



## Overnight Adult Basic Wilderness Survival Clinic

- Please ensure that you read this entire packet to ensure the best possible experience -

Hello!

Thank you for registering for the Overnight Adult Basic Wilderness Survival Clinic! Below are some informational points we would like to pass along to help you prepare for the class.

- This clinic is designed to allow you to both learn *and* practice certain skills necessary to meet your core survival needs. Some of the skill sets we will be covering include: improvised fire starting, filtering/purifying water, shelter building, knots, first aid, navigation, signaling and more.
- This is not a recreational camping trip. We will keep it light and as "fun" as possible, but prepare to be uncomfortable. You may experience being hot, cold, sweaty, smelly, hungry, thirsty, tired, sleepy, agitated, etc. We are attempting to create, on a small scale, some of the stressors you may experience during a true survival emergency. Having said this, we will at no time risk the safety of any individual or the group. Our first priority is your safety!
- **Meeting Place** - We will meet at the Pavilion (map below) near the Visitor Center **promptly at 12 noon**. The Natural Area often experiences long lines at the fee booth and there may be wait time. We strongly suggest you arrive at least 30 minutes early to account for this. Should you arrive at the Pavilion after 12 noon, and the group has left, please walk into the visitor center and inform a ranger that you are there for the Overnight Adult Basic Wilderness Survival Clinic. We will make arrangements to get you to the training site. You can also contact me by cell, 210-723-7571.



- **What to Bring** - Bring your completed **liability release** form and **all of your gear** (see attached list) to the pavilion. We will start with an overview of the class and a safety briefing.
- **Liability Release** – Please complete and sign the liability release form before heading to the clinic. You **MUST** turn in a signed copy in order to attend. We will have extra forms on hand just in case.
- **Restroom Facilities** - We will have an opportunity to use the restroom prior to our departure from visitor center. After that, we will not have access to facilities until later in the afternoon. Be prepared to use the restroom in a backcountry/wilderness setting.
- **Hiking** - We will be doing a fair amount of hiking over rugged terrain. Our route and amount of miles (possibly up to 7), will be determined before we head out. This will depend on the ability of the group as a whole. Remember, **SAFETY 1st!**
- **Weather** - The weather can be unpredictable. Check the forecast the night before and be prepared for: heat, cold, rain and sun. (bring/wear rain gear, layers, etc.)
- **Knives** - Knives must have a sheath and blade length should be no longer than 6". No machetes or "Rambo" knives. A 5" fixed blade knife is optimal. If you have a blade less than 5", or a folding pocket knife, processing firewood will be more difficult.

Any questions regarding the items in the packing list, other matters, or to contact me the day of the event, please call/text **Joey Rios at 210.723.7571** or contact me at **[sosadventures@yahoo.com](mailto:sosadventures@yahoo.com)**

Thank you for your interest in the Overnight **Adult Wilderness Survival Clinic**; we look forward to seeing you there!

## Wilderness Survival Basics - Packing List

Item Description	Quantity	Additional Info
<p><b>* <u>Hunting/Survival Knife</u></b></p> 	<p><b>1</b> <b>Mandatory</b></p>	<p><b>* <u>Parental discretion advised.</u></b> Minors must have expressed permission from parent or guardian in order to use knife.</p> <p>Most training scenarios will have need for a knife. Should be a fixed-blade for optimal usage, example at left. A folding knife will suffice if that is all you have. <b>Knives must have a sheath and blade length should be no longer than 6". No machetes or "Rambo" knives. Optimal length is a 5" blade.</b></p>
<p><b><u>Ferrocerium Rod/Fire steel</u></b></p> 	<p><b>1</b> <b>Mandatory</b></p>	<p><b>Can be purchased at REI, Bass Pro or Academy.</b></p>
<p><b><u>Plastic Tarp/Tent Stakes</u></b></p> 	<p><b>1</b> <b>Mandatory</b>  <b>No tents allowed!</b></p>	<p><b>Minimum 6X8, optimal 8X10</b> <b>Walmart has 8X10 for \$10.</b></p> <p><b>8-10 tent stakes. Any brand. I will have extras stakes available.</b></p> <p><b>Brand and quality of tarp does not matter, but remember this will be your shelter for the night!</b></p>

<p><b>Metal Container or Cook pot</b></p> 	<p><b>1</b> <b>Mandatory</b></p>	<p><b>Stainless is best. Will be used to boil water over fire. Please note the container will become covered with soot after use. Most of it will come off with soap/water and a little elbow grease.</b></p>
<p><b>Cordage</b></p> 	<p><b>50 feet minimum</b> <b>Mandatory</b></p>	<p><b>Strong twine, paracord or bank line. Will be used for multiple tasks including building your shelter.</b></p>
<p><b>Light</b></p> 	<p><b>1</b> <b>Mandatory</b></p>	<p><b>Light source. Can be handheld flashlight or headlamp, with extra batteries.</b></p>
<p><b>Cotton Bandana</b></p> 	<p><b>1</b> <b>Mandatory</b></p>	<p><b>Bandanas will be adequate. Shemagh's are also acceptable.</b></p>
<p><b>Sleeping Bag</b></p> 	<p><b>1</b> <b>Mandatory</b></p>	<p><b>This will be your main source of thermal protection overnight. If you have a survival bivv/blanket and want to try it and have a sleeping bag as a back-up, that would be fine. This would be a good time to test your gear.</b></p>

<p><b>Space Blanket</b></p> 	<p><b>1</b> <b>Mandatory</b></p>	<p>For use with Shelter class.</p>
<p><b>Sleeping Pad/Thermal Barrier</b></p> 	<p><b>1</b> <b>Optional</b></p>	<p>Normally you would use grasses or boughs to insulate you from the ground. We are unable to utilize this from the environment so bring something for insulation, if you want. It doesn't have to be a sleep pad. It can be your space blanket or even a windshield shade from a car.</p>
<p><b>Backpack</b></p> 	<p><b>1</b> <b>Mandatory</b></p>	<p>Have all your gear in 1 pack of your choice.</p>
<p><b>Trekking/Hiking Poles</b></p> 	<p><b>1 Pair</b> <b>Optional</b></p>	<p>If you have them, bring them. We will use them to build your shelter. If you don't have them it is not a problem.</p>

<p><b>Pen-pencil/Note Pad</b></p> 	<p><b>1</b> <b>Mandatory</b></p>	<p><b>For use during class.</b></p>
<p><b>Heating Source/Cook System</b></p> 		<p><b>The only heating source allowed will be the one you build. You will use fire to cook, purify water and for warmth. No worries, I guarantee you will be able to start one!</b></p>
<p><b>Restroom Supplies</b></p> 	<p><b>Mandatory</b></p>	<p><b>During the hike portion of the class; there are no facilities.</b></p> <p><b>In the evening we will have access to a standard restroom.</b></p> <p><b>I would suggest bringing 1 roll of toilet paper and hand sanitizer.</b></p>
<p><b>Gloves</b></p> 	<p><b>Optional</b></p>	<p><b>Bring them for hand protection during the fire portion of class and when using your knife.</b></p>

<p><b>First Aid</b></p> 	<p><b>1</b> <b>Mandatory</b></p>	<p><b>Bring 1 personal first aid kit. Bring any prescription meds that are needed as well.</b></p>
<p><b>Bug Spray/Head net</b></p> 	<p><b>Optional</b></p>	<p><b>Bring it if you want.</b></p>
<p><b>Food - Snacks</b></p> 	<p><b>Mandatory</b></p>	<p><b>We will be sampling some "survival" food in the evening.</b></p> <p><b>You are allowed to bring 2 "dinners" (Mountain House) variety, and as many snacks as you care to carry. Don't forget your spoon!</b></p> <p><b>* If you have special dietary needs, please bring what you need.</b></p>
<p><b>Water/Filter</b></p> 	<p><b>Water</b> <b>Mandatory</b></p> <p><b>Water</b> <b>Filter</b> <b>Optional</b></p>	<p><b>Mandatory - Bring 2 liters of water only.</b></p> <p><b>We will have a water source but the water will have to be filtered/purified.</b></p> <p><b>We will have a spare water filter to use if you do not have one. Don't feel like you have to buy one for the class if you don't want to.</b></p>

<p><b>Altoids Tin</b></p> 	<p><b>1</b> <b>Mandatory</b></p>	<p><b>Will be used for creating char-cloth to start fire.</b></p>
<p><b>*** Dress for the environment. Rugged outdoor clothing and footwear highly suggested.</b></p>	<p><b>Strongly suggested</b></p>	<p><b>You are allowed 1 extra shirt and 1 extra pair of socks.</b></p> <p><b>A hat is highly recommended.</b></p> <p><b>If the weather calls for colder weather, bring what you need to stay warm.</b></p> <p><b>Clothing may get dirty, wet, muddy or otherwise "roughed up".</b></p>
<p><b>The above items are the minimal items needed to keep you alive and safe. There are many more things we would normally bring if we were camping, but the focus of this class is to give you confidence in surviving with a minimal amount of equipment.</b></p> <p><b>"Remember the more you know, the less you need." If you have specialized items you need for specific reasons, please contact me for authorization.</b></p> <p><b>The Instructor has the discretion as to what equipment will be allowed to use during the class.</b></p>		<p><b><u>Prohibited Items</u></b></p> <ol style="list-style-type: none"> <li><b>1. Fuel, matches or lighters</b></li> <li><b>2. Electronics except for cell phone.</b></li> <li><b>3. Tents</b></li> <li><b>4. Ice chests</b></li> <li><b>5. Extra food or water other than what is on list.</b></li> <li><b>6. Any beverages other than water.</b></li> <li><b>7. Stoves</b></li> <li><b>8. Hydration packs</b></li> <li><b>9. Lanterns</b></li> <li><b>10. Luxury items such as a pillow, beauty supplies, toothpaste/toothbrush, deodorant, etc.</b></li> </ol>