



MOUNTAIN **RESCUE** ASSOCIATION

BUSHCRAFT AND SURVIVAL 2 DAY SKILLS COURSE

Nordegg, Alberta, Canada

52.450704, -116.188311

06-07 Jun 2018

Day 1

- 0830 - Welcome, intros, orientation and safety. Knife Safety Demo
- 0900 - Knife Safety Demo/ First Aid - for knife cuts.
- 0930 - Sharpening of knives, making sharpening boards
- 1000 - Feather Sticks
- 1030 - Try Sticks -(Try Sticks Handout)
- 1130 - Paracord issue and Butterfly Hanks
- 1200 - Lunch
- 1300 - Roycraft Pack Frames, Canadian Jam Knot, Constrictor Knot, material selection
- 1400 - Sheltercraft - Bough beds- quick bough bed, bush bed, Slippery 3, Slippery Bowline, Slippery Figure 8, Slippery Sheet Bend, Prusik and Taut Line Hitch, pitching tarps different configurations, Harlton Hacienda - Pre made, Demo and explain how it works. Super Shelter - Kit component, Stick Clothespin, Harlton Selfie Stick
- 1700 - Supper



BUSHCRAFT AND WILDERNESS LIVING SKILLS



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DAY 2

0830 - Fire Demo By both David and Jon - Natural Tinders, Artificial Fire, Demo of all methods, Flint and Steel, Charred Materials, Conifer resin kindling, Tinder, Kindling, Fuel, Bow Drill method, Ferro Rod lighting of Cotton Ball and Vaseline, Fat wood, Feather Sticks, Birch Bark, Inner bark of Black Poplar "bush gold", Cat Tail fluff, Magnesium, Steel Wool (also 9V battery) Lighters and Matches. Lighting and maintaining a fire in the rain/ or on snow. Fire Lays and Cooking Cranes.

1200 - Lunch

1300 - Water purification methods, filter, boiling, chemicals

1400 - Clothing, modern fibres vs traditional materials

1500 - Survival Kits/ Modern Survival Lecture

1630 - Final review and closing remarks.

1700 - Supper

Student Benchmarks Practical Exercises

- Twig Method of fire lighting with matches.

- The produce two feather sticks, then by using the feather stick method of fire lighting, once with Matches and once with Ferro Rod.



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