**Emergency Wilderness Survival & Fire Making Class Itinerary**

**6:15 PM** – **Early Arrival**: Complete any registration information, view recommended books, and have your questions answered.  Arrive early to learn how to make rope, which is a critical survival skill. [Wolf College instructors Kim & Chris Chisholm](http://www.wolfcollege.com/about/kim-and-chris-chisholm/) will teach everyone how to “reverse wrap” grasses, cedar bark, stinging nettles, and other materials into strong rope. Survival situations necessitate multi-tasking, so as you continue to practice your reverse-wrap, everyone will introduce themselves and express their primary learning interest for the day.

**6:30 PM - Essential Gear and the Critical Order of Emergency Survival:** Beginning hikers should never leave home without the 10 Essentials, but as your wilderness skills grow, that list begins to change. For instance, if you become versed in making fire-by-friction using the “bow-drill” method of “rubbing two sticks together,” you may find that this “primitive” skill is the most dependable fire-starting method in our cold, damp Pacific Northwest weather. So, although bringing a fire-starting kit is great, it might not be as important as bringing a metal pot. Why? Chris will lead a discussion on this fascinating perspective.

**7:00 PM - Water:** Now that giardia is pervasive in fresh water throughout North America, if your water filter fails, or you run out of purification tabs, there is a good chance you become sick. We will bring examples of “burn bowls,” show you how to make them in case you are caught without a metal pot in which to boil water, and show you how to “rock boil” water to purify it.

**7:15 PM - Food:** Since next month's class focuses on wild edible food and medicine, tonight will just be an introduction to some emergency energy boosters. We will start with wild edible plants that grow in our local wilderness settings. We will also discuss the Big 5 foods you would seek out right away in a wilderness survival situation, before considering resorting to hunting and fishing.

**7:30 PM - Navigating vs Sheltering:** We will quickly touch on navigation as an introduction to the next class in our series, and focus on how to make an informed decision about whether to stay or go when facing an emergency. We will discuss factors to consider, and then we’ll show you materials you might find in the Pacific Northwest wilderness with which you can make shelter in case of emergency. We will demonstrate, and discuss the pros and cons of, the lean-to, debris hut, and natural shelters. If time and space allow, we will again break into groups, and each group will have 5 minutes to build the best shelter possible for the “model” we provide. This activity is a real eye-opener for understanding shelter-building in emergency situations.

**7:45 PM - Fire:** Of course, if you don’t have a fire source, then you can’t boil water or enjoy comforting external warmth. It is critical to practice making fire with all-natural materials. Unfortunately, few people practice this, and it’s hard to do, especially in wet Pacific Northwest climates. We will set up “tipi,” “lean-to,” and “log cabin” style fire demonstrations, discuss proper use of matches, lighters and magnesium, and then light (but of course immediately put out) a fire by “rubbing two sticks together” using the bow-drill fire-by-friction method. You can also get a jump-start on this lesson by reading our article on fire.

**8:00 PM - Fifteen Minute Emergency Drill:** We will present a survival scenario, and you can “go it alone” or form a small group to figure out how best to survive the situation based on the order of survival, your level of experience, and other factors.

**8:30 PM - Questions & Review:** Please join Chris & Kim after class to review experiences, browse resources, discuss feedback, and brainstorm ideas for the future. Email or Call us at any time with any questions and requests.