Wilderness Survival Notesheet by C Kohn, Waterford WI

Name: Hour Date:

Date Assignment is due: Why late? Score: + ✓ -  
 Day of Week Date If your project was late, describe why

4. What are 5 mistakes someone could make in an emergency that could cause injury or death?

1. What are the top 5 things you can do in any emergency to stay alive?

2. What are 5 things you should always have in your car in case of emergency?

**NR-ES Units**

1. Lab Safety  
2. Sustainability  
3. Biodiversity  
4. Habitats  
5. Invasive Spec.  
6. Quadrat Meas.  
7. Pollution  
8. Water Testing  
9. Midterms  
10. Wildlife Mgmt  
11. Habitat Mgmt  
12. TOC  
13. Climate Chg  
14. Survival   
 **Weekly Schedule: See Board and record**   
Mon  
  
  
  
Tues  
  
  
  
Wed  
  
  
  
  
Thurs  
  
  
  
  
Fri

*Page through this notesheet. Then answer the questions below:*  
Circle one: *I need to review my notes & practice before the quiz.* Definitely – Yes – Sort of - No

Circle one: *I have never seen or heard of some of these concepts.* Definitely – Yes – Sort of - No

Circle one: *This may be a challenging unit for me personally.* Definitely – Yes – Sort of - No

Circle one: *I may need extra strategies for some topics/vocab.* Definitely – Yes – Sort of - No

3. How do you know if someone has frostbite?   
  
  
  
How do you know if someone has hypothermia?

**Directions**: Use the accompanying PowerPoint (<http://bit.ly/survival-ppt>) to complete this sheet. This sheet will be due upon the completion of the PowerPoint in class. These assignments are graded on a +/√/- scale.

1. List the Basic Survival Needs in order from highest priority to lowest priority.
2. Having survival skills is . Having the will to survive is
3. Why?
4. What is the first step in an emergency survival situation?
5. What does this mean?
6. List and describe three things that must be assessed (sized up) in an emergency situation.
7. Be sure to use and when making a decision.
8. In an emergency can cause you to
9. Be aware of your to prevent .
10. What does it mean to “remember where you are”?
11. What are three things you must identify as quickly as possible?
12. Vanquish panic: is perhaps the most factor in any emergency.
13. Why?
14. What three things should you do if you feel panic rising?
15. In a survival situation, what does it mean to Improvise? Provide examples:
16. What does it mean to “Value Life” in an emergency situation? Don’t all people value life?
17. How does one “act like an animal” as a survival strategy?
18. How might this backfire?
19. What are three basic skills that all people should learn?
20. Complete the SURVIVAL Acronym below;  
      
    S  
      
    U  
      
    R  
      
    V  
      
    I  
      
    V  
      
    A  
      
    L
21. It is more for you to satisfy your basic water, food, and shelter needs in a cold environment.
22. You must not only have enough to protect you from the cold, you must also know how   
      
    to the warmth you get from it.
23. Always keep your covered. Why?
24. What FIVE areas of the body must always be covered in a cold-weather emergency situation>?
25. Why are these areas so susceptible?
26. What are the four basic principles of cold weather survival?
27. What is hypothermia?
28. Hypothermia is the risk to survival in cold-weather emergencies.
29. Prevent hypothermia by   
      
    and
30. Stay - avoid circumstances in which you will   
      
    and avoid , Remove   
      
    if you are physically exerting yourself.
31. Avoid , particularly on bare skin. Why?
32. Describe both mild and severe hypothermia:   
      
    Mild:   
      
    Severe:
33. How do you treat hypothermia?
34. What is frostbite?
35. How does frostbite cause the loss of tissue or limbs?
36. How do you prevent frostbite?
37. What are signs of frostbite?
38. How do you treat frostbite?
39. What is a simple survival shelter that can be made in an emergency situation?
40. How could you avoid contact with the cold ground?
41. Do not wait until you are to your body. By then it is too late.
42. If you are in a car during an emergency,
43. Why should you not run your car continuously to keep it warm?
44. Any combustion will create , particularly in an enclosed space.
45. What are symptoms of carbon monoxide poisoning?
46. If you have carbon monoxide poisoning, what should you do?
47. Before leaving in winter in a car, check . Tell others of your   
      
     and
48. Be . The mistakes that people make stem from
49. If you become stranded, remain . Set out   
      
    and
50. You cannot survive more than 3 without shelter.
51. What are 10 essentials for emergency survival that should always be in your car?   
      
    1   
      
    2   
      
    3   
      
    4   
      
    5   
      
    6   
      
    7   
      
    8   
      
    9   
      
    10

Unit Wrap-up C. Kohn, Agricultural Sciences - Waterford WI

1. Write the 3 topics that you most need to review before the quiz:  
     
   1\_   
     
   2\_   
     
   3\_
2. Create 3 **high-level questions** related to this material   
   (*These questions could be something you still don’t know or questions that reflect understanding that you have now that you did not have before.*)  
     
   1\_   
     
   2\_   
     
   3\_
3. List 6 **vocabulary words** that you did not know before or have not used very often prior to this unit:  
     
   1\_ 2 3

4 5 6

1. In the spaces below, fully write three strategies that will help you to remember specific vocabulary words or topics from this unit. **NOTE**: A strategy is *not* an activity such as reviewing your notes, studying hard, etc. A strategy is a mnemonic, rhyme, analogy, or other brain-based device that is specific to one item from the unit.

1.\_   
  
2.\_   
  
3.\_

1. Circle the most appropriate response. You will only be graded on whether or not you completed this section, so be entirely honest with yourself when completing this section.

Circle one: *I used my notes outside of class to prepare for the quiz.* Definitely – Yes – Sort of - No

Circle one: *I took extra notes in the margins for very difficult concepts.* Definitely – Yes – Sort of - No

Circle one: *I created a personal strategy for at least three difficult items.* Definitely – Yes – Sort of - No

Circle one: *I was very involved and actively studying during the quiz review.* Definitely – Yes – Sort of - No

Circle one: *I think I will be satisfied with the quiz grade I received this week.* Definitely – Yes – Sort of - No