

# **SURVIVAL KIT**

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# **SCOUTS SURVIVAL SKILLS BADGE**



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## **THANKS TO** >>>>>

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for their contributions to this resource.

### **SCOUTS AND VICTORINOX DISCLAIMER**

The Scout Association recognises that bladed and sharply pointed hand-tools are important for working on survival skills. We promote the safe use of knives used as a tool reiterating UK Law. Knives with a fixed non-folding blade, a folding knife with a blade over three inches in length or a folding knife which, locks in place require the person carrying such a knife in public (whatever age) to have good reason for carrying the tool. It is illegal to sell such a tool to a person under 18.

The Scout Association holds no responsibility from injuries that have occurred as a result of using this resource. Whenever a knife is to be used, or any other activity a risk assessment must be made and suitable controls put in place.



# INTRODUCTION >>>>>

Being prepared for an emergency situation before you go on an expedition can help in the event of a crisis. Becoming lost, injured or stranded outdoors can quickly turn into a life-threatening situation, particularly in extreme weather conditions. Taking the right equipment and knowing what action to take in a survival situation is essential to ensure the safety of yourself and others in an emergency.

## SURVIVAL SITUATION PRIORITIES

If you find yourself in a survival situation, you will need to prioritise what steps to take.

### Shelter



Shelter is essential to stay dry, protect you from the elements and allow you to sleep. If there isn't a natural shelter such as a cave, build an A frame shelter or lean-to. Insulate the ground with foliage to cut down on heat loss. For more advice and guidance check out the Survival Skills Building a Shelter resource pack.

### Fire



A fire is vital for warmth, cooking, purifying water and keeping unwanted animals or insects away. Find out how to build different types of fire in the Survival Skills Fire Building resource pack.

### Water



You need water to survive. If you cannot find a clean source you will need to filter and boil or purify the water before drinking it. Use a Millbank bag to strain off any sand, mud or other particles before roll boiling the water (when the liquid is vigorously bubbling) for at least two minutes to kill bacteria.

**TIP**

A Millbank bag is a canvas bag that filters out dirty water, removing sediment such as decomposing organic materials, sand or mud.

### First aid



After shelter, fire and water you should attend to any non-life threatening medical conditions. Find out about administering first aid in the Survival Skills First Aid resource pack.

### Food

It is important to know how to live off the land and what food you can forage or hunt in a survival situation. The Survival Skills Cooking resource pack will help you identify some of the foods you can eat.

### Rescue

Learn some distress signals to alert others to your location using the Survival Skills Distress Signals resource pack.

## PUTTING TOGETHER A SURVIVAL KIT >>>>

### SURVIVAL KIT

Survival kits are usually packed into a small tin container and comprise an assortment of gadgets that will help you on your adventures. These can include:

- a fixed blade or Swiss Army Knife



- a Ferro Rod and Striker



- sewing kit



- fishing kit (barbless hooks)
- compass

- waterproof matches



**Basic first aid kit** includes:

- adhesive plasters of various sizes
- crepe bandages
- sterile dressings
- triangular bandage
- adhesive tape
- safety pins
- tweezers
- notebook and pencil
- foil blanket



### Mirror and whistle



A simple mirror or piece of highly polished metal and a whistle will help attract attention and increase your chances of being found if you are stranded. See the Distress Signals resource pack for step by step instructions on how to carve your own elder whistle.



## IF YOU ARE PLANNING AN EXPEDITION, THERE IS A RANGE OF SPECIALIST EQUIPMENT THAT COULD SAVE YOUR LIFE IN AN EMERGENCY. THESE ARE SOME OF THE ITEMS YOU SHOULD CONSIDER TAKING WITH YOU.

### Ferro Rod

This should be a top priority in your survival kit as you must have a guaranteed way of lighting a fire. A good-quality Ferro rod provides over 2,000 sparks.

### Personal locator beacon (PLB)

If you're venturing off the beaten track into more remote areas a PLB may be a worthwhile investment. It needs to be registered with the relevant national authority and your details kept up to date. It should only be activated when there is no other means of rescue and the situation is one of grave or imminent danger. Misuse of a PLB or accidental activation may result in a penalty.

### Water purification kit

These kits are lightweight and portable and screen out 99.9% of harmless bacteria if your clean water supply runs out.

### Safety light stick

Each stick provides emergency light for up to 12 hours (check the packet for number of hours as this may vary).

### Location marker dye

There are products available that release a fluorescent dye into water or snow and will help you be spotted by search and rescue teams. The dye can be seen from as far as a mile away.

### Windproof matches

Used by the armed services around the world, these matches burn for over ten seconds and cannot be blown out, even if they are dropped in water.

### Survival blanket

Survival blankets trap air and prevent heat loss, offering excellent protection against hypothermia.

### Lightweight tarp



A tarp and rope takes up very little room in your kit and can be rigged up to provide a shelter in just a few minutes, especially if you get caught in a downpour.

### Hammock and mosquito net

Invest in a good-quality hammock and mosquito net. The hammock saves you from sleeping on cold, bumpy ground, and the net will protect you from midges, mosquitoes and other creepy crawlies.

### TIP

A tarp and hammock system is a lightweight alternative to building a natural shelter.

# ACTIVITY SHEET >>>>>

## CAN YOU SURVIVE?

Identify a potential survival situation you may encounter

a) Where are you?

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b) What are your natural surroundings?

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c) What are the weather conditions?

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d) What problems have you encountered?

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e) What pieces of survival kit would help you in this situation?

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f) What natural resources can help your situation?

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**What would you include in your personal survival kit?** You might include useful adaptable items like paracord or a brightly coloured T-shirt to wear or use as a flag in an emergency.

**Equipment**

**What you would use it for**

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**Put your personal survival kit together and photograph it or draw it.**