



# OUTDOOR SURVIVAL

## WELCOME

Welcome to the 4-H Outdoor Survival Project! Please read through this guide carefully, as it contains information and suggestions that are important for your project. **4-H leaders can obtain a Leader Project Guide and other resources from the PEI 4-H Office.** Hopefully you, as a member, will “Learn to do by Doing” through hands-on activities that will encourage learning and enjoyment. If you have any questions, contact your District 4-H Officer or your 4-H project leader.

## 4-H YEAR COMPLETION

You complete a project by:

- completing the project Achievement Day requirements
- completing a communication project
- completing a community project
- completing an agriculture awareness project
- taking part in Achievement Day

### ACHIEVEMENT DAY REQUIREMENTS

Map Project	50
Special Project	30
Fire Starter	<u>20</u>
	<b>100 Marks</b>

### EXHIBITION REQUIREMENT

Map Project

### Special Project Ideas

Outdoor Survival members are expected to complete a special project. This special project will be completed as a group, and your project leader will give you a mark based on interest and participation. Your special project can be one of the following games or activities

Take a First Aid course

Build a Debris

Build a Tarp Shelter

Water Purification Taste Test

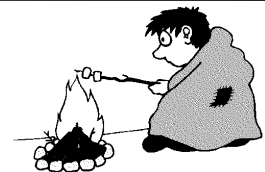
Play “North by Northeast”

Play “The Giant Compass Game”

Complete an Orienteering Scavenger Hunt

Build a Fire

Write a one page report describing what you did for your special project and display it on Achievement Day!



### Ages for 4-H members as of January 1st of the 4-H year:

Junior: 9-11 years

Intermediate: 12-14 years

Senior: 15-21 years

Check out the PEI 4-H Web Site

[www.pei4h.pe.ca](http://www.pei4h.pe.ca)

## HELPFUL RESOURCES!

www.natureskills.com  
www.ulimatecampresource.com  
www.equipped.org/kidsrvl.htm  
www.hikingwithmike.com/BeginnersTips.htm  
www.simplesurvival.net

## BE A GOOD SPORT!

In the spirit of learn to do by doing, all those involved in 4-H are encouraged to practice good sportsmanship, use common sense at all 4-H activities and the work in any 4-H project should be the member's own work.

# Introduction to Outdoor Survival

In this exciting and interactive project, members will learn about many different skills that are needed to survive in the outdoors! Some activities may include packing a first aid or repair kit, building a lean-to, making a fire and playing many exciting games that will help members learn about direction and using a compass. For Achievement Day each member must display their map project, a fire starter and they must participate in a special project, to be marked by their leader. All of the members of the project must work together on a poster explaining their special project to display on Achievement Day.

## Map Project

*(Achievement Day & Exhibition Requirement)*

Put your map drawing skills to the test! Choose an area that is familiar to you, such as your yard, farm or a park near your house. On an 8 1/2 x 11 inch sheet of paper, draw and color a map of the area. Using this map you are going to write out and draw the directions from one point to another on your map.

*Example:*

Directions from the Oak Tree to my Front Door

1. Starting at the Oak Tree, walk North until you reach the white fence.
2. At the white fence turn East and follow the fence for 20 paces.
3. Head Southeast until you reach the blue van.
4. Now walk 15 paces to the West, and you have found my front door!

You must write out the directions on a separate piece of paper, and draw the path on your map. Also, make sure you take pictures of important landmarks on you path (eg: Oak Tree, White Fence, Blue Van, etc.). When you are finished make sure to put everything together in a folder or binder to keep it all together. This binder is the item that you will send on the exhibition circuit.

## Fire Parcel

*(Achievement Day Requirement)*

For Achievement Day, members must make their own Homemade Fire Starters. You must display at least one "Fire Parcel".

To make your Fire Starters, you will need:

- A clean, empty can
- Crayons or old candles
- A pot
- Newspaper
- Strings, scissors

Instructions

Fill the can half full with crayons or candles and melt the wax. With this wax you can make 2 different kinds of fire starters:

**Fire Parcels**

Roll sheets of newspaper lengthways tightly. Ties bows of string every 4 or 5 cm along the length. Leave a bit of string hanging from the bows. Cut the newspaper roll between each string to form little packets of paper. Hold the string ties and dip the packets into the melted wax and let cool.

# Outdoor Survival Games

## North By Northeast

To play this game, all you need is a compass!

Instructions:

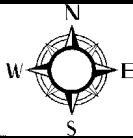
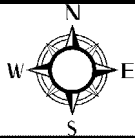
1. The leader gathers the group together. Using the compass, the group determines which way is north. Someone from the group must then select an object that is directly north (e.g. a tree, house, etc.)
2. The group then decides on objects that lie directly south, east and west of where they are standing.
3. Now, with everyone standing in the center of these four objects, the leader calls out one of "North", "South", "East" or "West", and everyone runs to touch the object that lies in that direction. The last one to touch the object is eliminated.
4. After playing a few rounds of the game, you can add objects for other directions (Northeast, Northwest, Southeast, etc) to make it more challenging.

## The Giant Compass Game

To play this game, you will need 5 pylons and a compass.

Instructions:

1. Mark each direction (N,S,E,W) with a pylon 25 m away from the center pylon.
2. The members all begin at the center. The leader will close their eyes and call a direction and a certain number of paces.
3. The members follow the call. If the caller opens their eyes, after counting the number of paces, and the members are still moving; they must go back to the center. (This activity is similar to Red Light, Green Light).



## Building a Shelter

### Debris Shelter

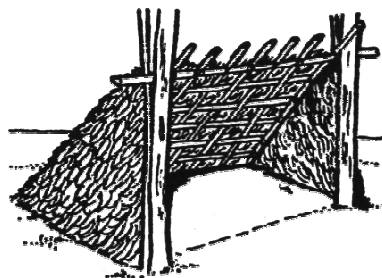
A debris shelter is built by leaning a long pole or branch against a tree. You then lean branches and dead wood against the branch to form a sloped roof. The final step is to pile leaves, grass, sod and boughs on the roof as thick as possible. The thicker the roof is, the more waterproof it will be.

### Tarp Shelter

A tarp shelter is the simplest shelter to build, if you have the supplies. Tie a rope as high as possible between two trees. The trees should be at least two or three meters apart. Drape the tarp over the rope so that the sides on either side of the rope are equal. Use large rocks to hold down the corners of the tarp.

### Lean-To

To build a lean-to, you need two trees to act as end poles. Select an area where the wind blows *across* the to end poles, and not *between* them. Attach a long ridgepole between the two trees four to six feet high. Construct the lean to like a large hockey net with sticks lined up leaning against the ridgepole. Cover its with branches and sticks that are still covered in leaves.





# PROJECT MEETINGS DIARY

*Most projects will require at least six to eight project meetings to complete the project.*



Meeting Date	Location	Time	At this meeting, we...

# Community and Agriculture Awareness Projects

## COMMUNITY PROJECT

Each year you are encouraged to provide a service to your community as a 4-H member. This introduces you to the responsibilities of citizenship. You must participate in your club's plan for a community project and you should have a role to play. Describe your involvement with your club's community project this year.



*Our Community Project was* \_\_\_\_\_

*I helped by* \_\_\_\_\_

*It was beneficial because* \_\_\_\_\_

*I learned* \_\_\_\_\_

## AGRICULTURE AWARENESS PROJECT

Agriculture is one of PEI's main industries. You are expected to participate with your club to complete a project (or provide a service) which helps your club or others become aware of the importance of agriculture in our lives. As in the community project, you should actively participate.



*Our Agricultural Awareness Project was* \_\_\_\_\_

*I helped by* \_\_\_\_\_

*It was beneficial because* \_\_\_\_\_

*I learned* \_\_\_\_\_