



# WAHSEGA 4-H CENTER

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## Part 1. Short-Answer Questions

1. What does it mean to “survive” in the wilderness?
2. What is a survival situation? Give 3 examples.
3. What is “lost-proofing”? What are some things that you can do to lost-proof yourself?
4. Name 5 things you can bring in a backpack on a hike and what they might be used for.
5. You’re hiking through the woods and lose sight of the trail. The sun is quickly setting and you forgot to pack a flashlight and a tent. What can you do to give yourself shelter?  
How? You may use a well-labelled drawing to convey your answer.



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### Part 2. Matching

*Match the survival need with how long you can go without it, according to the Rule of Threes.*

- |   |              |
|---|--------------|
| _____ 1. Shelter                        | a. 3 weeks   |
| _____ 2. Food                           | b. 3 days    |
| _____ 3. Positive Mental Attitude (PMA) | c. 3 hours   |
| _____ 4. Water                          | d. 3 minutes |
| _____ 5. Oxygen                         | e. 3 seconds |



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## Answer Key

### Part 1. Short-Answer Questions

1. What does it mean to “survive” in the wilderness?  
*To survive means to live on and to live as comfortably as possible in a survival situation until you can get out of it.*
2. What is a survival situation? Give 3 examples.  
*A survival situation is a scenario in which you are in danger in the wilderness. This can be a situation in which you become sick or injured, you get lost, or the weather changes suddenly.*
3. What is “lost-proofing”? What are some things that you can do to lost-proof yourself?  
*Actions that you can take to prevent a survival situation.*
  - *Tell someone where you are going and when you think that you will return.*
  - *Travel with a friend. Never alone.*
  - *Wear proper clothing/footwear for the terrain and weather.*
  - *Know the area thoroughly or bring a map and compass.*
  - *Plan to return well before dark. Surroundings look totally different in the dark and darkness makes judgment of distance difficult.*
  - *Bring a survival kit.*
4. Name 5 things you can bring in a backpack on a hike and what they might be used for.  
*(These are all items mentioned in the video, any answer containing 5 of these items is acceptable.)*
  - *Walking stick - Aids in walking up and down hills*
  - *Water - For hydration, also a basic need for survival*
  - *Snacks - Food source, basic need for survival*



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- *GPS Unit - Navigation purposes (can only be used with battery and cell service -- though those are not hiking essentials)*
  - *Compass - For navigation and orienteering purposes (does not need battery or cell service) along with a map*
  - *Rope - Tying bags over trees to keep away from animals & can aid in building survival structures*
  - *Rain Poncho - Protection from rain, can be used to collect rainwater*
  - *Light Source (e.g. flashlight or headlamp) - For seeing in the dark (though night hiking is not recommended!)*
  - *Trail Map - Used to navigate, often with a compass*
  - *Bug Spray - To repel bugs, particularly biting insects*
  - *Sunscreen - To protect skin from the sun's UV rays*
  - *Hand Sanitizer - To clean your hands, especially after using the bathroom and before preparing meals on a hiking trip*
  - *First Aid Kit - To properly and safely treat any wounds sustained while hiking*
5. You're hiking through the woods and lose sight of the trail. The sun is quickly setting and you forgot to pack a flashlight and a tent. What can you do to give yourself shelter? How?
- Here, describe/illustrate the process of building a survival structure, including its materials (sticks, leaves, p-chord if handy), building styles (lean-to or debris shelter), and where it should be built (not on an incline, opening faces away from wind, etc.).*

### Part 2. Matching

1. C
2. A
3. E
4. B
5. D