

## Shelter

You will need shelter for protection against outdoor dangers such as rain, wind, cold, sun, insects and wild animals.

## Water

A human cannot survive without water in the outdoors for very long. You will need water to keep energy levels up and to keep your vital organs and body functioning.

## Fire

Fire will keep you warm, provide light in the dark, provide a means to cook food and make water safe to drink. Fire will also keep animals away and give you a place of comfort and focus.

## Food

Finding food in the outdoors is challenging and you will have to be prepared to eat anything edible, from insects to snakes. Hunting, trapping, fishing and foraging skills are important for survival.

## First Aid

You will only survive if you stay healthy and know how to treat injuries and illness in the outdoors. Having the right outdoor first aid skills is vital for survival.

## Rescue

To make it out alive you will need to have rescue skills to be able to signal for help and you will need outdoor navigation skills to be able to stay on route to safety.



# The Basics of Survival

**Survival is about skill and confidence.**

**When you are lost in the wilderness  
you will need to provide in your  
human needs to make it out alive.**

**As a human you will have 7 needs that  
need to be met in order to survive.**

**You will need**

**SHELTER - WATER - FIRE - FOOD  
FIRST AID - RESCUE & STRONG MIND**

*"You are stronger than you think  
and learning the right  
survival skills will  
give you the  
confidence to  
survive!" Herman*

