



WEEK 8:
OUTDOOR SURVIVAL

JOIN US AS WE EXPLORE THE GREAT OUTDOORS TO LEARN DIFFERENT WAYS TO HELP US STAY SAFE OUTSIDE.

Understanding how to stay safe outside in different situations is important. Sometimes emergencies happen and you might find yourself lost in an unfamiliar place in nature. Whether hiking, camping or exploring, it is best to be prepared. Just like other living things, we need shelter, water and food to survive. Knowing how to find shelter, make a fire, find clean water and when to search for food are life-saving skills. The best thing you can do in a survival situation is stay calm and be prepared. Join us as we learn some of the basics of survival and tips to stay safe outdoors!

DAY 5:

BE PREPARED

If you are ever out in a natural area, whether, camping, hiking, fishing or doing other activities, it's important to be prepared. You always want to bring a charged phone, plenty of water and food. But what would happen if you got lost and ran out of food and water? In harsh weather, like extreme heat or cold, people can survive up to three hours without shelter. People can usually survive three days without water and three weeks without food. Knowing this can help you prioritize what you need to do in a survival situation. Even if you are hungry or thirsty, you should find or make a shelter first, then find clean water, then find food. You can practice thinking about your surroundings and how you could get the things you need to survive outdoors from home. Let's go outside and see what we can find!

Before you start, you should have:

- An outdoor area



Sam Noble Home



For more activities visit samnoblemuseum.ou.edu/samnoblehome

To Play:

Safety tips:

- Do not drink any water from outside
- Watch out for poison ivy
- Do not eat anything from outside

1. Go to an outdoor area.
2. Look around and think about what the area looks like. Is it a safe place to stay if you were lost? Think:

- Are there any wild animals or insects in the area?
- Is the area flat and open? Is it sloped? Rocky?
- Is it hot, sunny, cold or wet?
- Is there a stream, pond or other water nearby?
- Are there any places in which you would need to be careful?
- How could you call someone or signal for help?

3. Next, think about finding shelter.

Think:

- Do you want to stay dry, cool or warm?
- What materials would you build a shelter from?
- Are there places you would not build a shelter?
- Are there logs and branches anywhere?
- Where would you build it?
- How would you build it?

4. Then, explore the area and look for sources of water and food. Remember, people can survive three days without water and three weeks without food, so water should be your second priority, then food.

- Is there a place to get water?
- Would the water be safe to drink as is or would you have to clean it first?
- Can you find a source of food?
- How would you know if something is safe to eat? Would you need to cook it?

5. Share your ideas with someone!

- How long can you go without shelter, water and food?
- Where would you build your shelter and how?
- Where and how could you get water and food?

Keep exploring!

Build a survival kit. Think about the things that were not readily available to you outside. Would you need:

- a poncho or tarp for shelter?
- first aid kit or flashlight?
- a way to purify water?
- cell phone or other way of contacting help?
- matches to build a fire?

Explore outside again and use your kit to help you!

More information on wilderness survival:

<http://www.bcadventure.com/adventure/wilderness/survival/basic.htm>



<http://www.wilderness-survival.net/>



Join Sam Noble Museum educators as they head outside to explore survival in the outdoors!

https://youtu.be/y_n0jHu4CYc



What did you find?

Upload a photo or video and tag the Sam Noble Museum on Instagram or Facebook. You can also use the hashtags **#samnoblehome** and **#summerexplorers** to share!