



6 PRACTICAL EXERCISES | FIELD CHECKLIST

BASIC WILDERNESS SURVIVAL SKILLS

Practice safely. Check off each skill as you complete it.

NAME: _____ PRACTICE DATE: _____

1 NAVIGATION

Map, compass, landmarks and a short familiar route.

- ☐ Orient a map and identify three landmarks.
- ☐ Follow the planned route and return safely.

DONE WHEN: You can explain where you are and how to return.

2 WATER FILTRATION

Practice with clean tap water; do not drink untreated natural water.

- ☐ Assemble and operate the filter correctly.
- ☐ Prevent cross-contamination; clean and store it.

DONE WHEN: You can explain the filter's limitations.

3 EMERGENCY SHELTER

Use a tarp or bivy in a safe, permitted practice location.

- ☐ Assess wind, drainage and overhead hazards.
- ☐ Set up shelter and add ground insulation.

DONE WHEN: You can pack it down and set it up again.

4 FIRE SAFETY

Live ignition only where permitted and conditions are safe.

- ☐ Identify tinder, kindling and safe fire conditions.
- ☐ Build an unlit fire lay; review full extinguishing.

DONE WHEN: You know when NOT to light a fire.

REMEMBER: Controlled practice is the goal - never manufacture a survival emergency. Stop if conditions become unsafe.



SAFETY CHECKS | PROGRESS LOG

COMPLETE THE FINAL TWO EXERCISES

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FIRST-AID SCENARIO

Simulate an injury; do not perform invasive procedures.

- ☐ Check scene safety and responsiveness.
- ☐ Locate kit supplies; rehearse emergency communication.

DONE WHEN: You know when to seek emergency help.

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EMERGENCY SIGNALING

Practice without creating a false alarm.

- ☐ Locate whistle and identify visible signals.
- ☐ Practice finding and sharing your location.

DONE WHEN: You can explain how to request rescue.

BEFORE PRACTICE

- ☐ Choose a familiar location and check weather and local rules.
- ☐ Bring water, appropriate gear and a reliable way to leave.
- ☐ Tell someone your plan when heading away from home.

DURING & AFTER PRACTICE

- ☐ Use gear correctly; stop if conditions become unsafe.
- ☐ Clean, dry and repack equipment; leave the site as found.
- ☐ Record problems and review the matching in-depth guide.

MY SKILLS PROGRESS LOG

Skill to repeat:

What I learned:

Next practice date:

Use with: Basic Wilderness Survival Skills: 6 Practical Exercises for Beginners