Class #3

Thermoregulation

Tarp Shelter Set-Up's and the Knots Used

•Personal Shelters*:

-Emergency Mylar Blanket vs. Emergency Heat Reflective Poncho
-55 Gal Contractor Bag
-Bread Bin Bag
-Heat Reflective Tube Tent (as a bivy bag)

*Personal Shelters should have been covered indoors in class #2, if not, we will cover them in this class today.

<u>Shelter & Shelter Location Concerns:</u> (a quick review)

1) Insulate yourself from the cold ground (sleeping pad / bag filled with leaf litter)
2) Avoid: widow makers / game trails / dry creek beds / potential flood areas / windy peaks / cold valley floors / tops of hills / valleys / dead trees / windward side of a hill / below a rocky outcrop / areas with fresh animal sign.
3) Look for: flat ground / windward side of a valley / Leeward side of woodland / 50-100 yards away from water / Good drainage.
4) A south facing shelter will maximize your sun exposure and keep you warmer while a north facing exposure will minimize sun exposure and keep you cooler.
5) **Try not to move your camp!** - Often times SAR will find your first camp then a day or two later find your second camp, and so on...

You significantly improve your chances of faster rescue by not moving camps.

•**Tarp Set-Up's and the Knots Used:**

-Basic Plow Point w/ 5x7 Arcturus or Grabber Reflective Tarp

- Summer - Reflective side out / Winter - Reflective side in.
    - Simply tie a shoelace type knot to anchor your tarp to the tree
    - Stake out the other 3 corners

-Lean-to w/ 5x7 Arcturus or Grabber Reflective Tarp (winter set-up w/a fire) reflective side in.

- A Frame w/ 5x7 Arcturus or Grabber Reflective Tarp (if you can't have a fire) reflective side in, both sides touching the ground to make an A-Frame.

-Lean-to w/ 5x7 Reflective Tarp (summer set-up: reflective side out and back raised)

Note: For tarps or poncho tarps that have grommets, hard ground or tarps with no grommets or loops:

-Tie loops through your grommets to accommodate stakes that are too large to go through the grommets. Put the loops at the stakes.

-If the ground is too hard to accommodate stakes, tie a knot (clove hitch) around your stake and put a large rock over your tie-out line against your stake.

-If your tarp is missing a grommet or loop, use a smooth rock or clump of dirt to make a "Button". Tie a slip knot around the Button to secure the tarp. Alternatively, you can use a "sheet bend" if the tarp is pliable enough.

•A clear painters tarp can serve as an emergency shelter, although not good for shade in hot weather.

•Heat Reflective Tube Tent can be used as an emergency shelter or a bivvy bag.

•Improvised tent out of a 10x10 tarp and a trekking pole

•Some of the knots used:

-End of line Loop (bowline or figure 8 on a bite)
    -pull all cordage through
    -pull a bite through and use a stick

-Two Half Hitches

-Siberian Hitch (Evenk Hitch)

-Adjustable Grip Hitch or Taut Line Hitch

-Trucker's Hitch

Class #4
Thermoregulation
Fire Starting Methods
Fire Building

•Fire Starting
- **-Fresnel Lens (ember based)**
- **-Lighter (with child safety removed) (open flame)**
- **-Stormproof Matches (open flame)**
- **-Firesteel (Ferro Rod) (spark based)**
- **-Flint & Steel (spark based)**
- **-9V Battery and 0000 Steel Wool (spark based)**
- **-Friction Fire (ember based)**
- **-Tinder Bundle Construction**

•Fire Building
- **-Kindling vs. Tinder Bundle**
  - **-Spark and Ember based need a tinder bundle**
  - **-Open Flame can go directly to your smallest Kindling**
- **-Fire Lays (discussion) (shown in class)**
- **-How to build a fire (starting with Pencil Lead size sticks)**
- **-How to tell if the wood is dry enough for fire**
  - **-distinctive "snap" for small sticks**
  - **-touch the inside of the wood to your cheek**

Signaling for Rescue

•Signal Mirrors
- **-Using your fingers as a sight**
- **-Using the Retro Reflective Grid**

•Flagging Tape to aid SAR in finding you

(more signaling information will be covered in class)