

	Topic	Read/Watch	Activity/Challenge	Lunch + Read Aloud	Afternoon
Monday	Ten Essentials / First Aid	Various books from library on topics covered and linked YouTube videos	1) Pack backpacks with essentials 2) Assemble First Aid kits and practice	Hot Dogs	Books/Nature Journals
Tuesday	Avoiding Danger	Various books from library on topics covered and linked YouTube videos	1) Snake avoidance practice - hide fake snake and "hike" by to practice 2) Spotting dangerous plants and animals cards	Tin foil packets	Books/Nature Journals
Wednesday	Knot Tying / Shelter Making	Various books from library on topics covered and linked YouTube videos	1) Follow YouTube videos on knot making 2) Construct shelter in backyard	Pudgy pies	Books/Nature Journals
Thursday	Navigating / Maps	Various books from library on topics covered and linked YouTube videos	1) Draw own map of yard 2) Compass navigating treasure hunt	Beans and sausages	Books/Nature Journals
Friday	Survive!	Various books from library on topics covered and linked YouTube videos	1) Survival Challenge Game 2) Go on a real hike	Picnic/Trail mix	Books/Nature Journals

Supplies Needed:

- Printed materials
- Backpacking essentials
- First aid supplies
- Rubber snake
- Rope or paracord for knot tying
- Blanket or tarp for shelter making
- Survival patch/badge (Etsy)
- Compass
- Library books on each topic and a read aloud

Read aloud ideas:

- Hachet
- My Side of the Mountain
- Swallows and Amazons
- Sign of the Beaver

Monday

10 Essentials (and examples)

1. Navigation
 1. Map, compass, GPS
2. Light
 1. Flashlight, headlamp
3. Sun protection
 1. Hat, sunglasses, long sleeves, sunscreen
4. First aid
5. Knife
 1. Pocket knife, multitool
6. Fire starter
 1. Lighter, flint and steel, matches
7. Shelter
 1. Paracord, bivy, emergency blanket
8. Food
 1. Lightweight, high calorie, nutritious, bring extra (ie trail mix, protein bars, jerky)
9. Water
 1. 1 liter per 2 hours of hiking, consider a water filter for longer hikes, electrolyte packets for longer hikes, especially when hot
10. Extra clothing
 1. Rain gear, extra socks, dress in layers, extra outfit in car
11. Bonus: extra safety! Safety whistle, pepper spray, bear spray, knife

<https://runwildmychild.com/10-hiking-essentials-for-families/>

<https://runwildmychild.com/hiking-safety/>

<https://runwildmychild.com/teaching-first-aid/>



<https://www.youtube.com/c/OperationOuch/featured>

Tuesday

1. Black widow spiders
2. Do not eat plants outside - could be poisonous
3. Poison ivy, oak, and sumac
4. Copperhead and timber rattlesnake safety
5. Black bear safety



Black widow spider Photo © Richard Schuerger

Black widows (*Latrodectus*)

Black widows are distinctive spiders. The females are shiny black with a red hourglass on the bottom of her abdomen while males have a more vibrant pattern on their abdomen consisting of many red and white spots. Male black widow spiders are rarely encountered and are not known to bite humans.

Black widow bites feel like a minor pinprick, but dull pains will soon develop in the area of the bite. The affected area will generally begin to cramp and other symptoms such as sweating, nausea and vomiting may occur.

Black widow spiders are cobweb spiders that spend most of their time in their webs. Black widows tend to make their webs in undisturbed, uncluttered areas on porches and in sheds.

<https://dnr.maryland.gov/wildlife/Pages/habitat/waspiders.aspx>





Preventing Snake Bites

On average, Maryland Poison Control receives 100 snake bite cases each year, about half of which are due to bites from venomous snakes, mostly copperhead bites. Snake bites are serious and require expert evaluation and treatment. Below are some tips on how to avoid being bitten:

1. Learn how to identify the [copperhead](#) and the [timber rattlesnake](#).
2. When hiking or camping, watch where you put your hands and feet. Be mindful of where you sit and where you place your sleeping bag.
3. Wear suitable clothing when hiking, especially through tall grass or heavy brush. Long pants and heavy boots are usually best in tall grass and heavy brush.
4. Avoid rock piles and stacks of old boards or wood in forested areas as snakes use these areas frequently, especially sunny areas with canopy gaps.
5. Be careful working around brush piles or other debris. Use a rake or long handled tool to move brush, debris, or other material before picking it up.
6. Never handle venomous snakes, alive or dead.
7. Leave snakes alone. Many bites occur when people attempt to capture or kill venomous snakes.

If bitten by a venomous snake, immediately contact the Maryland Poison Center at 800-222-1222. The Maryland Poison Center is open 24 hours a day and is staffed by pharmacists or nurses who are specially trained and certified in emergency poisoning and overdose cases. Do not apply ice, a tourniquet, or make an incision around the wound as these methods do not work and may cause complications.

https://dnr.maryland.gov/wildlife/Pages/plants_wildlife/herps/Venomous-Snakes.aspx

https://dnr.maryland.gov/wildlife/Pages/plants_wildlife/herps/Squamata.aspx?SnakeName=Timber%20Rattlesnake

<https://dnr.maryland.gov/wildlife/Documents/Common-Snakes-of-Maryland-Photo-Guide.pdf>

https://dnr.maryland.gov/wildlife/Pages/plants_wildlife/herps/Squamata.aspx?SnakeName=Eastern%20Copperhead



Poisonous Plants

<https://www.cdc.gov/niosh/topics/plants/identification.html>

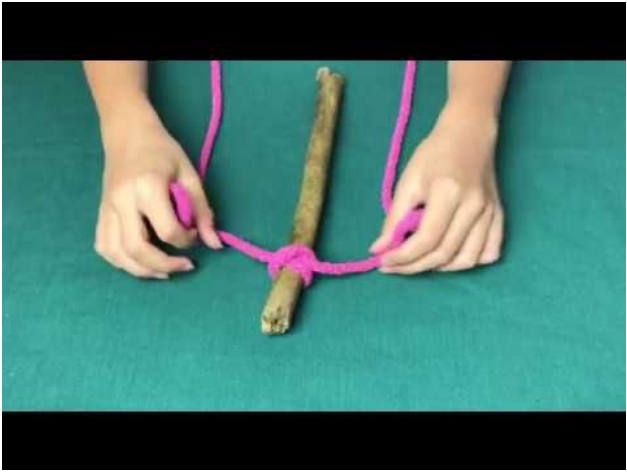




Wednesday

Knot tying





Thursday Navigation

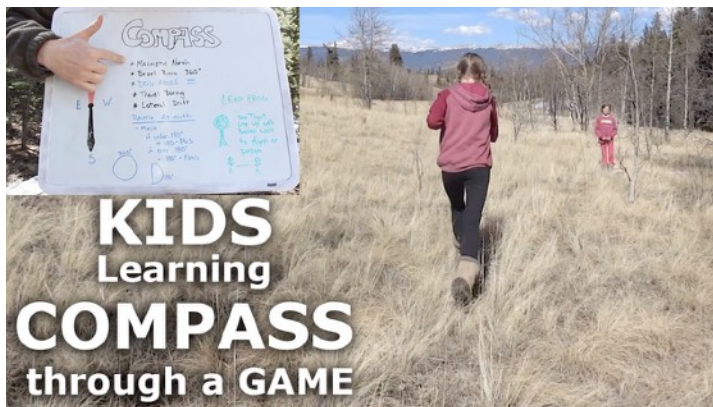
Magnetic North - Where the red arrow points

Bezel Ring 360 - Moveable ring around the compass

Dog House/Shed - Marked section that you line the red arrow inside

Travel Bearing - The direction/number you are moving towards

Lateral Drift - That you will walk in a circle due to having one stronger leg, unless you follow a compass



Friday

The Final Challenge!

Complete these 7 Challenge Scenarios and then go on a real hike (or do them at the same time) to get your wilderness survival badge!

- 1) Pack your hiking backpack with all the essentials, once you are ready head outside!
- 2) Start your "hike" - but keep an eye out for the dangerous copperhead snake! (Have a fake snake in the grass nearby) When you see it, do the 3 S's.
- 3) While avoiding the snake, you've lost your direction! Point your compass north west to get back in the direction of the trail.
- 4) You've made it back on the trail, but it looks like it is going to rain! Make yourself a shelter to stay dry while you eat a snack.
- 5) The rain shower has passed, it's time to head back. The clouds have made it dark, so you better use your flashlight. Be careful the trail is muddy!
- 6) Oh no! You slipped on the muddy trail and cut your leg. Get your first aid kit out and bandage yourself up.
- 7) Now that you are all bandaged, set your compass towards SE and get home!

10 Essentials

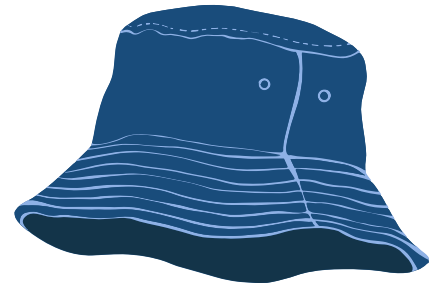
FOR HIKING



NAVIGATION



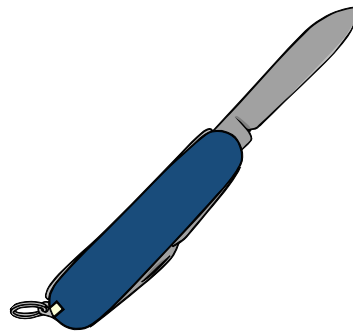
LIGHT



SUN PROTECTION



FIRST AID



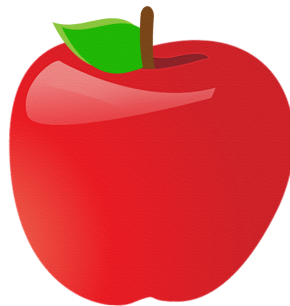
KNIFE



FIRE STARTER



SHELTER



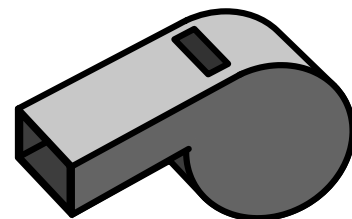
FOOD



WATER



EXTRA CLOTHING



BONUS: SAFETY

First Aid Kit Checklist

Nitrile gloves

Alcohol wipes

1" first aid tape

Gauze pads/roll, various sizes

Non-adherent dressings

Band-Aids, various sizes

Butterfly bandages

Self-adhesive bandage

Moleskin

Antibiotic cream packets

Tweezers

Scissors

Ibuprofen

Acetaminophen

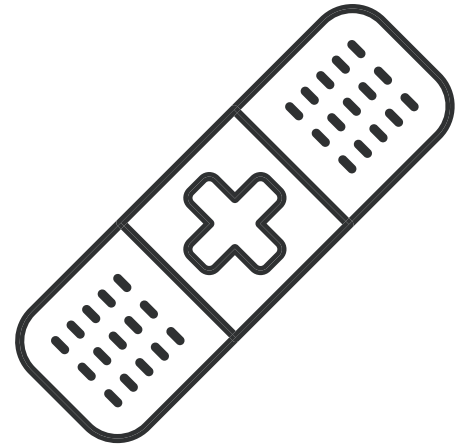
Benadryl

Eye wash/drops

Heat reflecting blanket

Cold pack

Hard candy



STAY CALM AND THINK

Cuts and Scrapes

1. APPLY PRESSURE UNTIL BLEEDING STOPS
2. CLEAN THE AREA AND LET DRY
3. APPLY ANTIBIOTIC CREAM
4. APPLY BANDAGE OR GAUZE AND TAPE



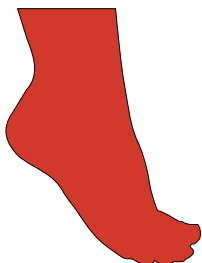
Minor Burns

1. APPLY A COOL WET TOWEL OR CLOTH
2. USE CLEAN SCISSORS TO CUT ANY DEAD SKIN
3. APPLY ANTIBIOTIC CREAM
4. APPLY BANDAGE OR GAUZE AND TAPE



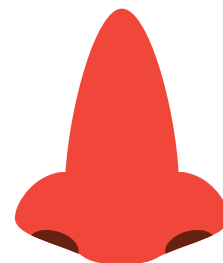
Twisted Ankle

1. TAKE OFF SHOES AND SOCKS
2. CHECK FOR BRUISING, SWELLING, & BREAKS
3. IF NO BREAKS, APPLY ICE PACK FOR 20 MIN
4. ELEVATE THE INJURED AREA
5. AFTER RESTING, CHECK RANGE OF MOTION
6. TAPE INJURY TO ADD STABILITY AND RETURN HOME TO FURTHER REST



Bloody Nose

1. SIT DOWN
2. TILT HEAD SLIGHTLY FORWARD
3. PINCH NOSE JUST BELOW THE BRIDGE FOR FIVE MINUTES (CAN HOLD A TISSUE)
4. IF BLEEDING DOES NOT STOP SEEK MEDICAL ATTENTION



Emergency Numbers

911

Poison Control: _____

Mom: _____

Dad: _____

Hospital: _____

Sssnake Sssafety

STAY ON THE TRAIL

WEAR HIKING BOOTS

DON'T PUT YOUR HANDS OR FEET IN PLACES YOU CAN'T SEE

DON'T MOVE PILES OF ROCKS, WOOD, OR BRUSH

DON'T WALK OUTSIDE IN THE DARK

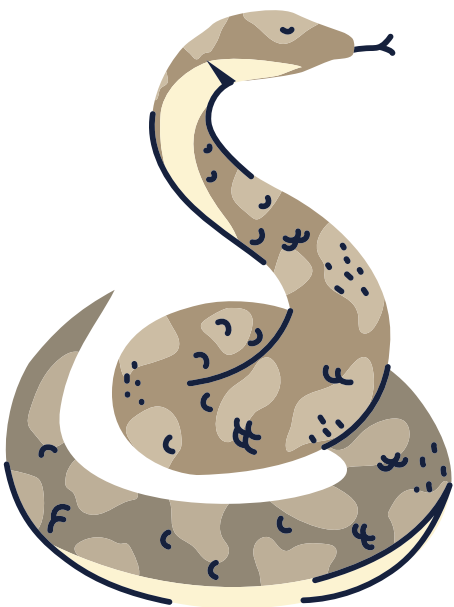
If you see a snake:

STOP!

SLOWLY BACK AWAY

SAY SOMETHING TO AN ADULT

(THE THREE S'S)





USE LABELED OR UNLABELED FOR
MATCHING, GO FISH, I SPY, ETC



BLACK WIDOW



POISON SUMAC



TIMBER RATTLESNAKE



POISON OAK



EASTERN COPPERHEAD



POISON IVY

USE LABELED OR UNLABELED FOR
MATCHING, GO FISH, I SPY, ETC



COPPERHEADS - TO MIX WITH OTHER SNAKES TO
PRACTICE IDENTIFYING



TIMBER RATTLESNAKES
- TO MIX WITH OTHER
SNAKES TO PRACTICE
IDENTIFYING



GARDNER SNAKE

DEKAY'S BROWN SNAKE

BROWN WATER SNAKE

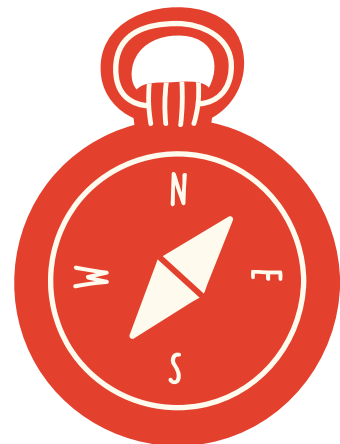
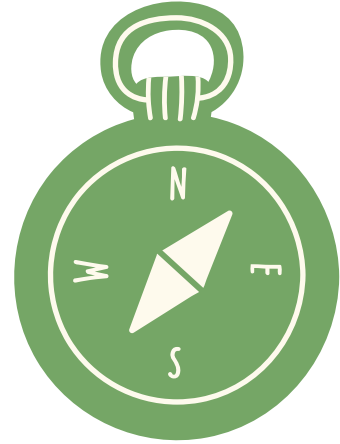
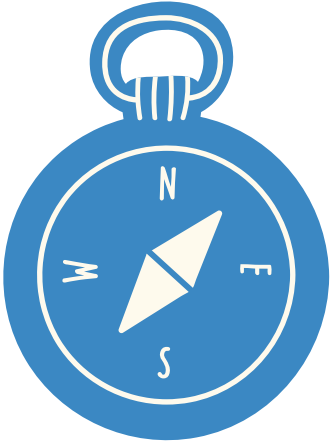
RIBBON SNAKE

BLACK RAT SNAKE

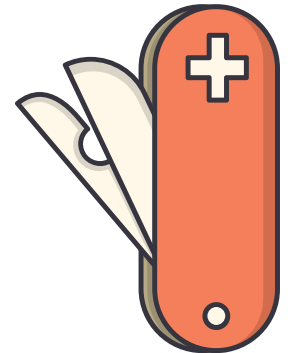
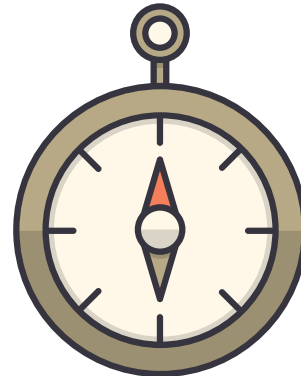
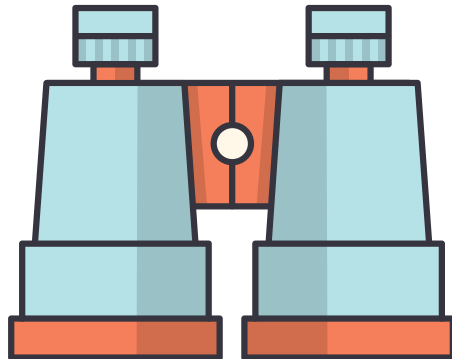
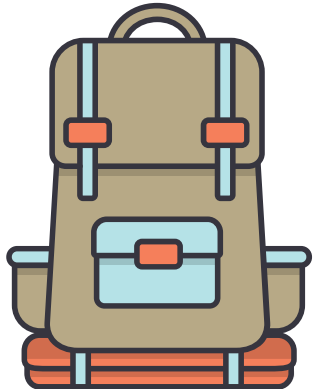
NORTH AMERICAN RACER

TO MIX WITH OTHER CARDS FOR IDENTIFYING

CUT ON SOLID LINE. FOLD ON DOTTED LINE.
WRITE DIRECTION INSIDE TO FOLLOW WITH
COMPASS FOR SCAVENGER HUNT.

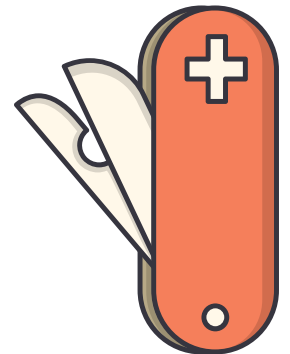
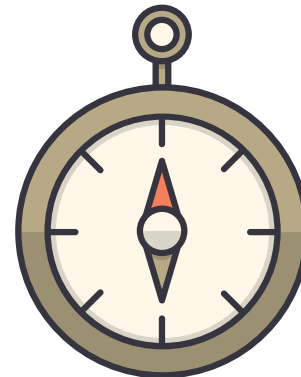
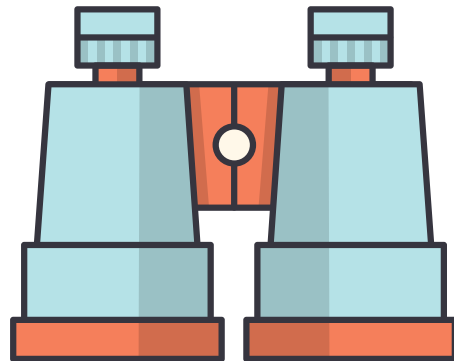
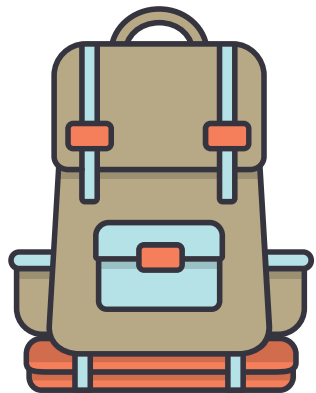


SURVIVAL

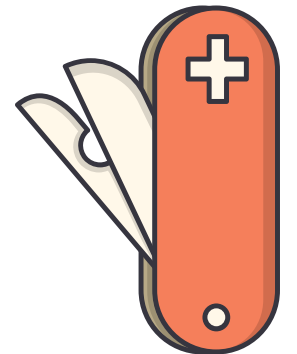
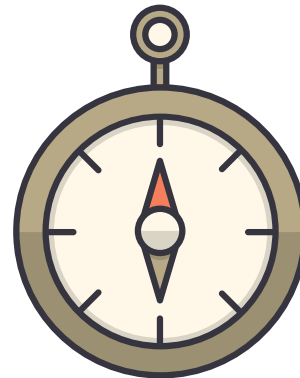
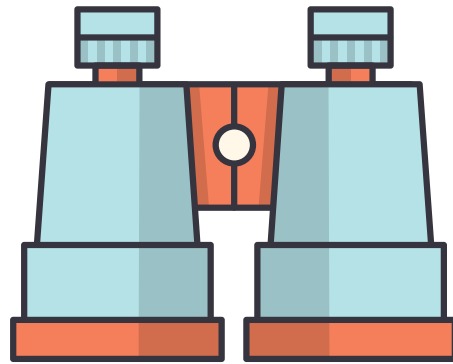
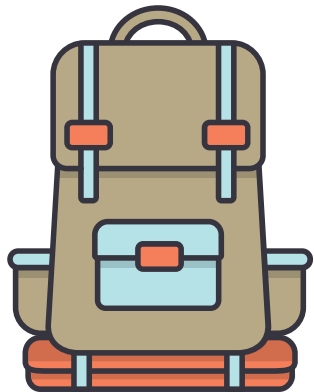


WELCOME TO

WALOG



AMP!



Challenge Book

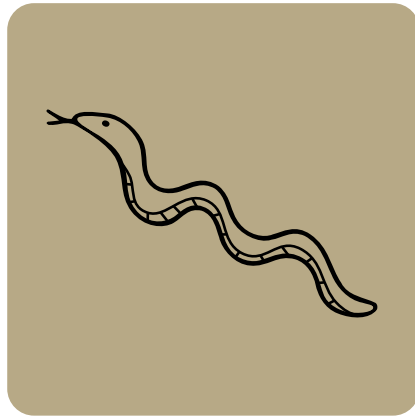


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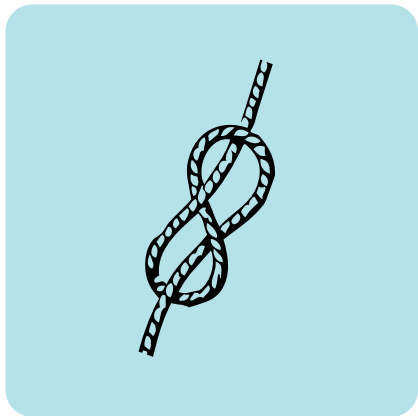


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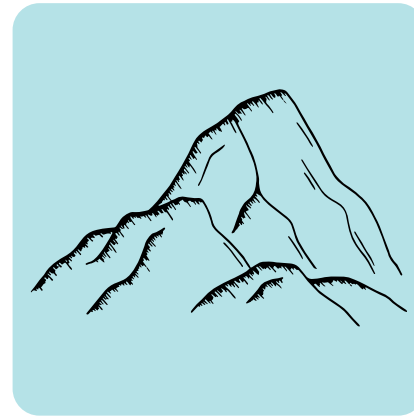
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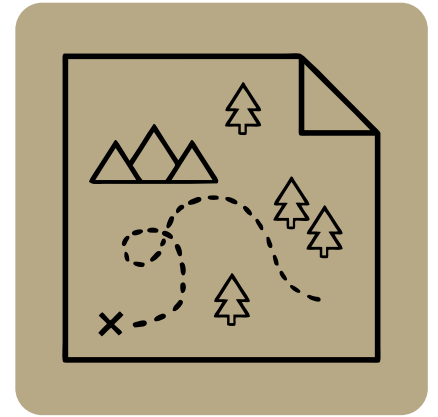
3



4



**Survival
Badge**



5

