

Table of Contents

Welcome to Surviving Outdoor Adventures!	v
Acknowledgments	vi
How to Use Volume 3: <i>Land Safety and Survival</i>	1
Getting around Volume 3: <i>Land Safety and Survival</i>	1
Permission Forms and Waivers	2
Unit 1: Preparing for a Land Adventure	7
Unit Rationale	7
Unit Goal	7
Preparing for a Land Adventure: Teacher Information	9
Weather	9
Hypothermia	11
Clothing	13
Personal Survival Kits	16
Comfort Kits—Nice to Have Items	17
Equipment	17
Trip Plan	18
Alcohol and Drugs	19
Pre-Departure Checklist	21
Preparing for a Land Adventure: Activities Guide	21
Activities	25
Unit 2: Maps and Compasses	83
Unit Rationale	83
Unit Goal	83
Maps and Compasses: Teacher Information	85
Topographic Maps	85
Orienteering Compasses	87
Global Positioning System (GPS)	87
Measuring Distance	88
Taking a Compass Bearing	89
Relating Your Position to a Point on a Map	90
Navigating on Land with an Orienteering Compass	90
Navigating with a Global Positioning System (GPS) Unit	91
Maps and Compasses: Activities Guide	93
Activities	96
Unit 3: Emergencies on Land	139
Unit Rationale	139
Unit Goal	139
Emergencies on Land: Teacher Information	141
Types of Emergencies	141
Emotional Factors in Emergencies	141
Avoiding Emergencies	142
Hypothermia	142
Hypothermia Signs and Symptoms	143
Hypothermia Treatment	144
Lost or Stranded Survival	146
Seven Steps to Survival	147

Recognition	148
Inventory	148
Shelter	149
Signals	154
Water	159
Food	163
Play	164
Fire	165
Emergencies on Land: Activities Guide	169
Activities	174
Overhead Masters	261
Resources	301