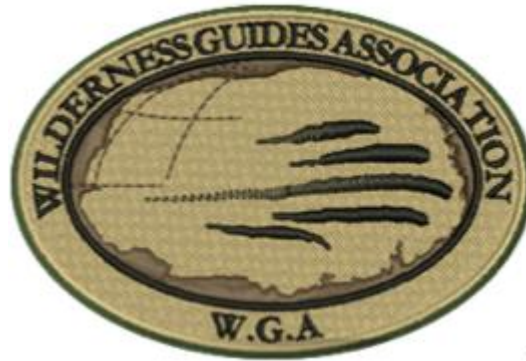


Wilderness Guide CSWI Level 1



Tracking

1. Animal

- " Species Identification
- " Gait and Stride Pattern
- " Gender Identification
- " Ageing/dating Tracks
- " Finding tracks through difficult terrain (grass, hard mud patches etc)
- " Other signs (scat, kill sites, food availability, terrain, season)

2. Human

- " Height of human
- " Approximate emotional state (calm, panic etc)
- " Finding tracks through difficult terrain (grass, hard mud patches etc)

Animals.

We will cover various animals, their habitats, behaviour and biology.

1. Predators

- " Black Bear and Grizzly. To include species identification, bear awareness (staying safe in bear country), biology, behaviour, habitat and special considerations
- " Wolves and Coyotes
- " Cougars
- " Lynx

. Weasels

- " Wolverine
- " Marten



- " Fischer
- " Weasel Family

2. Ungulates

- " Moose
- " Elk / wapiti
- " Mule Deer
- " White-tailed Deer
- " Rocky Mountain Big Horn Sheep
- " Mountain Goat
- " Woodland Caribou

4. Rodents

- " Beaver
- " Muskrat
- " Squirrel
- " Snowshoe Hare
- " Pika
- " Porcupine

Plant Identification.

1. Food

- " Plant Identification
- " Uses of different plants for food sources
- " Tea
- " Poisonous Plant cautions.
- " Determination of edibility of a plant
- " Medicinal uses of plants. These will cover well known medicines.

2. Hardware Uses

- " Making use of plants as tools.

Wilderness Living Skills.

1. Shelter

- " Various Lean To's
- " Tarpaulin
- " Others

2. Fire

- " Flint and Steel
- " Matches and Lighters
- " Bow Drill
- " Feather Sticks
- " Fire Construction and Maintenance



- " Signal Fires
- " Material Gathering

3. Knife and Axe Craft

- " Knife Safety
- " Axe Safety
- " Wood Splitting (with both knife and axe)
- " Choosing a knife and axe

4. Crafting

- " Making Rope and Cordage
- " Carving (spoons, bowls, try sticks etc.)

Fishing.

1.

- " Rules and Regulations
- " Fish Identification
- " Equipment
- " Location

2. Traditional

- " Making Bone Hooks
- " Making use of materials on hand for fishing

Prepare Meals from the Bush.

This will consist of mostly plants and how and where to get carbohydrates, protein and various other nutrients. It will also cover survival aspects of starvation, as well as purifying water.

Wilderness Navigation.

1. Modern Tools

- " Map and Compass
- " GPS
- " Terrain (Route Finding)
- " Natural Features (Hand Railing)

2. Primitive/Traditional Tools

- " Sun (sun stick, sun compass)
- " Celestial Navigation
- " Various plants (golden mullien, lichen etc)

Canoeing.

- " Flat water
- " Moving water
- " Rescue



Wilderness First Aid.

Hunting and Trapping.

1. Basic Hunting

- " Ethics of hunting
- " Traditional hunting weapons
- " Making a Traditional Hunting weapon
- " Learning about the animals we would be hunting and the techniques for each one.

2. Basic Trapping

- " Ethics of Trapping
- " Various traps and snares
- " How, where and why to set traps and snares
- " Learning about the animals we would be trapping and the specific traps and techniques for each one.
- " Practice finding areas to set traps in
- " Practice setting traps

Rope and rescue

1. Rope- and rescue techniques.
2. Search and rescue.

Interpretation

Geology, glaciology and climate

Ecology of the Rocky Mountains

History

Park management

Group management