



# Nature Reliance School Central Kentucky

*offers*  
**Survival  
Basics**

**March 30 – April 1**

Nature Reliance School will be leading a wilderness survival basics course. This class will offer the novice outdoorsperson an excellent introduction to survival methods and strategy. It will also offer the experienced outdoorsperson the opportunity to learn more and varied techniques, and most importantly, stay in practice with these perishable skills. We will look at personal safety (basic first aid), avoiding hypothermia and hyperthermia (maintaining proper core body temp), procuring and cleaning water in the wild, and obtainment of food, particularly edible and medicinal plants. This class will be very hands on and will focus on both natural (primitive methods) and more modern methods using gear that may be available. There will be several scenario based situations in which the participants will be put into, so you can practice the skills you will be learning. This will also serve to also develop solid critical thinking skills in a stressed environment under safe training conditions.

*(For more information regarding Nature Reliance School please see [naturereliance.org](http://naturereliance.org))*

**Friday, March 30th**

6:30pm-10pm— Camp Setup, fireside chats

**Saturday, March 31st**

- How not to get lost.
- Map and Compass
- SAR-how you can help them find you.
- Basic First Aid
- Shelter building
- Fire building

**Sunday, April 1st**

- Finding, cleaning and maintaining clean water.
- Edible and medicinal plants
- Animal traps and spears/gigs
- Signaling
- Survival mindset

**Required gear list:**

- Very basic first aid kit
- Water container
- Fixed blade knife
- Bank line and/or paracord
- Sun screen/Bug spray

**Recommended gear list:**

- Sleeping system (hammock, pad, tent)
- Water
- Backpacker, easy to fix over fire food
- Change of clothes
- Biodegradable toiletries
- Day pack or larger
- Notebooks and pencils
- Camera

## REGISTRATION:

Name: \_\_\_\_\_

Email: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City, State and Zip \_\_\_\_\_

Phone Number \_\_\_\_\_

### EARLY REGISTRATION REQUESTED

Please mail registration to the following:

Nature Reliance School  
PO Box 4093  
Winchester, KY 40392-4093

Questions, contact us:  
859.771.8313  
info@naturereliance.org

**Class Fee is \$150.00**  
(\$100.00 if received by 02/28/12)

### **Class instructor is Craig Caudill.**



*Craig Caudill, director of Nature Reliance School, has spent a lifetime in the outdoors. Hiking, hunting, exploring, studying and teaching. He has also spent several lengthy sabbaticals "living off the land" and learning how to be a good steward of our natural resources. He is a published author and on the topic of survival in many magazines and has been featured in several magazines and Kentucky Educational Television. Mr. Caudill has also continued his study and learning with notable instructors throughout the country including Richard Cleveland (Earth School), Dave Canterbury (The Pathfinder School), Rob Speiden (Nature Aware-*

# NATURE RELIANCE SCHOOL

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