground such as ravines and narrow valleys could be damp and collect the heavy cold air at night.

Answer 9:

Check that the airway is open. If you do not have any airway, nothing else is going to matter. The heart in a healthy person will last no longer than 5 minutes at best without air.

Answer 10:

Hunting.

Comments: Unless you are an experienced hunter, hunting animals for meat is inadvisable in a survival situation. Hunting is difficult and you will expend a lot of energy to get your survival food.

Answer 11:

0.5 – 1 gallon (2-4 liters)

Answer 12:

Boiling. Boiling is the most certain way of killing all microorganisms. Boiling will not neutralize chemical pollutants, however.

Answer 13:

The following three alternatives are true:

1. Bird eggs are excellent survival meals
2. Most fish found in freshwater are edible.
3. Most insects are edible raw. But boiling or roasting is safest.

Correction of false statements:

- Avoid** plants that have a milky sap or white berries.
- Best time to catch fish is just before dawn or just after dusk.

Answer 14:

The following three alternatives are true:

1. The sun rises in the east and sets in the west – roughly speaking.
2. The sun reaches its highest point at noon (correct for Daylight Savings Time)
3. At noon (correct for Daylight Savings Time) the sun is either true south or north.

Correction of false statements:

- Shadows are longer in the winter than in the summer.
- Finding direction with a pocket watch is a rough method of estimation.

Answer 15:

Remain calm and not to panic.

Comments: Panic is your major enemy and will harm you. Fear and panic reduce your ability to make smart decisions.

