



WILDERNESS SURVIVAL KIT

Setting out for a day or a week in the woods should be something to enjoy, not survive! But you never know when an emergency might occur. So it's good to be prepared. Your four basic needs are shelter, warmth, signals and first aid. So here are nine things you shouldn't be without, even on a short trip.

- **Knife:** A knife could be the most important tool in your kit. From cutting tree branches to opening cans, a knife can have many different uses.
- **Insect Repellent:** Who would think you would be worrying about bugs when there might be bears around? But mosquitoes can attack like dive-bombers in the night. Get the strongest bug spray you can find.
- **Signal Light:** A flashlight or torch will ease your fear and help you see in the dark. More importantly, it will make it easier for others to find you. Be sure to get LED lights. They are brighter and last longer than regular batteries.
- **Whistle:** If you're lost and trying to get help, the sound of a whistle travels a lot farther than your voice. And it keeps your voice from getting too tired.
- **Matches:** You might need a fire for warmth and protection. So be sure to have some wooden matches in a waterproof container.
- **Mirror:** No, it doesn't matter what you look like! A mirror will help you flash signals that can be seen from far away.
- **Plastic Cape or Poncho:** Get a bright-colored poncho that folds up into a small package. It could make the difference between being cold and wet or dry and comfortable. It can also be used for a waterproof shelter or a ground sheet to sleep on.
- **Metal Cup:** You're going to need something to drink from. You can use it to heat up water or food on the fire.
- **First Aid Kit:** Be sure to have some band-aids, disinfectant and gauze to patch up small cuts.

With all this equipment you should be able to stay safe until help arrives. And here's one last piece of advice if you get lost from your group: stay put, stay warm, get bright and get noisy.



BEFORE READING

Have you ever for a hike or camp in the wilderness? Think about what dangers there might be. How can you be prepared for them? Read this passage to find out.

DURING READING

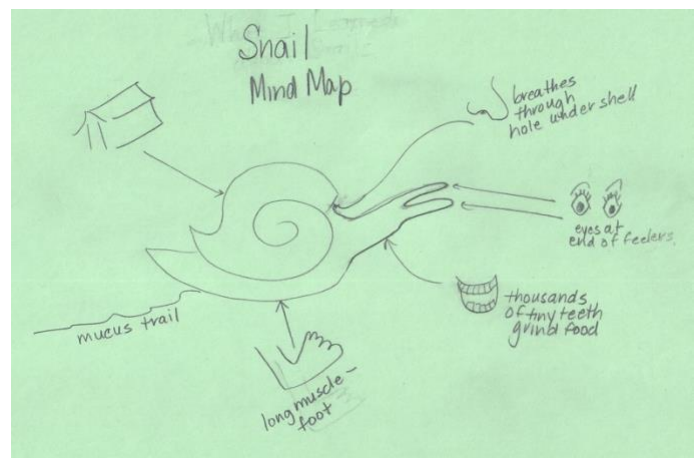
Do you agree with this list? As you read, put a check mark beside each item that you agree is important.

AFTER YOU'RE DONE READING

1. Which do you think is the most important thing on the list? Why do you think so?
2. Do you think there might be anything missing from the list?
3. What are three things you might use a knife for?
4. Read the last sentence of the passage. "Stay warm" is pretty obvious. But what does the rest mean? "Stay put, get bright, and get noisy." Is this good advice? Why or why not?

SOMETHING TO DO: MAKE A MIND MAP

A mind map is a set of pictures and words to represent information in the passage. The topic or main idea is in the middle with key ideas around it. Use pictures and labels to represent the most important ideas and items in the Wilderness Survival Kit.



WILDERNESS SURVIVAL MIND MAP

