



Pathfinder's Name

Wilderness Living

1. Go on at least two weekend campouts during which you learn the skills called for in this honor.

Campout dates 1. _____

2. _____

2. Tell five things to do if lost in the wilderness. Know three methods of determining directions without a compass.

Things to do if lost

1. _____

2. _____

3. _____

4. _____

5. _____

Methods of determining direction

1. _____

2. _____

3. _____

3. Demonstrate three ways to purify drinking water.

1. _____

2. _____

3. _____

4. Know three ways to collect drinking water in the wilderness and demonstrate two of these methods.

1. _____

2. _____

3. _____

- ❑ 5. Demonstrate two methods of judging the height of a tree and the width of a stream.
 - Tree height 1. _____
 - 2. _____
 - Stream width 1. _____
 - 2. _____

- ❑ 6. Identify four wild animal or bird tracks.
 - 1. _____
 - 2. _____
 - 3. _____
 - 4. _____

- ❑ 7. Using a compass, follow a course for more than 100 yards (91.4 meters) with three different headings and less than 5% error.

- ❑ 8. Identify in the wild, prepare, and eat ten varieties of wild plants.
 - 1. _____
 - 2. _____
 - 3. _____
 - 4. _____
 - 5. _____
 - 6. _____
 - 7. _____
 - 8. _____
 - 9. _____
 - 10. _____

- ❑ 9. Have a personal survival kit of 15 items and know how to use each item.

	Item		Use
1.	_____	_____	_____
2.	_____	_____	_____
3.	_____	_____	_____
4.	_____	_____	_____

5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____

10. Explain the necessity in wilderness living of adequate sleep, proper diet, personal hygiene, and proper exercise.

Adequate sleep _____

Proper diet _____

Personal Hygiene _____

Proper exercise _____

11. Have the First Aid honor. In addition to the First Aid honor, know the prevention, symptoms, and the first aid treatment for the following:
(Complete Chart #1)

- | | |
|------------------------|------------------------------|
| a. Hypothermia | e. Poison ivy and poison oak |
| b. Venomous snake bite | f. Open wound infection |
| c. Heat and sunstroke | g. Altitude sickness |
| d. Heat exhaustion | h. Dehydration |

12. Demonstrate two ways to signal for help.

1. _____

2. _____

- 13. Demonstrate the principles of stalking and concealment.

- 14. Explain how to prepare and provide shelter on the following:

Snow slopes _____

Rocky areas _____

Swamps and marshes _____

Forests and tundra _____

- 15. Prepare a balanced menu for two people for a weekend. Prepare these meals while on a campout over an open fire or a camp stove. (Complete Chart #2)

- 16. Know ways to observe wilderness etiquette and how you can contribute to wilderness conservation.

- 17. Demonstrate how to tie the following knots and know their uses:

Bowline _____

Bowline on a bight _____

Clove hitch _____

Double fisherman's _____

Figure eight _____

Prusik _____

Taut-line hitch _____

Two half hitches _____

Square _____

Wilderness Living, Chart #1

Know the prevention, symptoms of and the first aid for :

Prevention	Symptoms of	First Aid
Hypothermia		
Venomous snake bite		
Heat and Sun stroke		
Heat exhaustion		
Poison Ivy and Poison Oak		
Open wound infection		
Altitude sickness		
Dehydration		

Wilderness Living, Chart #2

	Breakfast	Lunch	Supper
Day 1			
Day 2			