**Wilderness Survival Sample Itinerary**

**Sunday:** Arrive; enjoy a warm meal cooked over a campfire; agreements and ice breakers; risk training; awareness skills; critical order of survival; bowdrill fire demonstration; campfire music and stories;

**Monday:** All things shelter; learn the five “W’s” of shelter building; learn to read the landscape to determine the best emergency shelter location; emergency shelter challenge; learn the 10 essentials and lost-proofing skills;

**Tuesday:** All things fire; learn fire construction methods/lighting techniques; practice fire steels with cotton balls; practice fire steels with natural tinder; learn where to look for dry fire construction materials in wet conditions; team fire challenge; learn how to bank goals;

**Wednesday:** All things water and food; learn how to use iodine; learn how to use water filters; learn where to look for water sources; learn how to dig a seep; practice boiling water in a metal water bottle; learn honorable harvesting techniques; learn the top five survival plants; sleep in the woods;

**Thursday:** Leave a plan and return time; hike to remote location; emergency survival challenge – Survive Trek to Side of the Mountain;

**Friday:** After working to leave-no-trace at survival locations, campers will have brunch in the field before helping to facilitate a set of survival workshops reviewing and expanding skills learned this week.