



On arrival at our camp and training location:

Day 1.

- Intro, course outline and H&S brief.
- Kit admin, demos, wilderness scenario aspects.
- FFFAWNS background, ideology and wilderness/survival mentality.
- Shelter requirement situations and basic shelter demos.
- Bends, hitches & lashings.
- Shelter and camp setup.
- Natural emergency/shelter intro.
- Scenario for emergency/natural shelter.
- Locating ideal shelter area.
- Shelter building practice.
- Campcraft.

Day 2.

- The principals of firecraft, safety & next fire mentality.
- Natural and synthetic materials, primitive and modern methods and techniques.
- Use primitive, carry modern fire making background.
- Fire making demos.
- Firecraft project period.
- Featherstick and wet environment fire craft.

Day 3.

- Friction fire demo.
- Materials, methods and techniques.
- Tree ID and material harvesting walk.
- Bow drill set construction.
- Fire area prep.
- Friction fire practice.

Day 4.

- Intro wilderness first aid.
- First Aid kits and possibles pouches.
- FA scenario and region preparedness.
- Working with hot or cold climates.
- Field dressings and wounds.
- DRS ABC
- Lionel procedures.
- CPR.
- Kit and method improvisations.
- Foraging and preparing natural medicine.
- Casualty mobilization.
- Splints, slings and crouches.



- Stings, bites and critters in the field.

Day 5.

- Intro to Navigation.
- Primitive and modern nav.
- PLB's and emergencies.
- Intro Map and compass.
- Navigation field exercise.
- Natural navigation.
- Observation and heightened awareness.
- Nighttime celestial navigation.

Day 6. (split skill day)

- Water for survival.
- Rule of 3.
- Sourcing water and safety.
- Water filtration (modern & primitive).
- Building natural filters.
- Intro to trapping.
- Modern and primitive techniques.
- Demo traps.
- Project trap building period.

Day 7

- Food sourcing intro.
- Nutrition requirements and energy admin.
- Small game processing.
- Cooking on the open fire.
- Intro to foraging.
- Methods, etiquette, sustainability, H&S and applications.
- Fieldtime, plant/fungi/tree ID, smell, feel and taste.

Course end 4.00 pm.