

***THE PATHFINDER SCHOOL***  
*Survivability Basics*



Basic List of Equipment and Class Syllabus

## Basic Equipment Recommendation List-

Cutting Tools Choice x2

Fire Making Devices

Lighter

Ferro cerium Rod

Magnification Lens

Water bottle Stainless Steel 32 oz or Canteen and Cup US

Tarp/Poncho/Plastic Drop Cloth 8'x8' minimum

55 Gal Drum Liners x2

Sleeping bag or blanket

Cordage (Bankline or Para cord) 100'

Bungee Cords x2 3'

Headlamp with spare batteries

Cotton material or bandanna 3'x3'

Compass with bezel ring and sighting Mirror

Duct Tape 2" 50'

Repair Needle

Dry Bag 5-10 liter capacity

Journal and 3 Pencils (Carpenter type)

1 bottle 2% Tincture of Iodine

Clothes appropriate for weather conditions in this area!

**ANY MEDICATIONS NEEDED FOR PERSONAL USE AS WELL AS ALLERGIES LIKE POISON**

**IVY!**

Food (No regular Meals are provided in this class so food is whatever you choose to bring) There will be a base camp fire for cooking as well as availability to fresh water. Make sure you bring snacks for breaks and to keep energy levels high.

## **Class Syllabus-**

### **SURVIVABILITIES**

#### **Control Core Temperature**

**Factors in Thermoregulation-**

**Hydration Factors-**

**Other External Factors to Control Core Temperature-**

#### **Equip to Survive**

**THE 5 C's of SURVIVABILITY-**

**The 10 Piece Basic Emergency Survival Kit-**

#### **Basic Skills**

**Fire Basics-**

**Shelter Construction-**

**Natural Shelter-**

**Collecting Water and Potability-**

**Treating Ground Source Water-**

#### **Plant Lore**

**Introduction to Edible and Useful Plants of the Eastern Woodlands-**

#### **Trapping**

**Simple food sources-**

**Improvised Hunting and Gathering Tools-**

**Landscape Tracking-**

## **Trapping**

**Sign Tracking-**

**Acquiring Bait-**

**Simple Triggers-**

## **Navigation**

**Natural Indicators-**

**Primitive Generalities-**

**Improvised Compass Technique-**

**Compass Basics-**

**Traveling-**

**Night Navigation-**

## **Signaling Basics**

**Whistles-**

**Signal Mirrors-**

**Signaling with Lights-**

**Signal Fires-**

## **Think Like SAR-**

**Staying Put-**

**Moving On-**

**Classes will meet at the Rest stop on the East Side of US35 between Jackson and Chillicothe at 0800 Friday Morning for convoy to the site. Liability release forms must be signed before leaving meet location. Any and All medical conditions are to be placed on this form and your attendance to the class is at the total discretion of The Pathfinder School LLC.**

**Materials that will make your experience more enjoyable-**

**Rite in the Rain Journal**

**Survivability for the Common Man Waterproof Edition**

**Peterson's Field Guide to Wild Edibles (Eastern)**

**DSLR Camera**

## **IMPORTANT PLEASE READ**

**SCHOOL POLICY- We allow any and all photographs that you want to take to help you remember the experience at the Pathfinder School. Any and all photos of Dave Canterbury are considered the sole property of The Pathfinder School LLC and cannot be reproduced or posted on Public Forums without expressed written permission. However no Video Cameras are allowed on site except Pathfinder School Equipment.**

