

Wilderness Survival Tips

- Right: Get Ready**
- Tell those whom you are going!
  - Tell those whom you are going to be back!
  - Share your travel plans with you and the wilderness
  - Tell a friend or family member how often you depart
  - Make a travel plan and give it to someone you trust to receive a message

- Right: Be Prepared**
- Know the weather
  - Take the top 5 survival items with you into the wilderness
  - Take water and food every week but
  - Be aware of the environmental conditions and possible hazards in the area
  - Look for weather changes as you travel through the wilderness

- Right: STOP Before you Get into Trouble**
- Stop when you are doing
  - Think about your situation
  - Consider possible in the environment you are actually in
  - Plan to survive in a better manner

- Right: Take a Wilderness First Aid Course**
- It doesn't matter how good your first-aiding skills are if you are bleeding to death
  - Take a wilderness first aid training in a shelter
  - Carry your first aid equipment with you when you travel
  - Update your skills and equipment regularly

- Right: Learn to Light a Fire**
- Fire is the "Great Equalizer"
  - It will make up for many of your mistakes
  - Your ability to create a light is one of the most useful skills you have
  - Your way to just use them or without for the lighting
  - Your ability and equipment for lighting equipment with you every time you travel in wilderness conditions
  - Learn, update, make and use the lighting skills

- Right: Learn to Build and Burned Shelters**
- Shelter building is a real skill. It takes practice
  - Build a shelter that provides the right protection for your situation
  - Take at least a practice with you to make construction quick and easy

- Right: Learn to Purify Water**
- The majority of water is not safe to consume without any
  - Take a part in wilderness water purification with you
  - Learn to purify water quickly
  - Learn to boil water in a pot

- Right: Wilderness Signals**
- Carry a phone – help you just for a phone call when!
  - Carry a phone, power, fuel and a credit card
  - Always carry only a GPS, satellite or satellite phone

"It doesn't matter how good you are if you are not prepared to survive in it. A Guide to Canadian Wilderness Survival answers the question, what if you had to survive being stranded in the Canadian wilderness? It teaches you how to survive comfortably in the wilderness by understanding the science of survival, controlling your fears and our often unrealistic expectations of life in the wilderness. This is the book you need to read before you seriously get stranded."

— Mark L. Kucharski, Author of *Backpack*

# What if you had to Survive?



"With Bruce, students not only learn the how of survival but the why as well. His scientific approach to survival training is the best. If you are looking for real world modern survival skills that are both preventative and life saving, look no further."

— Dr. Marco Sisti, MD

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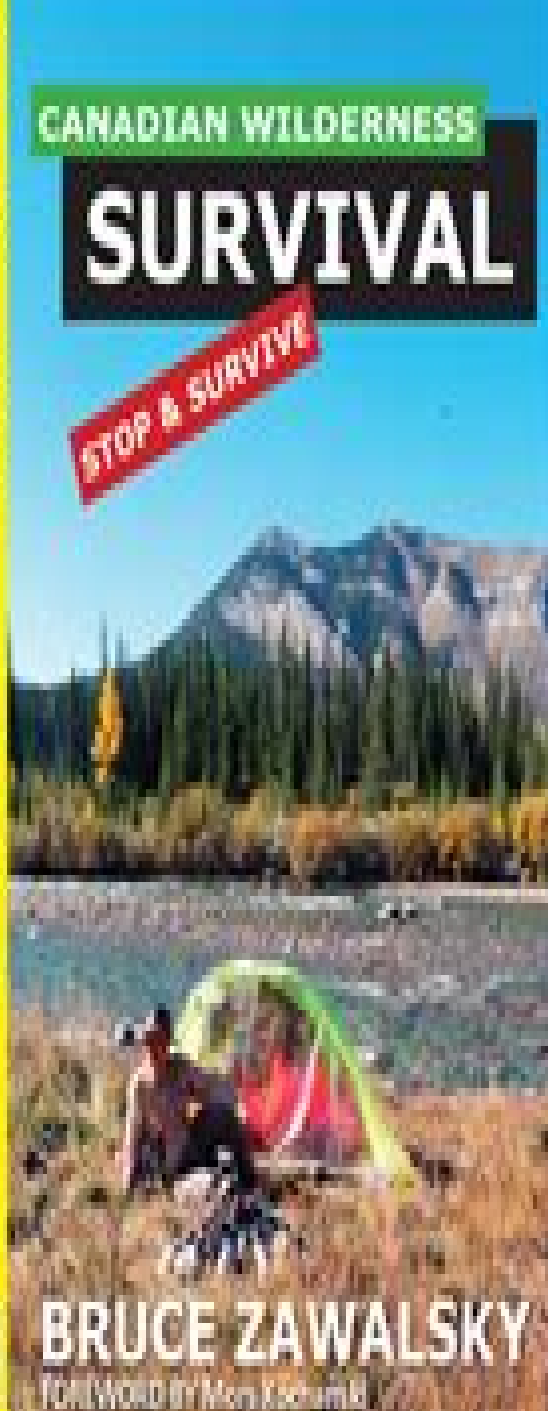
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Canadian Wilderness Survival



## Survival Immediate Actions

1. Trust Caution
2. Objectively Analyze your Situation
3. Recall what you know, your situation, leaving
4. Inventory all Useful Materials and Equipment
5. Plan a Positive Solution to your Situation and the Problem
6. Boldly Implement the Positive Solution
7. Keep Busy — Do not Allow Boredom or Fear to Set in
8. Stay Fit! — Stay in a Strong Target
9. Be realistic your Plan or Necessary and implement a "Contingency Plan" if you are in a Group

## What's Next Signals

Common Signal: **000 000 000**

I Need Help: **000**

Come to Me: **00**

Where are You: **0**

## Ground-to-Air Signals

**X V**

X = Unable to Proceed or Require Medical Assistance

V = Unable to Proceed or Require Assistance

## Hand Signals

T = Yes I want to be Rescued

B = No I do not want to be Rescued

If you want to be rescued, don't leave it in a place of danger!

**BRUCE ZAWALSKY**

FOREWORD BY Mark Kucharski

# Canada Wilderness Survival Guide

**J Dewey**



## **Canada Wilderness Survival Guide:**

**Canadian Outdoor Survival Guide** Dudley Driscoll, 2012-05-01 The primary focus of this book is critically important basic survival skills used to handle any emergency situation in the wilderness areas of Canada After reading this book you will understand the importance of being prepared the basic requirements and priorities of survival hazards and causes of survival situations the major elements of successful survival in the wilderness the physical and emotional stresses of survival As well you will learn how to prepare a personal survival kit for the specific event you are planning and understand search and rescue procedures You will also learn the following basic outdoor skills emergency first aid fire lighting shelter location and construction water acquisition and purification signaling methods bush travel and navigation knife awareness and competence identifying and using local plants Photos and illustrations throughout The author an ex army high school teacher has taught survival skills for years in many situations

**A Guide to Canadian Wilderness Survival** Bruce Zawalsky, 2016-11 **The Ultimate Survival Manual Canadian Edition (Outdoor Life)** Rich Johnson, 2013-10-01 Whether you're lost in the woods facing an angry grizzly or trapped in a blackout that takes down Toronto the experts at Outdoor Life magazine are the people you want on your side This top selling book is now available in a special Canadian edition with content targeted to intrepid Canadians at home and wherever they may travel When disaster strikes time is of the essence The people who survive are those who know what to do they have their bug out bags packed their travel essentials saved their family prepared and their cars gassed up and ready to go Everyone wants to believe that they are that person the one who would prevail whether they found themselves facing an angry bear a killer snowstorm or a revolution in a third world country Filled with clear concise instructions helpful diagrams essential checklists and inspirational first person stories this book is a fascinating armchair read that might just save the reader's life Special content is targeted to situation Canadians might need to survive including animal attacks extreme weather and wilderness conditions Sprinkled throughout are real life extreme survival stories that inform and entertain Even if the most terrifying thing you've ever survived is a riot at a hockey game this book is a must read

**Canadian Books for Young People/Livres canadiens pour la jeunesse, 3e** Irma McDonough, 1980-12-15 This third completely revised edition contains hundreds of new entries for a total of almost 2 000 children's books and magazines carefully selected and described by a team of children's librarians Entries are arranged by subject with reading levels indicated where necessary and are also listed in a separate author title index A list of prize winning Canadian children's books and a basic book list for librarians teachers and parents are included in this charmingly illustrated volume

**A Guide to Wilderness Survival** Bruce Zawalsky, 2016-11 **The Rough Guide to First-Time Around the World** Rough Guides, 2016-02-01 Whether you're heading off on a gap year or taking a sabbatical the new full colour The Rough Guide to First Time Around the World will be indispensable when planning your trip From the big things entry requirements round the world tickets to the very smallest how many pairs of socks you'll need this guide has you

covered Beyond the inspirational section on how to enrich your trip it includes maps regional profiles an FAQ section a directory and plenty of practical budget conscious tips The Rough Guide to First Time Around the World also contains a well researched selection of the best the internet has to offer independent travellers from using your phone abroad to the best services available through the new sharing economy plus information on staying safe on the road and how to pick volunteer programmes wisely Planning your first trip around the world can be daunting for even veteran travellers but the Rough Guides author leads you through the process with experience insight and humour showing you how to create your own journey not just how to tick off everything you re supposed to see

**Tom Brown's Field Guide to Wilderness Survival**  
Tom Brown, Jr.,1987-04-15 A fully illustrated wilderness survival guide perfect for seasoned and novice outdoors enthusiasts alike Here in one essential volume are the basics of wilderness survival The most ancient and important skills preserved for generations are presented in a simple easy to use format with clear illustrations and instructions A complete must have companion to the great outdoors How to build natural shelters in plains woods or deserts How to get safe drinking water from plants trees the sun or Earth Herself How to make fire without matches and maintain it in any weather How to find stalk kill and prepare animals for food The big four edible plants and hundreds of others useful for both nutrition and medicine TOM BROWN S FIELD GUIDES America s most popular nature reference books Tom Brown s bestselling field guides are specially designed for both beginners and experienced explorers Fully illustrated and comprehensive each volume includes practical information time tested nature skills and exciting new ways to rediscover the earth around us

Wilderness Survival Handbook Alan Fry,1985      Zen Forest in Canada Thich Thong Tri Thay,2011      Nature Canada ,1980      **The Real Guide to Canadian Universities** Sara Borins,1994      **The Medical Library Association**  
**Encyclopedic Guide to Searching and Finding Health Information on the Web: Health and wellness** P. F. Anderson,Nancy J. Allee,2004 Annotation Searching for health information may be the most important type of search a librarian performs in a day Instead of starting a health care search with a blank computer screen or simply accessing ordinary information available most anywhere on the Web start with help from the prestigious Medical Library Association Each entry will show you how an experienced health sciences librarian would approach the question You can begin a truly valuable search knowing Special searching issues What to ask Where to start Supplementary search strategies Topic profile Recommended search terms and important sites Hotline phone numbers FAQs Publications on the Internet Professional organizations Patient support organizations and discussion groups Best One Stop Shops Finally there s one ready reference source written by librarians to help their colleagues that covers every important aspect of the question you or your user want to answer      *Canadian Books for Children* Irma McDonough,1976      **Backpacker** ,1976-06 Backpacker brings the outdoors straight to the reader s doorstep inspiring and enabling them to go more places and enjoy nature more often The authority on active adventure Backpacker is the world s first GPS enabled magazine and the only magazine whose editors

personally test the hiking trails camping gear and survival tips they publish Backpacker s Editors Choice Awards an industry honor recognizing design feature and product innovation has become the gold standard against which all other outdoor industry awards are measured Canadiana ,1986 *Canadian Book Review Annual* ,1990 *Waterstone's Guide to Books* Waterstone & Co,1989 **Waterstone's Guide to Books** ,1989 **Canadian Books for Young People** Irma McDonough,1978 This third completely revised edition contains hundreds of new entries for a total of almost 2 000 children s books and magazines carefully selected and described by a team of children s librarians Entries are arranged by subject with reading levels indicated where necessary and are also listed in a separate author title index A list of prize winning Canadian children s books and a basic book list for librarians teachers and parents are included in this charmingly illustrated volume Canadian Books in Print ,2001

## Embracing the Beat of Appearance: An Psychological Symphony within **Canada Wilderness Survival Guide**

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