

THE OUTDOOR



CHALLENGE BY:
ELLIOTT
CANSFIELD

This Book Belongs to:

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This Book Is Dedicated to
Louise Colville.

*- To those that inspired
it and will probably not
read it.*

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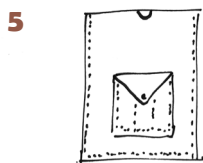


INTRODUCTION

Welcome to The Outdoor Challenge Community!

This booklet is your personal guide to exploring the great outdoors where you will learn all the basic skills to survive in the wilderness!

Pick up your kit and get ready for an adventure!



In your kit you will find:

- 1 Knife
- 2 Sharpening Stone
- 3 Oiling Pen
- 4 Pencil
- 5 Organiser

FIRST AID 1



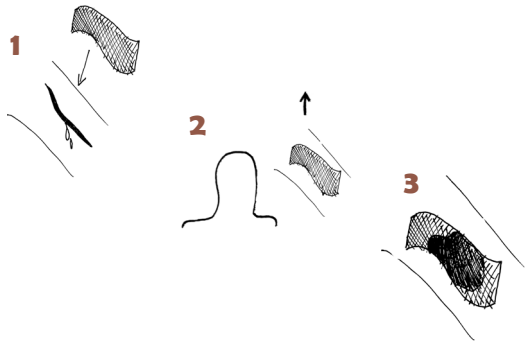
Things you need:

- Knife
- Scrap cloth

Reduce Bleeding

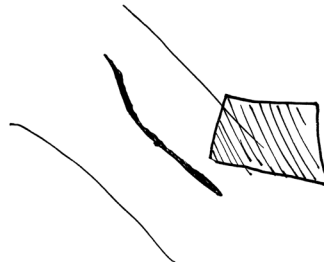
There are three ways to reduce bleeding:

- 1 - Apply pressure to the cut with a tissue or any absorbant cloth.
- 2 - Lift the cut above the level of the heart.
- 3 - Allow blood to soak into the tissue, do not remove it from the cut when it looks red.



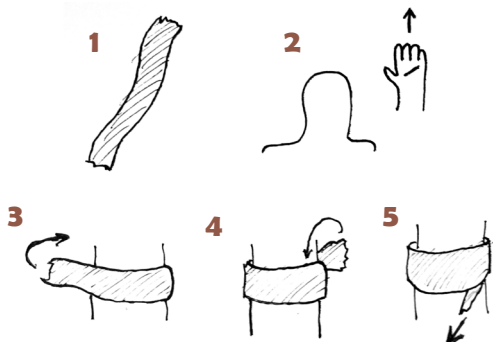
Cleaning a Cut

When the bleeding has reduced and has almost stopped, you must clean the cut before dressing with bandages. Use the alcoholic wipes in your kit to clean the area of the cut.



Basic Cut Dressing

The most common injury when bush crafting is minor cuts to the hand, you must know how to dress a cut to avoid infection. When wrapping the bandage, it is important to keep the material flat, and when you have finished wrapping simply tuck the banded under the wrapping to secure it.



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Outdoor Leader Notes:

FIRST AID 2

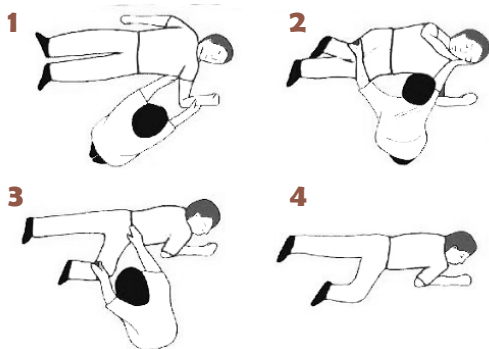


Things you need:

- Knife
- Scrap cloth

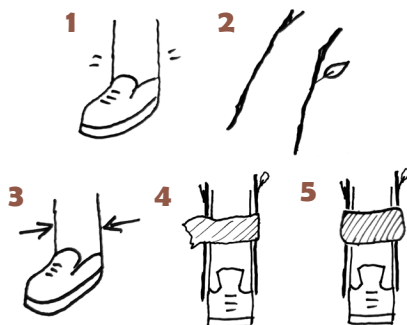
Concussion

If a person trips and hits their head hard they could get a concussion. Concussion usually goes away on its own. But in the meantime, the person that is injured should lie down in the recovery position (see images to the right) and take pain killers until the dizziness or sickness goes away. Call 999 whilst they are resting and get further advice.



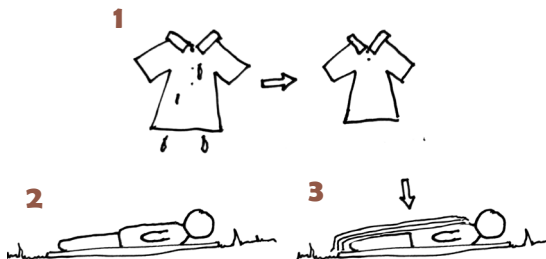
Sprains/Breaks

Another common injury is sprained ankles and broken arms due to trips and falls on uneven surfaces. First aid can help the injured get to hospital safely. Use the bandage wrapping technique from above to lash the two sticks onto the injured leg.



Hypothermia

If you do not dry off and warm up quickly you can become hypothermic, you should know how to stop hypothermia. Remove wet clothes and replace with dry ones, lie down on a dry bit of ground (ideally with a coat or something to keep the person's back dry, then cover them with blankets.



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Outdoor Leader Notes:

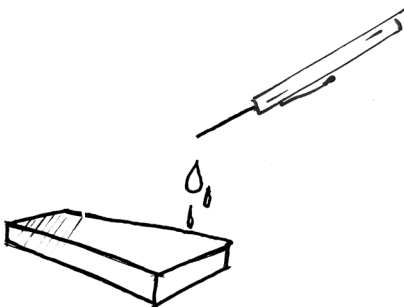
KNIFE SHARPENING

Things you need:

- Knife
- Oil
- Sharpening stone

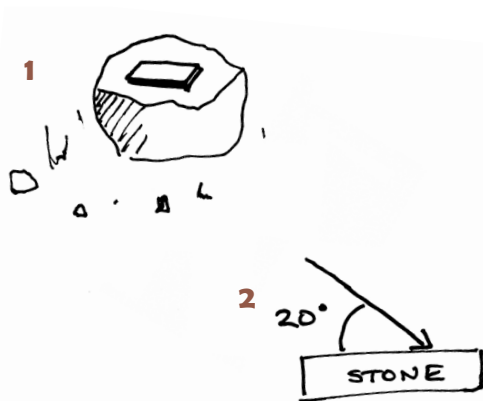
Oiling the Stone

The oil helps to lubricate the surface of the stone, this allows the blade to move smoothly as you sharpen, it also helps clean away the metal dust off the stone. Remember - a sharp knife is a safe knife.



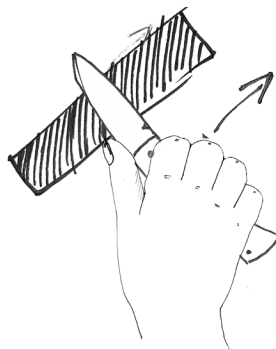
Holding Stone and Knife

Place the stone on a flat rock that is high enough off the ground for you to easily sharpen against and hold the knife firmly in your dominant hand. Hold the knife edge to the stone at a 20-degree angle.



Drawing the Knife Edge Over the Stone

With the knife held at 20 degrees, push the knife across the stone. Repeat this with the other side of the knife, each pushing motion should be soft and consistent.



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Outdoor Leader Notes:

CARVING 1

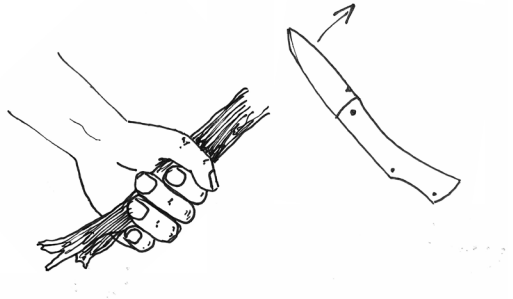


Things you need:

- Knife
- Wood

How to Hold your Knife and Work Piece

Hold the wood firmly in one hand and with the other hand hold the knife, with the edge pointing away from the body.



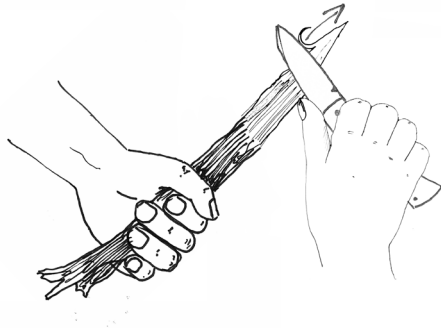
How to control a cut

Place your thumb on the top of the blade of the knife, and push from the wrist, allow the edge of the knife to do the work, do not force it through the wood.



Pointing a Stick

With the skills learnt above, at the end of the stick take long slices off the end of the stick, rotating the stick in your hand, progressively cut until you have a point at the end of the stick.



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Outdoor Leader Notes:

CARVING 2

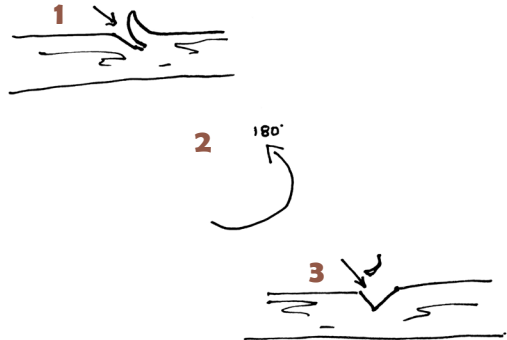


Things you need:

- Knife
- Wood

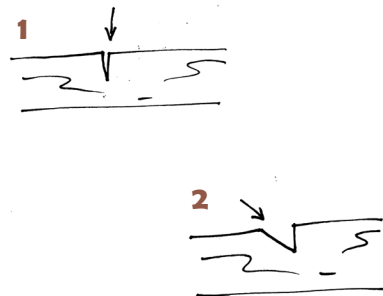
V-Cut

Hold the wood as taught previously, firmly press the edge of the knife into the wood at an angle, then rotate the wood 180 degrees in your hand and repeat.



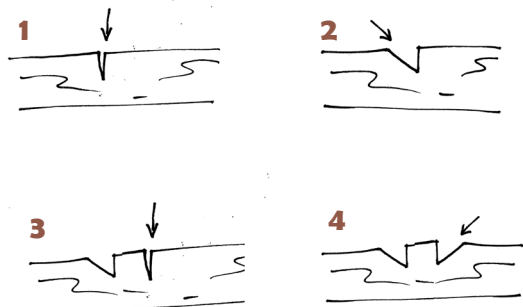
Stop Cut

Holding the wood in the same way do a cut that is perpendicular to the surface of the wood, then rotate the wood 180 degrees in your hand and then do an angle cut that will meet the bottom of the first cut.



Relief Cut

Place the wood on the ground, then score with the tip of the knife two parallel lines along the surface. Then holding the wood, as above, cut 90 degrees along the side of the two score lines.



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Outdoor Leader Notes:

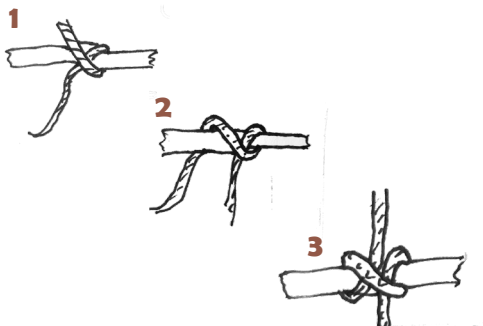
KNOTS 1

Things you need:

- 2 Ropes
- Stick

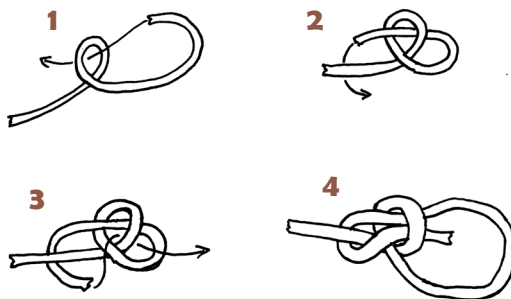
Clove Hitch

This knot can be used for securing rope along several posts to form a fence-like structure. This is useful when you want to block off a zone of your camp to stop animals getting in and ruining your shelter (those pesky sheep)!



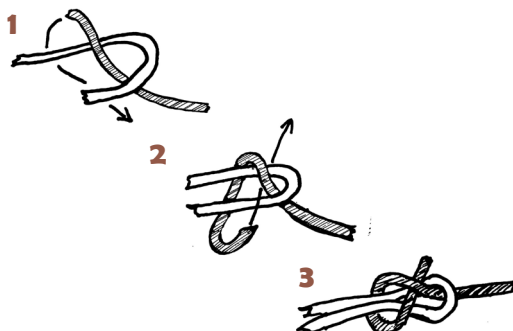
Bowline

This knot is made to make a non-slip loop at the end of a rope, which has many uses for shelter building.



Sheet Bend

This knot is used to allow you to easily connect ropes of different diameters without the rope being able to slide apart easily when force is applied along the line. This is great for when you run out of rope and have to get creative!



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Outdoor Leader Notes:

KNOTS 2

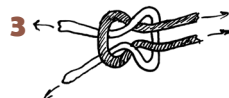


Things you need:

- 2 Ropes
- Stick

Reef Knot

This knot is used to tie two ends of a single rope to bind around an object. This is an essential knot for building shelters!



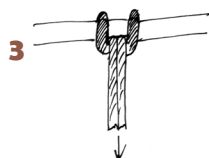
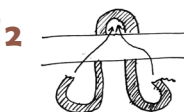
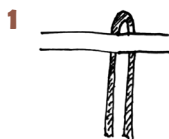
Double Figure of Eight Knot

This knot has its main use in climbing, the loop at the end can have a bolt put through. This knot is useful for suspending pots from cooking tripods (this will come in useful later).



Cow Hitch

This knot is primarily used to tie a rope to a ring or a pole. If you walk your dog outdoors and you need a good knot to keep their leash attached to a fence - this is the knot for the job!



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Outdoor Leader Notes:

FIRE STARTING



Things you need:

- Lighter
- Wood

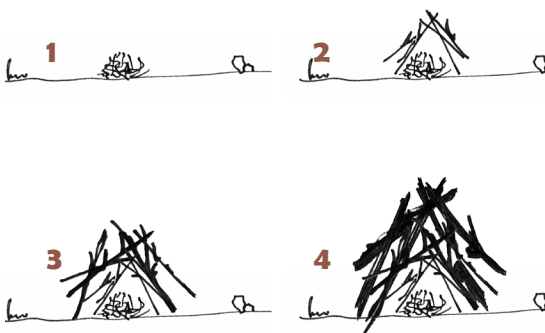
Wood Gathering

You will first need kindling wood (small sticks and Dry grass). Then gather wood of increasing size. Place these into size order piles.



Stacking wood

Make a small bungle of kindling on a dry bit of ground, place the wood in size order on top of each other until you end up with a pyramid-like arrangement of wood.



Ignition

With your source of ignition (match, lighter, etc.) touch the kindling with the flame in the middle of the fire, hold it until the whole bundle ignites. As it burns, place more wood on top.



Be cautious when using a lighter - keep flames away from clothes and hair.

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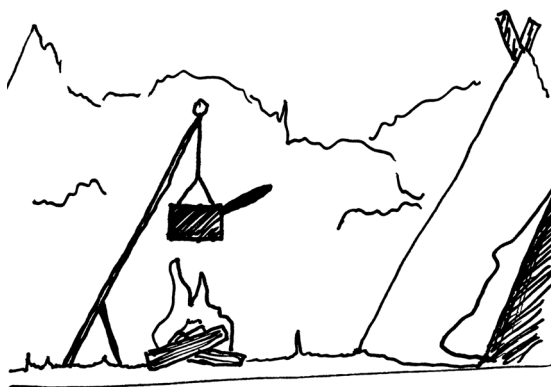


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Outdoor Leader Notes:

SURVIVAL SITUATION

You are on your way to a holiday centre with your friends, unfortunately, your vehicle breaks down in the middle of a forest, it is getting dark and there is no sight of any help around. Your phones have no signal, you must survive the night until help finds you. Using the skills you learnt above complete the next five tasks to keep yourself alive and well over night. Good Luck!



Remember to use the skills you learnt earlier in the guide!
Fill in the evaluation section at the bottom of each task, use this to help improve your skills and make you a Professional Survivalist!

ROSE-THORN-BUD



Each Survival task has a small table at the bottom with three elements to fill in. It is important you fill these in after completing each task, that is if you want to become a Pro-Survivalist! Your Outdoor Leader can assist you filling in these tables if you need any help! The Rose-Thorn-Bud system will help your leader assess your progress and help you gain further skills and knowledge!



ROSE

These are the successful outcomes of the task that need little improvement for the task to be performed any better.

THORN

This is a challenge area of the task; they are elements that can be improved to allow the task to go smoother next time.

BUD

This is an area for growth and changes you would make to the task 'Thorns'. This means the next time you do a survival task you will do it better than before!

TASK 1



Things you need:

- Knife
- Rope

Shelter Building

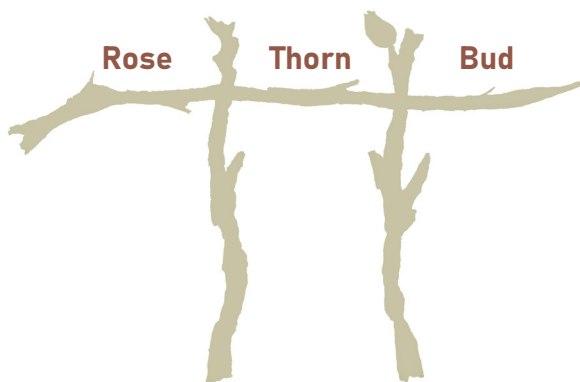
When in a survival situation you should always prioritize making a shelter. A shelter will provide a safe space to help with your mental wellbeing and keep you warm and dry.

The first stage is making your shelter from the ground up.

Insulate the ground with dry leaves and moss, this will help you keep warm at night.



The second stage of shelter building is making the support structure, this will hold the weight of all the material used to make the shelter. Once you have completed the second step you should add insulating material to the outside of the shelter, priority here should be making the shelter waterproof to resist adverse weather conditions.



Congratulations you have built your shelter! Now move onto Task 2 and keep on surviving in the wilderness!



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Outdoor Leader Notes:

TASK 2



Things you need:
- Lighter

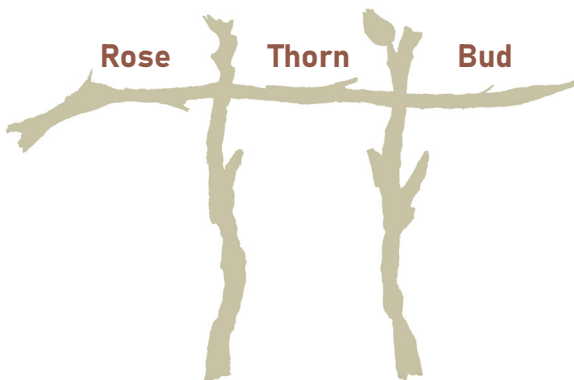
Fire Making

Making a fire is essential to survival, it is fundamental to keeping warm and cooking your food.

You should make sure that the fire is not too close to your shelter and placed in an area where the fire cannot easily spread. Find an area with damp or rocky ground as it will not allow fire to spread.



When cooking food on your fire you will need to construct a tripod structure to hold up the pot. The tripod should be made from freshly cut 'green' wood, as it will not burn easily when suspended over the fire.



Now you have set up your fire and cooking station, you need to collect water to keep yourself hydrated and healthy.

Water



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Outdoor Leader Notes:

TASK 3

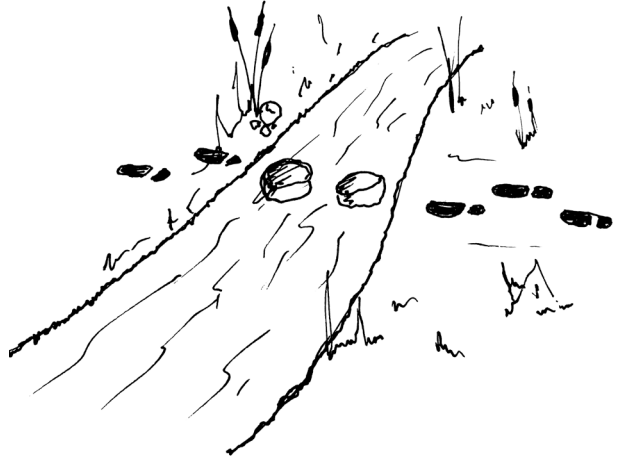


Things you need:
- Water tight vessel

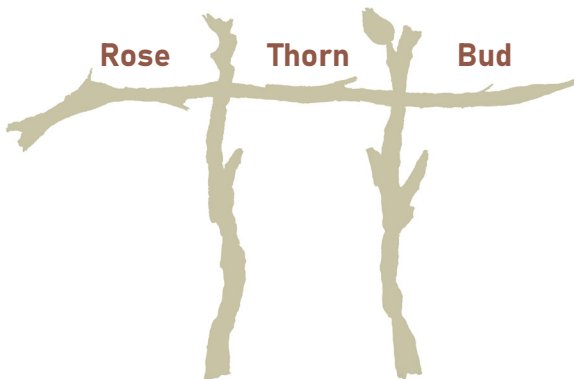
Water Collection

Collecting water should always be done from a moving water source, a stagnant source will often be filled with harmful bacteria which can be difficult to remove without chemical treatment.

Filter any large particles and items from the water with a cloth material, such as a clean sock or a t-shirt.



You should collect the water in a strong - fire resistant vessel. This will allow you to heat the water to a boil over the fire, killing the harmful bacterial that is found within the water. You should allow the water to boil for several minutes and stir it regularly to fully treat it before drinking.



Now you have your camp ready and you have water, you need to find food to keep yourself nourished.



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Outdoor Leader Notes:

TASK 4

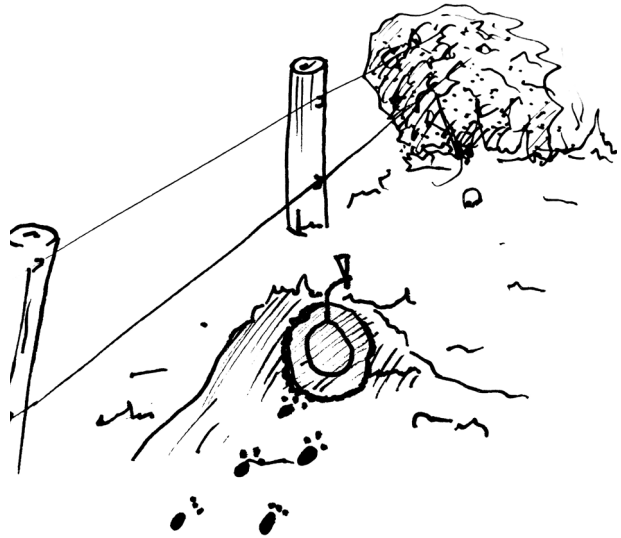


Things you need:

- Strong string
- Knife

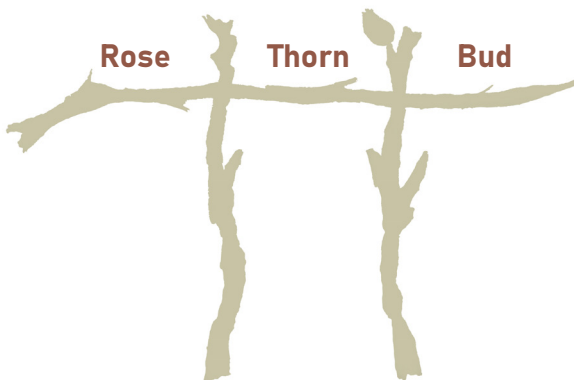
Finding food and Basic Trapping

Food can be found all around you in the woods, you just need to know where to look! With the assistance of your outdoor leader, you can find many berries that grow on bushes, these berries are full of vitamins and will keep your strength up in a survival situation.



You can also catch small game such as rabbits using snare traps.

To make a rabbit snare, make a loop from a bit of thin rope or wire, and place the ring of the loop at the front of a rabbit hole. Then secure the loose end of the snare to the top of the hole using a pointed stick (refer to the knots and carving sections of the guide for any reminders). If you leave it overnight you will come back to it in the morning with a rabbit waiting for breakfast!



Now go to the next task to find out how to cook your Rabbit!



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Outdoor Leader Notes:

TASK 5

Things you need:

- Rope
- Knife
- Pot

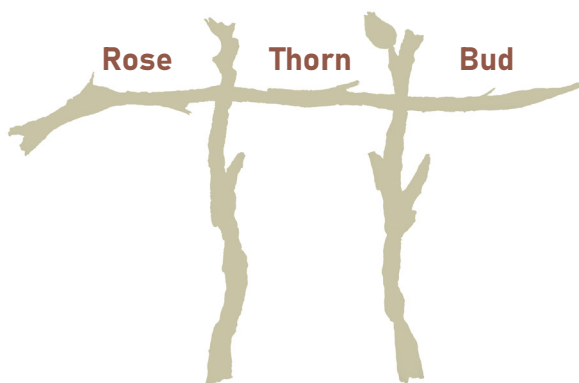
Camp Cooking

The first thing to do when you are wanting to cook over a campfire is to assemble a tripod. The tripod is a quick and effective way of suspending a pot or any other cooking vessel.

The tripod should be tall enough to not allow the fire to burn it, but not tall to the point that the heat cannot get to the pot.



When you cook meat over a fire it is important that you cook it properly all the way through. To do this, wrap the meat in tin foil as it will allow the heat to more evenly spread through the meat, this will prevent the meat from being burnt in some areas and cold in others.



Well done you are now a Survivalist!
On the next page you will find further information and links to our online community!



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Outdoor Leader Notes:

FURTHER INFO



For Further Information about this
outdoor project, please visit:

www.elliott-cansfield-media.com/honours-project



To see what others are doing to build their Outdoor
Survival Skills, please visit our online community at:

www.elliott-cansfield-media.com/onlinecommunity



WELL DONE YOU'RE A SUPER SURVIVALIST!



Scan the QR code below to download your digital certificate as
proof of you finishing this booklet!



OUTDOOR



Welcome to your first day in the woods as a bushcrafter! This guide and kit will help you learn some of the basic skills needed for survival.

Learn Carving, Fire Starting, First Aid, Knot tying and more!

Become a Professional Survivalist!



GUIDE **FIRST
EDITION
2021**