



## **Survival Core Seminar [SCS]**

This 8-hour course is a well-researched introduction to modern wilderness survival. This seminar is the basis of our modern wilderness survival training programme. The SCS emphasizes fact based learning and survival techniques designed to keep a person or group of people alive in the Canadian Wilderness for a Short Term Survival Situation (1 to 4 days). The seminar is an excellent primer of the concepts you need to live comfortably in the Canadian wilderness.

The SCS covers survival physiology, survival psychology, clothing, sleeping bags, fire lighting, shelter building, emergency signals, survival equipment and preparation. SCS also deals with how to mentally prepare you for surviving in the wilderness and an analysis of typical survival episodes.

The major emphasis on this course is modern wilderness survival techniques, mitigative survival skills and proper preparation for wilderness travel. In this course we cover both winter and summer survival shelters and techniques. This seminar is quality wilderness safety training at its best.

The information is practical, relevant and its approach is appropriate to both the inexperienced and experienced. Each section will be highlighted with displays and a copy of "**A Guide to Canadian Wilderness Survival**," Bruce Zawalsky's 450 page full colour survival book is provided at each participant.

### **Wilderness Survival Core Seminar Syllabus**

- 1. Introduction to Survival**
- 2. Survival Physiology**
- 3. Survival Psychology**
- 4. Clothing and Sleeping Bags**
- 5. Fire Lighting**
- 6. Shelter Building**
- 7. Emergency Signals**
- 8. Survival Equipment**
- 9. Preparing to Survive**
- 10. Learning from Others**

Location: Classroom #202 7205 Roper Road, Edmonton, AB or as Contracted

Dates: As per Web Site Calendar or as Contracted [Groups of 5 or more]

Cost: \$150 per person or \$600 plus \$20 per person [Groups of 5 or more]

Course Time Frame: 1 Day or 8 Hours