

Woodinville Day Camp Wilderness Progression by Grade

	ENTERING K/1	ENTERING 2 ND	ENTERING 3 RD	ENTERING 4 TH	ENTERING 5 TH	ENTERING 6 TH
Skills covered outside of WS station	<p>Buddy System (in unit; reinforced at WS)</p> <p>Burn prevention and care – (at Fire Building)</p> <p>Levers, wedges, block and tackle (Tools)</p>		<p>Care of bleeding injuries (ie. Cuts, etc.) – (at Tools)</p> <p>LNT appropriate fire building (ie. Resource management)</p>	<p>Square lashing</p> <p>Key chain survival bracelet?</p> <p>(knots)</p>	<p>Tripod lashing (knots)</p>	<p>Tautline (Flag – may not be covered prior to coming to WS)</p> <p>Backpacking stove (boil water) at ODC</p>
@WS – outdoor skills	<p>Basic map reading: purpose of a map, features of a map, find your location on a map.</p> <p>Learn cardinal directions NESW.</p> <p>Orient self and map to North using compass rose.</p> <p>Learn what to take on a hike (basic: water, snack, whistle, layers).</p> <p>How to stay found, and what to do if you're lost.</p> <p>(**Above is from the previous Map&Compass progression.)</p> <p>LNT: what to do with garbage on a hike.</p>	<p>Review NSEW.</p> <p>Learn intercardinal directions.</p> <p>Learn parts of a compass.</p> <p>Learn and demonstrate how to find NESW using a compass.</p> <p>Be able to walk in a straight line using the compass.</p> <p>(**Above is from the previous Map&Compass progression.)</p> <p>LNT: Taking care of "business"</p>	<p>Review compass skills.</p> <p>Use the compass to walk back in the direction you came from.</p> <p>Rule of Thumb, and don't feed the animals.</p> <p>How to respond to bear, cougar...</p> <p>10 Essentials (brought down from 4th grade M&C)</p> <p>LNT: durable surfaces</p>	<p>Identifying local vegetation.</p> <p>Understanding contour lines.</p> <p>Planning a hike with a group.</p> <p>Build a natural shelter (and leave things the way you found it)</p> <p>LNT:</p>	<p>Sending for help – things to consider.</p> <p>Use materials in group kit to build shelter.</p>	<p>Rescue/Survival Scenarios.</p> <p>Assembling and putting up a tent</p>
@WS – first aid	<p>Tick prevention</p> <p>Sunburn prevention</p> <p>Avoid dehydration</p> <p>Hygeine</p>	<p>Stings (avoidance and treatment)</p> <p>Identify and treat nettle</p> <p>Group first aid kit</p>	<p>Blister care and prevention.</p> <p>Further management of bleeding wounds.</p> <p>Personal first aid kit</p>	<p>How to help someone who gets hurt (providing general care/comfort)</p> <p>Care for potential extremity injuries (RICE; wrapping; splinting)</p>	<p>Methods of moving an injured person.</p>	<p>Diagnose and treat based on symptom cards</p>

1st Grade – 30 min session (non-hike session) Basic Map Reading, LNT (Leave No Trace), First Aid

30 Minute Session – Basic Map Reading, Leave No Trace – What to bring on a hike, how to stay found, basic first aid

Supplies Needed: items kids this age need on a hike plus a few 10 essentials that aren't age appropriate yet, map of area and legend, two different types of animal stickers (one per person)

Map Basics – [5 minutes]

- Ask: What is a map? (a drawing of an area looking down from above)
- Ask: What is it for? (where am I, where am I going)
- Ask: Where might you find a map?
- Ask: Where are we on this map?

Features on a map – [5 Minutes]

- Point out the legend and have the campers identify features on the map. As a group they should figure out where they are located on the map, and each touch that spot on the map with their finger.
- Point out the compass rose. What does “N” stand for? Have the campers orient the map, and themselves, so they are facing north.

Cardinal Directions – N, S, E, W (Never Eat Soggy Waffles)

With all campers back together in one group, have them point to North (use map with compass rose if necessary)

Ask: Do you know what the other letters stand for?

LNT and First Aid – [10 minutes]

What should you take on a hike? (Have a pile of supplies, some needed, some extras)

- Ask: what would you pack on a day hike up the big hill here at camp? Have them (as a group) pick, Then move unpacked items to the side
- Hold up each item and Ask: what is the important?
- Ask was there anything that got packed that you don't think you would need? Why?
- Ask: Is there something that didn't get packed that you now think you need? Catch any of the 10 essentials that aren't age appropriate and discuss. (big things for this age, that each girl should carry: water, food, whistle, if they can't use a map and compass together, it is not helpful to have)

How to stay found, what to do if you are lost: Ask for suggestions.

- Stay in the same area, as in hug a tree bug not literally, ok to move to shade, etc.
- Blow your whistle Ask: Which is louder, blowing your whistle or yelling? Ask: Which can you do for longer?
- Don't hide – you might be scared, but anyone calling your name (even a stranger) was asked to help to look for you. Your parents/leader won't be mad at you, although they will be worried and upset
- Ask: what do we do to keep from getting lost? (buddy system, use a map and compass)

What to do with garbage on a hike? Ask: What should you do with garbage on a hike, where there are no garbage cans? (Pack it out with you). Ask: What might you bring with you to keep all the garbage together in your pack? (Small bag)

Ask: What should you do with garbage you see while hiking, that was left by someone else? (Pack it out) Ask: is there a

type of garbage that you shouldn't pick up? (Sharp things, needles or broken glass, diapers, bandages) Show poster of how long things take to decompose.

First Aid – [10 minutes] – Need props for this (sunscreen, water bottle, hand sanitizer, tick tweezers)

- Sunburn protection – Ask: What can you do to prevent sunburn? Ask: leading questions to draw out more answers it needed (i.e. what kind of shirt could you wear, how could you shade your face) (apply and reapply sunscreen, wear a sun hat, long sleeves and long pants, sunglasses, chap stick with sunscreen in it)
- Avoid dehydration – Ask: Do you know what it means to be dehydrated? (Dehydration is the loss of water salts essential for normal body function). Ask: What can you do to avoid dehydration? (Drink water whenever you feel thirsty, and drink sometimes even before you get thirsty). Say more than half of our bodies are made out of water! When you run, play, and hike you use energy and that uses water. Kids use more energy than adults, so it is even more important for you to stay hydrated!
- Tick Prevention – Ask: Does anyone know what a tick is? (a small bug/parasite that attached itself to you and bites, they can carry diseases) Prevention: Wearing bug repellent with DEET in it, wearing long pants/shirts, checking for ticks after being outside in leafy, bushy areas. Ask: Does anyone know what to do if you find one? (Do NOT try to pull it out by yourself! Have an adult use tweezers so they can get the whole tick out)
- Hygiene – Ask: What does hygiene mean to you? (Washing your hands after you go to the bathroom and before you eat. Keeping yourself clean with regular baths/showers). Ask: How would you have good hygiene on a hike? (hand sanitizer before lunch and after going to the bathroom)

1st Grade – 30 minute session (2nd round) Nature hike

Supplies needed: small bags for trash collection, stickers to split into buddies, hand sanitizer, small snack

- Explore trail between flag and meadow or out towards pond

2nd Grade – 30 minute session (1st round) New Skills: intercardinals; using a compass to find cardinal directions and learning its parts.

Review cardinal directions

- Talk about N, S, E, W – “Never Eat Soggy Waffles”

Introduce intercardinals

- WE can travel in other directions besides N, S, E, W. Play compass dance using compass rose poster and 8 cones

Learn compass parts

- Stress the importance of proper compass handling! Compass should be held flat with hand through the string. Dropping, throwing and swinging by the string should be avoided. These activities can cause air bubbles to form, which affects the accuracy of the compass. Also, compass will not work properly when held next to any metal objects (ex: belt buckle, watch, etc.)
- Use the poster to point out compass parts: base plate, direction of travel arrow, capsule (can be turned), compass needle (red Fred), the gate (call it a shed)
- Stand up what happens if you hold the compass flat and slowly turn in a circle? (needle moves)

Use the compass to find cardinal directions

To go in a particular direction:

Demonstrate finding north:

1. "Tell" the compass where you want to go by turning the capsule until that cardinal direction is lined up with the direction of travel arrow ("N" for example)
2. "Put Red Fred in the shed" by holding the compass flat and turning your whole body.
3. Begin walking, following the direction of travel arrow and keeping Red Fred in the Shed.
4. Two important things in using a compass: 1. Hold the compass flat. 2. Keep the direction of travel arrow lined up with your toes ("the round part goes towards your belly, the black arrow points ahead of you"). Follow the black arrow!

All together find north... Practice walking five steps north

On their own, find and point to East. Practice walking five steps east. If necessary, work through an additional direction>

Practice!

- Split into small groups. Use a marker and the N, E, S, W index cards to practice using the compass (put down a silver marker, walk 5 steps in each of the directions written on the card and if done correctly, return to the marker)
- Game idea: place a cone in the middle of the field. Hide objects in the edges of the field directly north, south, west and east of the cone. In groups of 2-3, campers use the compass to go in the direction you give them and return to tell you what they've found. Repeat with a different direction.

Review Hiking Prep and Safety

Talk about what to do if you get lost (stay in the same place, blow your whistle, and don't hide) and what to bring on a hike (your won water, food, and a whistle are the most important items)

2nd Grade – Second Session – Nature hike

Plant identification

Supplies needed: small bags for trash collection, stickers to split into buddies, hand sanitizer, small snack

- Explore trail between flag and meadow or out towards pond

3rd Grade – 1st Session – First aid (Blister care and prevention), 10 essentials,

LNT

LNT – 10 essentials

Ask: What would you pack on a day hike up the big hill here at camp? Have them (as a group) pack into a daypack, then move unpacked items to the side, and have each girl pull something out of the pack.

Ask: Why is this important? After they pull everything out: Ask: was there anything that got packed that you don't think you would need? Why? Is there something that didn't get packed that you now think you need? Catch any of the 10 essentials that they didn't pack and discuss.

First aid – blister care and prevention, management of bleeding wounds [12 minutes]

- Ask: what causes blisters? (Friction, heat and sweating). Can be a sock rubbing, a sock that is wet (cotton socks stay wet longer, and stretch out) a shoe that is too small, a piece of dirt in your shoe/sock.
- Ask: how can you prevent blisters? (wear shoes with at least ½” space from big toe to tip of shoe, keep feet dry, use blister band aids on hot spots or known trouble spots before a hike)

Put out 9 steps for caring for a large blister on table. Have them, as a group, arrange in the order they think it goes in. Double check. Explain that you don't pop a small blister and have them remove those steps.

Large Blister Treatment – use the following steps to minimize the chance of infection

1. Clean your hands
2. Clean the blister
3. Put on latex gloves
4. Sterilize the tip of the needle by soaking it for at least three minutes in the disinfectant solution or heating it until it glows red, then cools.
5. Make a small puncture at the base of the blister. Leave the root of the blister attached so it can continue to protect the skin
6. Use a gloved finger to gently push the fluid out.
7. Apply antibiotic ointment to piece of gauze or Band-Aid and cover the blister
8. Cut a hole the size of the blister in a piece of moleskin
9. Cover the blister with the moleskin so that the blister rests in the middle of the hole and the adhesive sticks to the skin around the blister
10. Replace the bandage daily and check for signs of infection: Heat, pain and swelling on or around the blister, pus, red streaks radiating from the blister, or fever.

Small blister treatment – Use the following steps to minimize the chance of infection

1. Clean your hands
2. Clean the blister
3. Apply antibiotic ointment to piece of gauze or band-aid and cover the blister
4. Cut a hole the size of the blister in a piece of moleskin
5. Cover the blister with the moleskin so that the blister rests in the middle of the hole and the adhesive sticks to the skin around the blister
6. Replace the bandage daily and check for signs of infection: heat, pain and swelling on or around the blister, pus, red streaks radiating from the blister, or fever.

First-Aid Practice [5 minutes]

Give each girl a step with a prop, and have them line themselves up in the order they think is needed. Have them use props (unopened to “treat” a mock wound on someone (Adult or PA)

Care for bleeding wounds: Guidelines for treating cuts and scrapes

1. Stop the bleeding (washcloth)
2. Clean the wound (wound wash)
3. Apply an antibiotic cream (Neosporin tube)
4. Dress or cover the wound (large Band-Aid)
5. Seek medical-professional help if stitching is needed (picture of a phone to call doctor)
6. Watch for signs of infection (large eye on paper)

Assemble First-Aid kits [5 minutes]

3rd Grade – 60 Minute session – nature walk/hike, compass review, LNT – respect Wildlife

Compass Review

Supplies needed: compasses, animal cutouts

Review proper compass handling and compass parts

- Hand out compasses, point out parts: base plate, direction of travel arrow, capsule (can be turned), compass needle (red Fred), the gate (call it shed) – use “Parts of a compass” poster

Review using a compass to find cardinal directions.

Demonstrate finding north:

1. “Tell” the compass where you want to go by turning the capsule until that cardinal direction is lined up with the direction of travel arrow (“N” for example)
2. “Put Red Fred in the Shed” by holding the compass flat and turning your whole body.
3. Begin walking, following the direction of travel arrow and keeping Red Fred in the Shed.
4. Two important things in compass: 1. Hold the compass flat and 2. Keep the direction of travel arrow lined up with your toes (“the round part goes toward your belly, the black arrow points ahead of you”). Follow the black arrow!

All together find north. Practice walking five steps north.

On their own, find and point to East. Practice walking five steps east. If necessary, work through an additional direction

Use the compass to walk back the way you came

- They will need to walk one direction, then rotate the capsule 180 degrees to walk back.

Animal Cutouts

Ask: How do you respond if you see a Bear? (Talk in a calm voice so it knows you are human. They have a great sense of smell, but not a great eyesight. If you are loud and excited, the bear will get excited. Do not turn your back on it, but slowly walk backwards away from it, still talking “Hey Bear, I’m in your space and I’m leaving now”. Don’t look it in the eye, but rather watch it’s feet (it can’t move without moving its feet, eye contact could be seen as being aggressive)l. You can NOT out run a bear, not any bear on any terrain, so don’t gry. Stand close together as a group, you will then look much bigger to the bear.)

Ask: how about a Cougar? (Don’t run. Cougars are big cats, and running will make it want to play chase. Face the Cougar and retreat slowly. Keep direct eye contact with the cougar while you slowly retreat towards safety, this shows it you are the boss and not food. Look larger than life. Raise your arms above your head to make yourself look larger than normal or hold your backpack above your head. Also stand close to others in your group. This may help to intimidate the cougar. You may also want to throw rocks and yell at it. Aggression will often scare it off.)

Nature Hike

Take nature hike – Paved trail around the river bank on Tolt, them around to Snoqualmie bank, back through campsite trail

LNT – Leave No Trace

LNT – Durable surface, (discuss when on sand or river bank) ask: What are durable surfaces? Which type have we walked on?

LNT – Ask: How far away should you be from wildlife? Rule of thumb (you should be far enough away from an animal that you can hold up your thumb and not see the animal). Use animal cutouts and have them physically move. Don't feed the animals. Ask: Why can't you feed the wild animals? (Human food is unhealthy for all animals and feeding them starts bad habits)

4th Grade – 30 minute hike prep

Supplies – Collection of real ten essentials along with fake items

Hike Prep - Supplies – 10 Essentials to pull out as they suggest them

Say: We are planning a long hike later in the week. Ask: What items do you think you should bring on a hike? (Have 10 essentials in a box where they can't see them) Ask leading questions so they think about footwear, socks, sack lunch (i.e. what should you bring since we will be gone during lunch? What should you wear on your feet? Etc.)

Ask: What is a contour line? (These are imaginary lines that join points of equal elevation, and that they allow you to read the shape of the Earth's surface. Tell campers that by reading contour lines, they can measure the steepness of a hill, the height of a mountain, and even the depth of a lake or ocean. Have campers pinpoint a place where the contour lines are close together. Explain that the close lines mean the elevation is changing rapidly; those are steep places. Then have students pinpoint a place where the contour lines are far apart. Explain that the space indicates the elevation is not changing much; those are flat places)

First Aid

First Aid – How to help someone who gets hurt (providing general care/comfort), care for potential extremity injury (RICE; Rest, Ice, Compression, Elevation)

Ask: What would you do if someone got hurt on the trail, let's say a PA fell down and scraped up her hands and hurt her ankle? (provide comfort – physical (like giving her a sweatshirt to sit on) and mental (it's going to be OK), wound care (clean and bandage hands), RICE for ankle. Amount of rest depends on how severe the injury is. IF she can put weight on it and can walk out with help, then do so.

Ask: What would you do if she couldn't put weight on the ankle? (get to a place where you have phone access/coverage and call 911. They will either send out paramedics to help, or get Search and Rescue into action to come and help the injured person. The person calling will need to be able to give information about where they are and how to access the injured person).

Ask: Why it is best to hike in groups if you had to send 2 people for help?

4th Grade – 3 hour hike

Verify that each camper/adult/PA has a lunch, water, etc. Head up hill

Challenge: Have campers point out plants & trees they can identify. Group goal (Western red cedar, Douglas fir, western hemlock, big leaf maple, red alder, salal, huckleberry, nettle, red elderberry, salmonberry, thimbleberry, bleeding heart, sword fern, and licorice fern) Stop along the trail to look at plants, drink water, let everyone have breaks, catch up, etc.

This is not a death march!

Once on top of hill – Eat lunch, re-visit contour lines now that they have experienced them!

Ask: When would building a shelter out of natural things be useful?

Explain we are going to split into groups of 2-3 to build shelters out of nature materials. When we are done, we will take apart the shelters and scatter the items so it looks like we weren't here. That means for our purposes we will NOT be picking ferns or other plants, nor will we be cutting limbs or breaking sticks. In an emergency situation, use what you need to build shelter from the elements. Since we are limited on which materials we can use, we are going to build shelters on a small scale. Your shelter will need to be big enough to keep stuffed animal protected from the elements.

LNT – Leave what you find: Ask: What does this mean to you? (Leave What You Find – Leave plants, rocks and historical items AS YOU FIND THEM so the next person can enjoy them. Treat living plants with respect. Hacking or peeling plants can kill them. Good campsites are FOUND, NOT MADE. Don't dig trenches or put nails into trees)

5th Grade – 30min non-hike (First Aid, methods of moving an injured person)

First Aid

Supplies – Photos of first aid carries (magnetic board and titles/descriptions of carries)

First Aid – Methods to move an injured person-(supply girls with problem, symptoms, and pictures, ask them to arrange them together how they think they go.

There are various assists that can be used to move an injured person. You should NOT attempt to move someone who:

- Is in shock
- Is having a heart attack
- Has head, neck or back injuries
- Has frostbitten or burned feet
- Has bone or joint injuries to the hips or legs

Walking assist – If the victim is conscious, has only minor injuries and is able to move, you can safely help the person walk. Put one of the victim's arms around your neck and hold their arm with your hand. Place your other arm around the person's waist. If there are two of you to assist, put one of the victims arms around each of the helpers necks and hold arm, and two of you place your other hand around victim's waist.

Blanket Drag Assist – To move a person to safety, roll them onto a blanket, coat, tablecloth, etc. and drag from behind the head.

Clothes Drag Assist – For short distances and to move a person who may have head, neck or back injuries, uses their clothes to drag. Grab the persons clothing behind the shoulder and neck areas and pull headfirst. ASP: When would you

move a person with these injuries? (if they are exposed to fire, smoke, water, dangerous weather or other live threatening issue – ONLY MOVE THEM ASFARE AS YOU HAVE TO AND WAIT FOR HELP, DO NOT PUT YOURSELF AT RISK)

Ankle Drag Assist – If someone must be moved out of a dangerous place (like a smoky room) and is too heavy to move any other way, grab both ankles and drag.

Pack-Strap carry – This is a way you can carry someone that is not larger than yourself. Put your back to the victim's front, place both her arms over your shoulders, lift with your knees and carry them.

Two-Handed carry – Use this method only if the victim is conscious and not seriously injured. With one other rescuer place one of each of your arms on each other's shoulders, then link your free arms by grasping each other's hands. Ask the injured person to sit on your arms. Move your other arms down from each other's shoulders to support the victims back

Four Handed seat – When no rescue equipment is available, the four handed seat is the easiest two rescuer carry. It is safe ONLY if the victim is conscious and can hold.

Supplies Needed – Symptom cards and board

Provide the girls with problems, symptoms, treatment and prevention methods. Ask them to sort them the way they think they belong, check answers [15 minutes]

Ask: What is hypothermia?

- It is when the bodies core temperature drops

Ask: What do you think the signs of it are?

- They feel cold and numb
- They become tired and unable to think straight
- Shiver uncontrollably
- Make poor decisions
- Become irritable
- Stumble and fall, or lose consciousness

Ask: What do you think could cause it?

- Not being dressed warm enough
- Having wet clothes
- Note: It does not need to be below freezing to get it, a hiker caught in a rain shower without rain gear on a cool, windy day can get it. So can a swimmer or a boater who capsizes in chilly water.

Ask: How do you prevent it?

- By having warmer layers than you think you will need
- Wind, rain, hunger and dehydration increase the danger of it.

Ask: How do you treat it?

- Move the person into shelter to get out of wind and rain – a tent or emergency blanket, remove any wet clothes and get her into warm dry clothes. Wrap the person in a sleeping bag. Blankets, jackets or anything handy that can be used.
- If they are fully conscious and able to swallow, have the person drink warm liquids (soup, fruit juice, water)
- Put towels or t-shirts around water bottles filled with warm water then put the bottles in their armpit and groin areas.

- Watch the person closely for any change in condition. Call for help if needed.

Ask: What is heat exhaustion?

- When the body's cooling system becomes overworked and struggles to keep up. Dehydration can be a factor in bringing this on. Hot weather, exertion, or hot stuffy room can also be factors.

Ask: What do you think signs of it are?

- Skin that is pale and clammy from heavy sweating
- Nausea and tiredness
- Dizziness and fainting
- Headache, muscle cramps and weakness

Ask: What is heat stroke?

- If heat exhaustion is left untreated, it can turn into heat stroke. The person's core temperature can rise to life threatening levels (105 degrees)

Ask: Do you know the signs of heat stroke?

- Skin that is very hot to the touch
- Skin that is red and either dry or damp with sweat
- Rapid pulse and quick, noisy breather
- Confusion and unwillingness to cooperate with treatment
- Unconsciousness

Ask: How do you prevent it?

- By treating heat exhaustion, before it ever gets to heat stroke

Ask: How do you treat it?

- Move the person to an air conditioned or shady area
- Loosen tight clothing and further cool the skin by fanning and applying wet cloths
- If you have ice packs, wrap them in a t-shirt or towel and put them under their armpits and against neck and groin
- If the person is able to drink, give them small amounts of cool water
- Watch the person condition – be prepared to provide further first aid or get help if their temperature goes up, or they start vomiting

Ask: What is shock?

- When a person is injured, or under great stress, the circulation system might not provide enough blood to all parts of the body. This is known as shock and is life threatening. It can cause organ failure

Ask: What are the symptoms or shock?

- Restlessness or irritability
- Weakness
- Confusion, fear or dizziness
- Skin that is moist, clammy,, cool and pale
- A quick, weak pulse
- Shallow, rapid and irregular breathing
- Nausea and vomiting
- Extreme thirst

Ask: How do you treat for it?

- Never leave the victim alone unless you have no other choice, fear can hasten shock. In a calm voice, assure them everything is being done to care for her. Someone who appears unconscious may still be able to hear you. So keep letting them know you are there for them
- Call for help, or send someone, staying calm
- Try to eliminate the causes of shock by treating “hurry cases”, check airway, restore breathing and circulation, control bleeding and treat wounds while talking to them calmly.
- Help the injured person lie down. Elevate their feet if you don’t suspect broken bones. Keep calming them.
- Keep them warm with blankets or coats

5th Grade – 60 Minutes – Hike and shelter building

Supplies needed – Tarps and ropes

Hit the trail (across the bridge, along river) and find a place to setup tarp shelters. Turn them loose with minimal instructions (don’t trample plants or break limbs off of trees). Only walk for about 10-15 minutes so they have time to build and take down shelters and return.

LNT – Be kind to other visitors – Make sure the FUN you have in the outdoors does not bother anyone else. Remember that other visitors are there to enjoy the outdoors. LISTEN TO NATURE. Avoid making loud noises or yelling. You will see more animals if you are quite.

Challenge: Have campers point out plants and trees they can identify. Group goal (Western red cedar, Douglas fir, western hemlock, big leaf maple, red alder, salal, huckleberry, nettle, red elderberry, salmonberry, thimbleberry, bleeding hear, sward fern, licorice fern).

6th grade – 60 min non-hike

First Aid

Supplies Needed – Symptom cards and board

Provide the girls with problems, symptoms, and treatment and prevention methods. Ask them to sort them the way they think they belong, check answers [15 minutes]

Ask: What is hypothermia?

- It is when the bodies core temperature drops

Ask: What do you think the signs of it are?

- They feel cold and numb
- They become tired and unable to think straight
- Shiver uncontrollably
- Make poor decisions
- Become irritable
- Stumble and fall, or lose consciousness

Ask: What do you think could cause it?

- Not being dressed warm enough
- Having wet clothes
- Note: It does not need to be below freezing to get it, a hiker caught in a rain shower without rain gear on a cool or, windy day can get it. So can a swimmer or a boater who capsizes in chilly water.

Ask: How do you prevent it?

- By having warmer layers than you think you will need
- Wind, rain, hunger and dehydration increase the danger of it.

Ask: How do you treat it?

- Move the person into shelter to get out of wind and rain – a tent or emergency blanket, remove any wet clothes and get her into warm dry clothes. Wrap the person in a sleeping bag. Blankets, jackets or anything handy that can be used.
- If they are fully conscious and able to swallow, have the person drink warm liquids (soup, fruit juice, water)
- Put towels or t-shirts around water bottles filled with warm water then put the bottles in their armpit and groin areas.
- Watch the person closely for any change in condition. Call for help if needed.

Ask: What is heat exhaustion?

- When the body's cooling system becomes overworked and struggles to keep up. Dehydration can be a factor in bring this on. Hot weather, exertion, or hot stuffy room can also be factors.

Ask: What do you think signs of it are?

- Skin that is pale and clammy from heavy sweating
- Nausea and tiredness
- Dizziness and fainting
- Headache, muscle cramps and weakness

Ask: What is heat stroke?

- If heat exhaustion is left untreated, it can turn into heat stroke. The person's core temperature can rise to life threatening levels (105 degrees)

Ask: Do you know the signs of heat stroke?

- Skin that is very hot to the touch
- Skin that is red and either dry or damp with sweat
- Rapid pulse and quick, noisy breather
- Confusion and unwillingness to cooperate with treatment
- Unconsciousness

Ask: How do you prevent it?

- By treating heat exhaustion, before it ever gets to heat stroke

Ask: How do you treat it?

- Move the person to an air conditioned or shady area
- Loosen tight clothing and further cool the skin by fanning and applying wet cloths
- If you have ice packs, wrap them in a t-shirt or towel and put them under their armpits and against neck and groin
- If the person is able to drink, give them small amounts of cool water
- Watch the person condition – be prepared to provide further first aid or get help if their temperature goes up, or they start vomiting

Ask: What is shock?

- When a person is injured, or under great stress, the circulation system might not provide enough blood to all parts of the body. This is known as shock and is life threatening. It can cause organ failure

Ask: What are the symptoms or shock?

- Restlessness or irritability
- Weakness
- Confusion, fear or dizziness
- Skin that is moist, clammy,, cool and pale
- A quick, weak pulse
- Shallow, rapid and irregular breathing
- Nausea and vomiting
- Extreme thirst

Ask: How do you treat for it?

- Never leave the victim alone unless you have no other choice, fear can hasten shock. In a calm voice, assure them everything is being done to care for her. Someone who appears unconscious may still be able to hear you. So keep letting them know you are there for them
- Call for help, or send someone, staying calm
- Try to eliminate the causes of shock by treating “hurry cases”, check airway, restore breathing and circulation, control bleeding and treat wounds while talking to them calmly.
- Help the injured person lie down. Elevate their feet if you don’t suspect broken bones. Keep calming them.
- Keep them warm with blankets or coats

Tent setup







Supplies needed – Bin of tents

Divide into groups of 3 or 4 campers. Each group should have their own tent. Give minimal instructions and have each group setup a tent. Have them “camp” in the tent. Then have them take the tent down and put it away neatly.

Water Filtration: Supplies needed – various water filters

Describe and demonstrate the use of several types of water filters

Water Purification Methods

<p>Hand pump</p> <ul style="list-style-type: none"> • Not the lightest option • Hard work to pump • Fairly small • Can filter into container • Fairly fast • Removes floaties • Does not filter viruses • Place hose in dirty water, use lots of muscle to get water through filter • Cleans using a filter 	 <p>Costs \$65-100 depending on brand.</p>	<p>Water Purification tablets</p> <ul style="list-style-type: none"> • Tastes bad • Takes time to activate • Lightest option • Small • Easy • Doesn't remove floaties • Does not filter viruses • Drop tablet into water & wait 30 min. • Sterilizes w/ chemicals 	 <p>Costs less than \$10</p>
<p>Gravity Filter</p> <ul style="list-style-type: none"> • Fairly light and small • Very Easy • Can filter into container • Removes floaties • Fairly fast • Does not filter viruses • For many people • Fill bag with dirty water, gravity runs it through the filter and out the clean hose. • Cleans using a filter 	 <p>Costs \$80-120 depending on size.</p>	<p>UV filter</p> <ul style="list-style-type: none"> • Filters viruses • Doesn't remove floaties • Small, Lightweight • Easy • Needs batteries • Use in a 16 or 32 oz water bottle. • Doesn't work on murky water. • Sterilizes with UV light 	 <p>Costs about \$100</p>
<p>Lifestraw</p> <ul style="list-style-type: none"> • Small and Lightweight • Can't filter into container • Removes floaties • Fairly fast • Fairly easy • Does not filter viruses • For one person • Can be used in a puddle, a river or you can fill your dirty water bottle and put the straw in it to drink. • Cleans using a filter. 	 <p>Costs about \$15 - \$20</p>	<p>Squeeze filter</p> <ul style="list-style-type: none"> • Small and Lightweight • Removes floaties • Fairly fast • Does not filter viruses • For 1 or 2 people • Fill bag with water then attach filter and drink from the pop top or squeeze into a clean bottle. • Hard to fill bag -need a container that can scoop dirty water into bag. • Cleans using a filter 	 <p>Costs about \$25-30</p>
<p>Boiling Water</p> <ul style="list-style-type: none"> • Sterilize water by boiling it. Safe to drink after rolling bubbles appear. • Kills viruses and bacteria • Cleans using heat • Does not remove floaties 		