



**NORTHSTAR SURVIVAL SOLUTIONS, LLC**

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***“FAILURE TO TRAIN, IS TRAINING TO FAIL!”***

**LESSON PLAN**

Title of Instruction:	<u>Essential Survival Skills for Outdoor Enthusiasts</u>
Time Allocated:	Ten (10) Hours
Target Group:	Anyone engaging in outdoor recreational activities
Instruction:	Northstar Survival Solutions, LLC
Method of Instruction:	Lecture and discussion augmented by power point presentations (10%) with hands on, field training (90%)
Date(s):	See Course Announcement

**Instructional Goal:**

To provide the student with the essential awareness and skills required to survive the statistical seventy-two hour period during which most missing person searches occur and, to participate actively in their own rescue by employing effective signaling techniques.

**Instructional Objectives:**

At the conclusion of this ten-hour block of instruction, the student will:

1. Understand the seven (7) Survival Priorities:

Positive Mental Attitude.

Recognize, understand and accept the mental and physical stresses they will experience in a survival situation.

Wilderness First Aid....when there is no, 911. \*(First Aid will not be taught)

Shelter Craft.

Fire Craft.

Signaling techniques.  
Water purification techniques.

2. Understand how to employ appropriate survival strategies.
3. Understand the concept of cold weather clothing systems.
4. Understand the importance of carrying Personal Locator Beacons (PLBs) and the Search & Rescue cycle.
5. Understand how to select items for and build a personal survival kit.
6. Demonstrate the ability to tie and effectively employ six (6) essential knots.
7. Demonstrate the ability to build two types of emergency shelters employing natural and man-made materials.
8. Demonstrate the ability to effectively employ a variety of fire ignition systems.
9. Demonstrate the ability to build a fire in adverse weather conditions.
10. Be exposed to a variety of signaling techniques and demonstrate the ability to effectively employ at least three of them.
11. Understand at least eight (8) different ways to purify water.

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