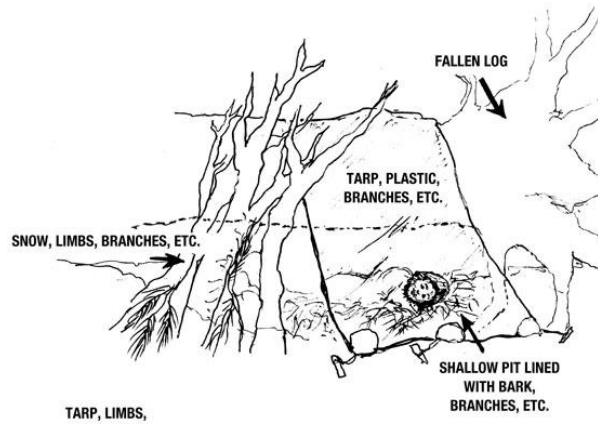


Troop 5 Meeting Skill

Winter Survival

Shelter Building



Watch out for avalanches, wind, etc.

Key points: Make your platform as flat as you can.

Don't build at bottom of valley or terrain.

Take advantage of fallen trees, sticks, fallen leaves, grass, etc.

Shelter Building Video #1



Shelter Building Video #2



Note: In the video, a fixed-blade knife is used to make several cuts. Instead, Troop 5 Scouts should use a hatchet, which they are more properly trained to use.

Fire Building



Key Points:

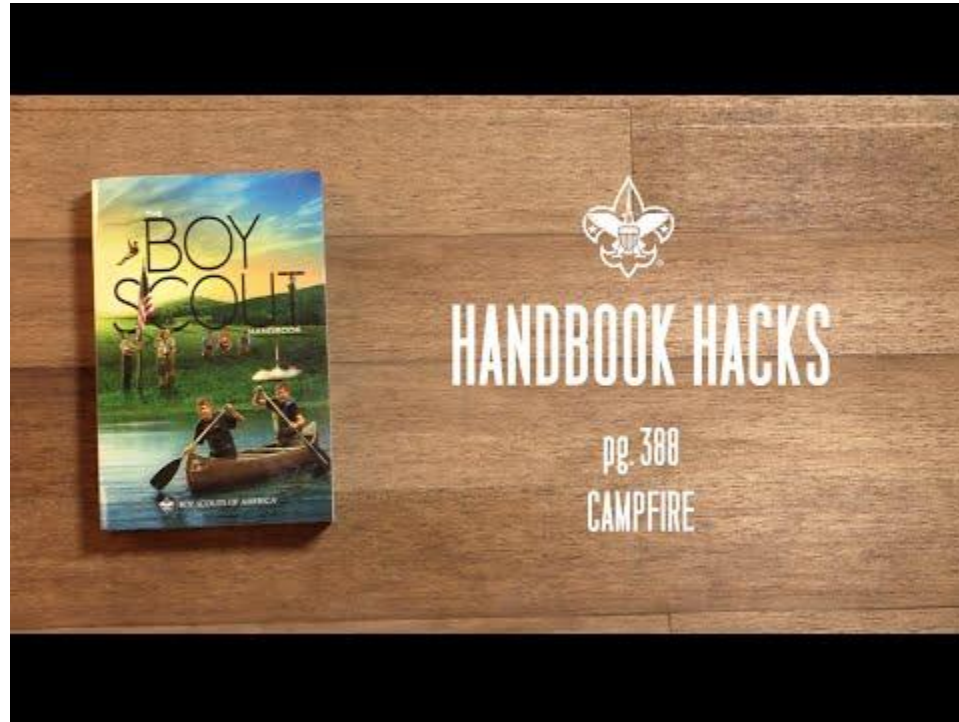
To be prepared, pack tinder (something that will light easily).

- Lint (loose)
- Newspaper

Also pack something to start the fire (spark).

- Matches, lighter, flint and steel.

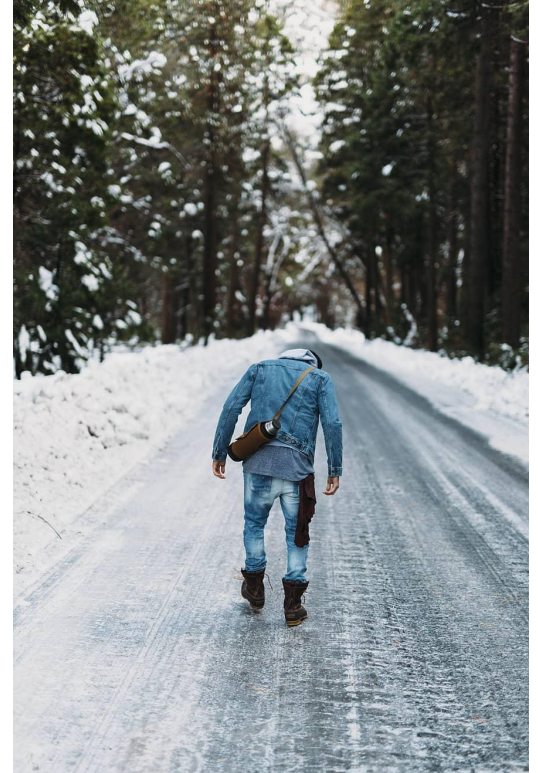
Fire Building Video



Clothing

Wear many layers. Important pieces of clothing:

- Long underwear: baselayer
- Neck gaiter: for warmth on your face
- Hat: to keep your head warm
- On hands, you should wear gloves. On feet, you should wear thick wool socks.
 - To keep extremities warm, allowing body to focus on warming main organs.
- When your traveling:
 - Take off layers to avoid working up too much of a sweat. You will be vulnerable to hypothermia. Also, if you are too warm in the car, it will be harder to transition back to the cold outdoors.



Clothing (continued)

Cotton kills - When you sweat, cotton will absorb the sweat, and takes much longer to dry (especially not ideal for a hike where you are limited to how much weight you can bring).

If the air is colder than your body temperature, you'll feel cold because your cotton clothing is saturated and no longer providing any insulation. When the water is absorbed, it will become a lot harder to warm up. This could lead to disorientation, hypothermia, and potentially long-term effects if you become too chilled.

Layering Video



Hypothermia

What to watch for with Hypothermia:

- Shivering
- Exhaustion or feeling very tired
- Confusion
- Fumbling hands
- Memory loss
- Slurred speech
- Drowsiness

How to treat it:

Move out of the cold.

Remove wet clothing.

Add more warm layers

Drink warm beverages

Prevention:

Dress appropriately for the weather.

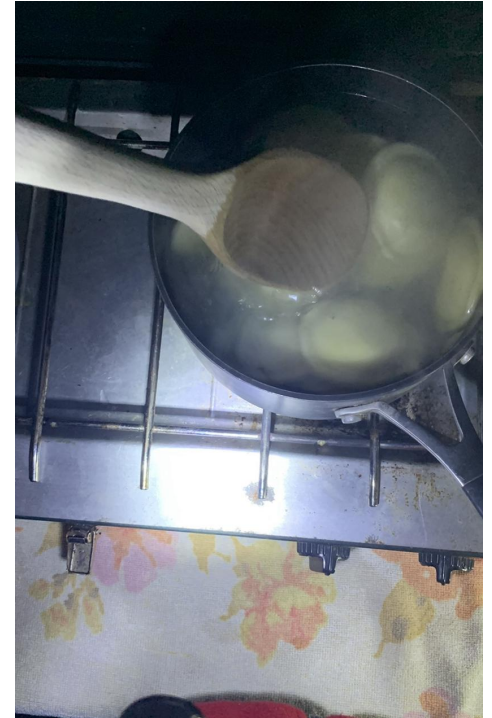
Check weather apps.

Change clothes before bed or whenever they get wet.

Food and Water

Your going to use a lot of energy throughout the day, so it's important to get all of the nutrients and stay hydrated.

- For fast meals (e.g. on the trail), use freeze dried meals, like Mountain House.
 - You only need hot water and a backpacking stove.
- Cook something that will “stick to your skin” so that you stay warm throughout the day and while you sleep.
 - Beef stew or soup (with a warm broth)
 - Hot chocolate
- In an emergency, where no other water is available, you can simply melt snow or ice.
 - Any water that is gathered from an unfamiliar source (e.g. stream, snow, ice) should be treated before using it for drinking and/or cooking.
 - Water can be treated by boiling, adding a purifier tablet, pumping it through a water purifier, or even using a Lifestraw.



Survival Kit (not limited to, but including the following items)

- Extra warm, waterproof clothing
- Map and a compass
- Blankets, thick long socks, mittens, hat
- Flashlight
- First-aid kit
- Fire-starting tools
- Water (one gallon per person per day, preferably up to two weeks)
- If available, portable stove
- Extra non-perishable foods (e.g. freeze dried meals)
- Hand and toe warmers
- Extra cellphone (battery powered)
- Radio
- Extra batteries

The Ten Essentials (should have on all Scouting trips)

1. Pocket knife
2. First-aid kit
3. Extra clothing
4. Rain gear
5. Water bottle
6. Flashlight
7. Trail food
8. Matches and fire starters
9. Sun protection
10. Map and compass

Note: “Shelter” is technically not one of the Ten Essentials, because in an emergency situation, Scouts should be knowledgeable of how to build a protective shelter in the wilderness.

Key Points to Having a Safe Trip in the Wilderness

1. Notify someone before leaving (who, where, when, etc).
2. Locate a safe area, without disturbing wildlife or other visitors.
3. Bring, find, or make a shelter (always have a backup plan).
4. Make a fire to stay warm in the cold.
5. Properly utilize layered clothing (it's easier to take layers off when you're warm).
6. Find a source of water.
7. Purify water, if needed.
8. Eat and drink regularly, to keep up with activity throughout the day.
9. Watch for risks in the area, including avalanches, incoming storms, flooding, etc.
10. Check weather apps before leaving (all Scouts should be prepared), and during the trip if you have access (SPL, ASPL, & leaders allowed to bring phones).

Questions?

Thank you!