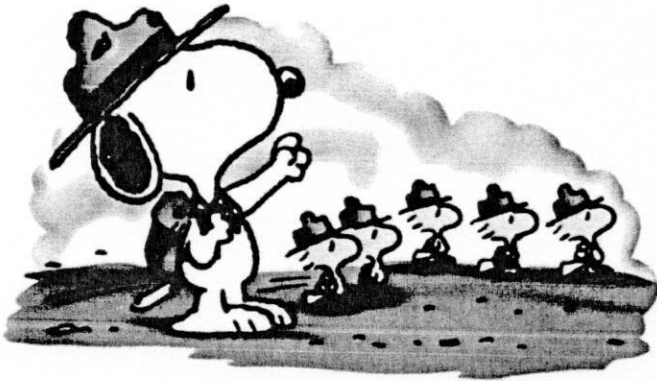




# LOST LORE

Brian Castler  
Connecticut Rivers Council  
University of Scouting  
2012

NOTHING IS AS NEW AS SOMETHING WHICH AS BEEN LONG FORGOTTEN.



Say hello to my long time friend and faithful companion.

Think of this picture when you venture out with your Scouts. A bit of whimsy, a touch of the unknown, all eyes forward to the next great thing, and invariably as any Snoopy fan knows, will end in total chaos.

This course has been created not because I have attained incredible amounts of knowledge, but rather, because there are like-minded people out there, looking to recapture some of these skills and pass them on before they drift away.

This course is not a course at all. Call it a gathering, a meeting of the minds, a vessel of knowledge that can be filled and drawn from. This will be as unique as we choose to make it, because it will be all of us who make this course what it will be, a continuous exchange of knowledge and information.

Passing along this knowledge is a skill unto itself.

Forget "*when I was a Scout*"

Sit back and read a little Mark Twain. Take yourself out to the fence that needs a fresh coat of whitewash.

Put on your best Tom Sawyer smile.

Start painting.

See what happens next.

GERBER BLADES [www.gerberblades.com](http://www.gerberblades.com)  
Knives, axes, multi-tool

LEATHERMAN [www.leatherman.com](http://www.leatherman.com)  
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WISCONSIN PHARMACAL [www.destinationoutdoors.com](http://www.destinationoutdoors.com)  
Water purification tablets

### **Food Supplies**

AlpineAire Foods [www.alpineairefoods.com](http://www.alpineairefoods.com)

Lightweight and compact food supplies

Oregon Freeze Dry [www.mountainhouse.com](http://www.mountainhouse.com)  
Freeze dried assortment of meals

Power-Bar [www.powerbar.com](http://www.powerbar.com)  
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## **Around the Campsite**

BYER MANUFACTURING [www.byerofmaine.com](http://www.byerofmaine.com)

Hardwood folding camp cots, stools, chairs and tables.

ROME INDUSTRIES [www.romeindustries.com](http://www.romeindustries.com)

Pie irons, hot dog forks, camp grills, and grill baskets.

SLEEPING PADS [www.paramountoutfitters.com](http://www.paramountoutfitters.com)

Self-inflating and rolled foam

SLEEPING PADS [www.thermarest.com](http://www.thermarest.com)

The original self-inflating camp pad

## **Outdoor Gear Items**

**A list of websites for some of the products we get a lot of requests for information on  
"Where can I get this ....."**

GRABBER PERFORMANCE [www.grabberman.com/warmers](http://www.grabberman.com/warmers)

Air activated hand and body warmers

RAYMOND THOMPSON [www.raymondthompson.com](http://www.raymondthompson.com)

Trapping snares and a great "how to book"

SKYBLAZER [www.skyblazer.com](http://www.skyblazer.com)

Pyrotechnic signal kits and sky flares

BEAR SPRAY [www.counterassault.com](http://www.counterassault.com)

One of the most effective bear deterrents

LEATHER CARE [www.applepolishes.com](http://www.applepolishes.com)

Complete care systems for your leather boots and accessories.

GEAR REPAIR [www.gearaid.com](http://www.gearaid.com)

An online repair manual for fixing most gear problems & gear repair kits.

TYING BASIC KNOTS [www.jesherry.com](http://www.jesherry.com)

Illustrated "how to" tie 12 basic knots on 6 plastic pocket size cards.

**GLOBE-PEQUOT PRESS**

[www.globe-pequot.com](http://www.globe-pequot.com)

**BASIC ESSENTIAL™ SERIES.**

This series of individual titles of low cost (\$7.95) books cover a wide variety of outdoor subject matter, including Backpacking, Camping, Cooking, Hypothermia, Knots, Map and Compass, Survival, Weather, Wilderness First Aid and more. Good illustrations and written in easy to comprehend formats make these great additions to your outdoor library. Other books on travel,

**Special Interest Sites**

**EQUIPPED TO SURVIVE** [www.equipped.org](http://www.equipped.org)

Comprehensive web site offering info on survival equipment and skills.

**KNOTS ON THE WEB** [www.earlham.edu/~peters/knotlink.htm](http://www.earlham.edu/~peters/knotlink.htm)

For a wide selection of Internet links on tying a variety of knots, check it out

**HOW TO USE A COMPASS** [www.uio.no/~kjetiki/compass/](http://www.uio.no/~kjetiki/compass/)

A pretty inclusive sight under the authorship of Kjetil Kjernsmo

**WILDERNESS INSTITUTE** [www.wisesurvival.com](http://www.wisesurvival.com)

Papa Bear Whitmore has been teaching the skills needed for wilderness survival for a whole lot of years. He is somewhat of a legend in Colorado. This site offers specialized kits and safety and survival products for sale, as well as course descriptions for on-site learning and some good safety tips.

**TRAILS WILDERNESS SCHOOL** [www.trailsws.com](http://www.trailsws.com)

Outdoor programs aimed at fun, education and challenges in the western wilderness while maintaining the highest safety standards. One to four week courses in various locations.

**UDSA FOREST SERVICE** [www.fs.fed.us](http://www.fs.fed.us)

**NATIONAL PARK SERVICE** [www.nps.gov](http://www.nps.gov)

**BUREAU OF LAND MANAGEMENT** [www.blm.gov](http://www.blm.gov)

**FISH AND WILDLIFE SERVICE** [www.fws.gov](http://www.fws.gov)

**BOY SCOUTS OF AMERICA** [www.bsa.scouting.org](http://www.bsa.scouting.org)

**LEAVE NO TRACE** [www.lnt.org](http://www.lnt.org)

**SMOKEY BEAR** [www.smokeybear.com](http://www.smokeybear.com)

**ISSAC WALTON LEAGUE** [www.ila.org](http://www.ila.org)

# FLINT AND STEEL

## A fire is started in 3 steps, as follows:

(First, of course, you must lay a fire with fine and then coarse kindling, so the "Match" we are about to create has something to light).

1. Create a spark that must land on a receptor that will "catch it" and begin glowing.

-Locate a sharp edge on the piece of flint (or chert as it is called in this country) from the kit. Hold the flint one hand with the sharp edge "out".

Practice:

-Grab the Steel in the other hand, putting your fingers through the oval hole with the edge of the steel facing the sharp edge of the flint. Your knuckles should be protected from the sharp edge of the flint. If this is not the case, don't proceed. The flint is very sharp and could cut your knuckles!!!

-Now, holding the flint with one hand, strike a downward blow with the steel, contacting the flint. You should see several sparks. If not, practice this movement several times until you are confident that you can make sparks every time.

Go for it!:

-Now, place a piece of charcloth on top of the piece of flint (or chert as it is called in this country) so one edge of the charcloth is aligned right at the sharp edge of the flint.

-Strike the flint with the steel using the downward blow mentioned above. Watch carefully for a spark to land anywhere on the surface of the charcloth. As soon as a spark does land and glow, being blowing gently, right at the spark. The charcloth should catch the spark and the glow will begin to spread. Don't expect a flame from this part of the process. Once the charcloth has caught, it will usually keep glowing on its own. Caution! The charcloth is very hot!!!

2. Surround the glowing receptor with a material which will catch the glowing heat and will kindle a flame.

-I usually make my kindling for this step from jute twine (not sisal). I cut 2 inch lengths and unravel it and pull the ravellings apart until it is just a series of individual fibers. I stuff these fibers into a zip lock bag to keep them dry when I am not using them.

-One "frizzled" 2" section of jute is enough to provide the "match" for one fire. But for your first fire, use 2 or 3 section of ravellings.

-Anyway, I quickly wrap the frizzled jute around the glowing piece of charcloth and begin blowing at the "sandwich" that you have made. The glowing portion of the charcloth must be in direct contact with the jute to get it to ignite into a flame.

-It may take a few practice runs to get the feel for the amount of blowing and the amount of squeezing that you have to do to get the flame to occur.

-Once the flame occurs, you have a fire between your fingers, so use care to avoid burning them.

3. Apply the kindled material to the fire to be started.

The flame will last for 10 to 30 seconds, so it is important to get the burning jute to the fire you have laid before it burns your fingers.

## To make Charcloth:

Cut cotton jeans into 2" squares. Put 10 or 20 pieces into an empty quart paint can. Punch a hole in the lid of the paint can with a 10d to 16d nail. Save the nail.

Place the squares into the paint can and put the lid on the same way you would to save paint from drying out. Make sure the nail is out of the hole in the lid.

Heat the can very gently (a small campfire is good for this) until smoke begins to issue from the hole. The smoke may catch on fire. This is normal. Keep heating gently until the smoke quits coming out of the hole. Put the nail into the hole in the lid. (This will keep air from re-igniting the charred cloth as the can cools.) Now remove the can from the fire and allow it to cool all the way to room temperature.

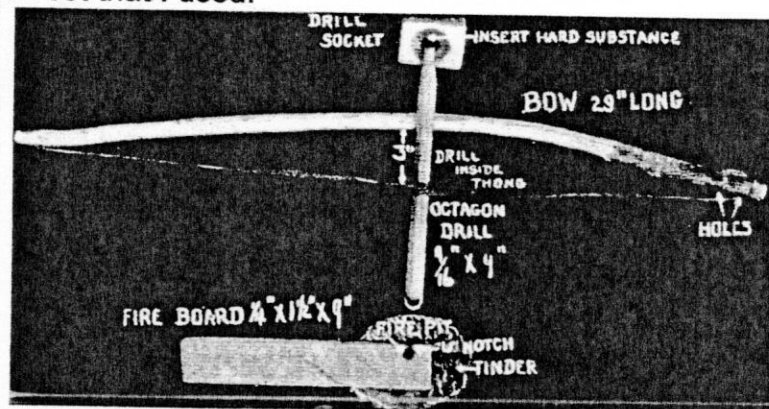
You now have 10 or 20 squares of Charcloth. Remove the pieces gently from the can and place them into a zip lock bag to keep them dry. If the Charcloth remains unused for several months, it will gain enough moisture that it will become harder to ignite with the single spark from the flint and steel.

1937

## Dudley Winn Smith World Champion Fire Lighter

I have experimented in fire-making for several years and am delighted to do a special scout Good Turn by describing my method, which differs very little from the one described in the Boy Scout Handbook for Boys. The author has asked me to tell you how I established the records, so I'll do my best. The illustration below is from an exact duplicate of the rubbing stick set that I used.

A few minutes before the start of the contest in Kansas City, I prepared a fire pit by rubbing it with a drill just as I would in actually making a fire. Then I laid aside my apparatus, taking care that nothing came in contact with either the charred end of the drill or the fire-pit.

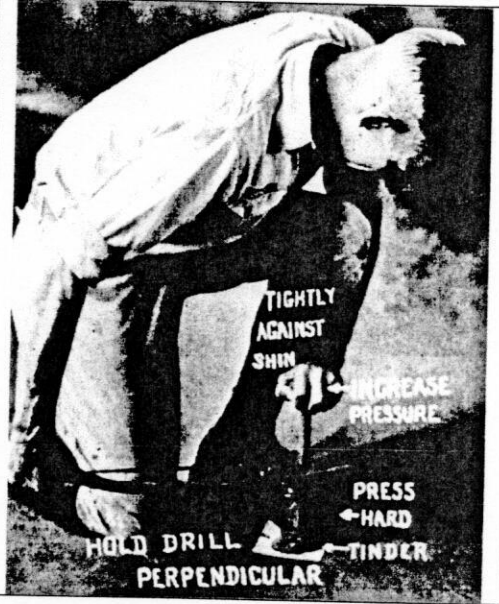


Next I worked a small handful of absolutely dry red cedar bark tinder into a thick round pad and placed it directly under the fire pit of my American elm board. When the starter said 'Go' I drew my bow back and forth with long complete strokes. In about three seconds a little pile of smoking black charcoal issued from the pit. Then I stopped rubbing, picked up both the board and the tinder and blew directly onto the smoking pile, which immediately turned into a red ember. In 71/5 seconds after I drew the first stroke the tinder burst into flame. Luckily for me the three timers all agreed. The suggestions below are given in hopes that they will help you make fire rapidly. I worked a long time before I was able to produce a blaze in less than a minute. Do not get discouraged if you fail at first; keep trying and you are sure to succeed.

**The Bow.** I find a long bow by far the best. Mine is twenty-nine inches long and has a three inch bend. The easiest way to secure the thong so that it can be adjusted quickly is to drill two holes in the end of the bow, as illustrated. When using the bow, hold the board very firmly with your foot, or you will never get a spark. When you stop bowing, do not let the drill fly, but lift it out of the pit.

**The Drill-Socket.** A very hard substance must be inserted in the drill-socket to prevent excessive friction. I use the glass knob of a coffee percolator top. The pressure on the drill socket must be

increased gradually.



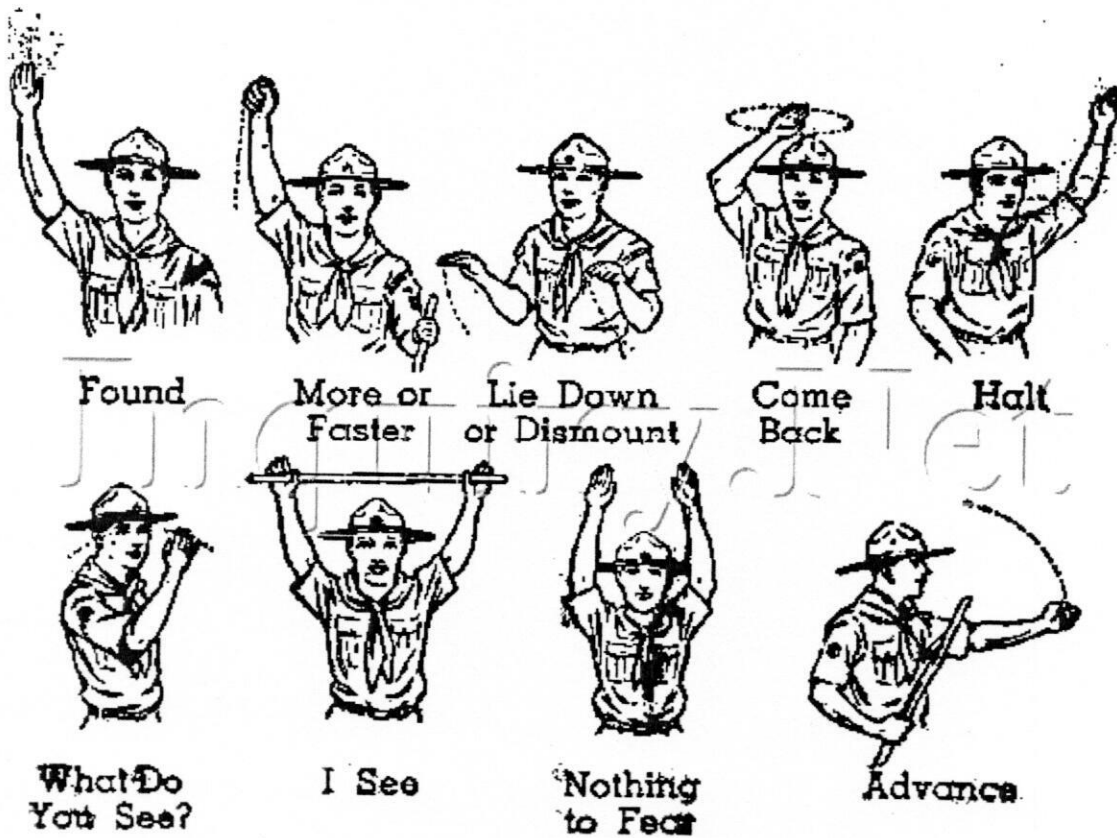
**The Fire-Pit.** When a new fire-hole is made, the pit should be drilled before the notch is cut. The end of the drill should be pointed only for starting a new hole; after that it should always be kept round. While bowing the spindle must be held exactly perpendicular to the board. A 'U' shaped notch is better than a 'V.' A spark can be produced more easily by putting a little sand in the pit.

**Woods for Fire by Friction.** Of the common woods of the United States I have found American elm decidedly the best for both the board and the drill. Since establishing my record I have discovered that yucca (a wood found on the desert) is even better than elm. I have repeatedly produced an ember with yucca by two complete strokes of the bow. It requires nearly three seconds to do it with elm. These are the only woods I have tried that produce an ember that you can blow into the instant you stop ribbing. Other woods must be allowed to stand a few seconds or must be fanned gently with the hand to produce the spark. I have tried the following woods and have listed them in the order in which I prefer them: yucca, American elm, red elm, balsam fir, red cedar, willow root, cypress, basswood, sycamore, cottonwood, poplar, soft maple, white pine. A thin fire board is superior to a thick one for both speed and ease. I use boards from a quarter to three-eighths of an inch thick and get from six to eight fires out of one hole. A small drill



is also better. I use octagonal drills a half to nine-sixteenths of an inch in diameter, and nine inches long.

**Tinder.** 'I have not found anything superior to red cedar bark for tinder. To prepare it, pound a piece of bark into a fluffy mass with a club; then the tinder remains in a mass and does not fly into your face when you blow it. The following sorts of tinder are listed in the order in which I prefer them: red cedar bark, white cedar bark, inner chestnut bark, cottonwood bark, inner red elm bark, miscellaneous bird and field mice nests, crushed spruce needles, beaten rope fibers. It is not generally known that the quickest way to get flame is to put milkweed silk in the center of a pad of red cedar bark. From Games and Recreational Methods for Clubs, Camps and Scouts; Charles Fredrick Smith, Dodd Mead & Co. 1937

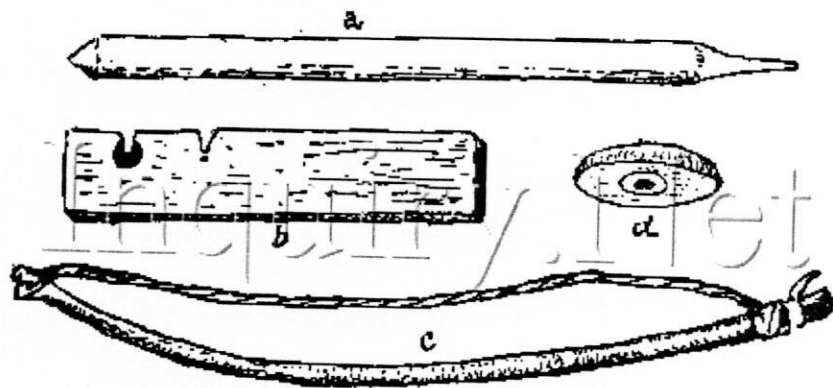


# Fire: Rubbing-Stick

by Ernest Thompson Seton

I have certainly made a thousand fires with rubbing sticks, and I have made at least five hundred different experiments. So far as I can learn, my own record of thirty-one seconds from taking the sticks to having the fire ablaze is the world's record (this was written in 1907; since then the record has been repeatedly lowered by others), and I can safely promise this: That every man who will follow the instructions I now give will *certainly succeed* in making a rubbing-stick fire. Take a piece of dry, sound, balsam-fir wood (or else yucca, cedar, cypress, tamarack, basswood, or cottonwood, in order of choice) and make of it a drill and a block, thus:

*The drill* should be not more than five eighths of an inch in diameter and 12 to 15 inches long. The larger your drill, the harder you have to work. There is no use in having an immense pile of powder to get a spark. If the drill averages five eighths of an inch in diameter, is perfectly straight, and tapers off at the top nicely,



it will revolve smoothly and bring your spark quickly. The drill should be held perpendicularly and should be held solidly by the hand resting firmly against the shin bone. The drill should be placed in the bow so that the loop is on the outside of the thong away from the bow. This prevents the drill from rubbing against the bow.

**Block, or board,** two inches wide, six or eight inches long, five eighths of an inch thick. In this block, near one end, cut a side notch one half an inch deep, and near its end half an inch from the edge make a little hollow or pit in the top of the block, as in the above illustration (cut 1 b). The notch should be cut into the board deeper at the bottom than at the top, and wider from a side view at the bottom than at the top. The narrower the notch is, while allowing the powder to drop, the better. The notch should be so cut that when the hole has been drilled, there will be just a little slit running from the side to the center of the hole through which the powder drops down. The wood must be cut smooth, or the spark may stick and not drop below. I have found it best to have the notch face me rather than have it the other side of the board away from me. I have noticed that the average person leans his drill, which causes it to push against the outside rim of the hole and to break the side away. Usually it is better to start your hole above the notch and then open up the notch until it connects with the hole.

**Tinder.** For tinder use a wad of fine, soft, very dry, dead grass mixed with shredded cedar bark,

birch bark, or even cedar wood scraped into a soft mass. A meadow mouse's nest does very well for tinder. It is easy to get a number of them after the snow has gone from the wet meadows in spring time.

**Bow.** Make a bow of any bent stick two feet long, with a strong buckskin or belt-lacing thong on it (cut 1c).

**Socket.** Finally, you need a socket. This simple little thing is made in many different ways. Sometimes I use a pine or hemlock knot with a pit one quarter inch deep, made by boring with the knife point. But it is a great help to have a good one made of a piece of smooth, hard stone or marble, set in wood; the stone or marble having in it a smooth, round pit three-eighths inch wide and three-eighths inch deep. The one I use most was made by the Eskimo. A view of the under side is shown in cut 1 (fig. d). The hole in the soapstone should be large enough and deep enough to hold the upper point of the drill solidly without slipping out. The socket itself should not be held in the fingers but in the palm of the hand. Never let a light muscle do what a heavy muscle can do. There is a very general tendency to let the wrist get away from the shin bone, which leaves the hand wobbling, unsupported in the air.

**The Foot.** The foot is placed close to the drill, with all the weight on the ball of the foot, the heel off the floor so that you can regulate the pressure by the raising and lowering of the heel.

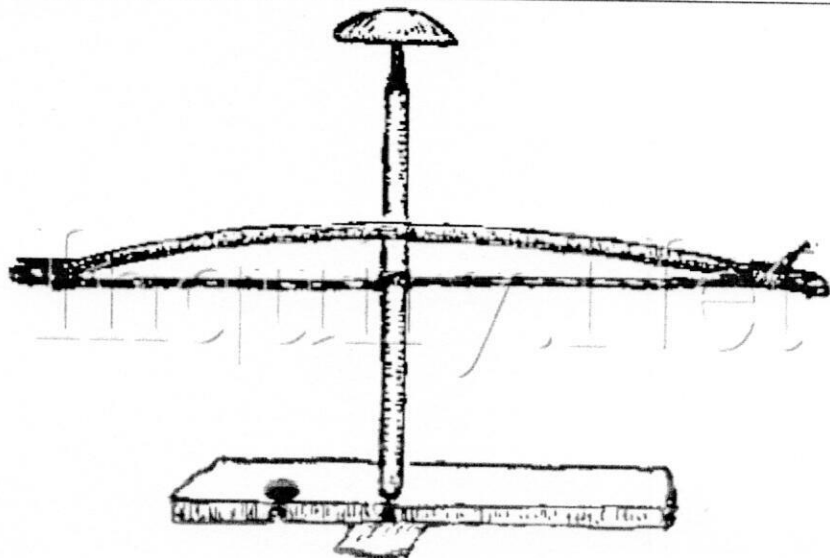
Now we are ready to make the fire: Under the notch in the fire-block set a thin chip.

Turn the leather thong of the bow once around the drill: the thong should now be quite tight. Put one point of the drill into the pit of the block, and on the upper end put the socket, which is held in the left hand, with the top of the drill in the hole of the stone (as in cut 2). Hold the left wrist against the left shin, and the left foot on the fire-block. Now, draw the right hand back and forth steadily on level and the *full length* of the bow. This causes the drill to twirl in the pit. Soon it bores in, grinding out powder, which presently begins to smoke. When there is a great volume of smoke from a growing pile of black powder, you know that you have the spark. Cautiously lift the block, leaving the smoking powder on the chip. Fan this with your hand till the live coal appears. Now, put a wad of the tinder gently on the spark; raise the chip to a convenient height, and blow till it bursts into flame.

N. B. *The notch roust reach the middle of the fire-pit.*

You must hold the *drill steadily* upright, and cannot do so without bracing the left wrist against the left shin, and having the block on a firm foundation.

You must begin lightly and slowly, pressing heavily and sawing fast after there



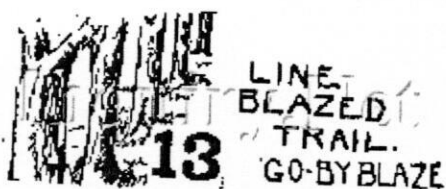
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**WILDERNESS SIGNS OF DIRECTION ON INDIAN TRAILS;**

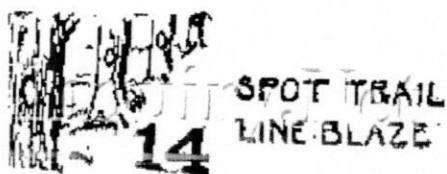
**GAME TRAILS AND PROSPECTORS' TRAILS; ALSO USED BY GYPSIES, SCOUTS, EXPLORERS AND SPORTSMEN**



*Fig. 12 1/2.* Three blazes on a tree indicate an important "line" tree, or more frequently a witness tree for a corner of plot of land; usually another blaze is made on side of tree nearest the stake or stone marking the corner.



*Fig. 13.* Blazed trail. It tells the traveler that a line or trail runs alongside of the points marked. It does not give the particular direction like the arrow because this trail may be followed either way. In the diagram the blazes are much closer than they would be in the wilderness, but it is so made that the reader may more readily understand it. (Surveyors,' trappers,' foresters,' and explorers' sign).



*Fig. 14.* Spot trail; useful in traveling after sunset as one blaze may be seen from a position close to any other blaze, but cannot be seen from a position to one side of it, (Hunters,' trappers and foresters' signs.) With surveyors a spot mark indicates a line tree, that is a tree standing on the line; sometimes both a spot and a side blaze is used to show

that the line hits the tree on one side.



**Fig. 15.** Broken bush trails. When traveling in an unknown country, one bends and breaks the bushes backwards so that their tops point backwards. When retracing one's steps, one's eyes will catch the exposed under surface of the leaves on the broken bushes, thus making it easy to find the way back. (Hunters,' trappers,' and Scout signs.)



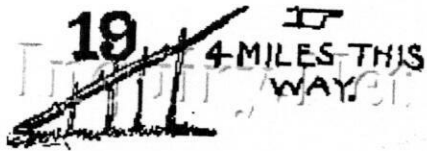
**Fig. 16.** (*Kikaige*, I make marks on the road setting up branches -- Chippewa). When a stick is stuck diagonally in the ground, the free point shows the direction to camp. In the Northwest, when an Indian has made a kill of moose, sheep or caribou he puts one end of a fresh willow stick in the ground and wraps a bit of the skin of the dead animal on the end of it as an invitation to anyone coming along that trail to come and eat. If the willow stick is fresh and not withered the traveler knows that food and camp are not far ahead of him, but if the willow stick is wilted and drooping; the traveler knows that it has been there a long time and the hunters have probably eaten up the food supply and hit the trail; but the stick in Fig. 16 simply indicates direction. (Abnaki Indians.)



**Fig. 17.** A long upright stick at the end of the pointer tells us that camp is a long distance ahead. (Abnaki Indians.)



**Fig. 18.** A short upright stick near the buried end of the pointer tells us that camp is a short distance ahead. (Abnaki Indians.)



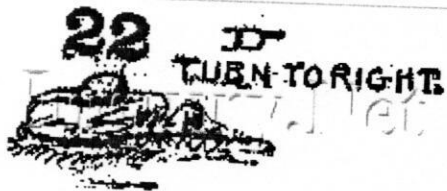
**Fig. 19.** A number of upright sticks against the leaning stick indicate the number of "sleeps," or days' journey (for the Indian), but with the Boy Scouts of America it tells the number of miles to camp (Abnaki Indians).



**Fig. 20.** A cleft stick with a forked stick in the cleft tells us that the direction is pointed by the end of the stick. (Gypsy sign.) A green stick thrust in the mud near the shore of a lake or stream, with a chip in the cleft at the top shows the canoe trail. This is sometimes blazed on side and front to show direction taken by outgoing canoe party. (N. W. Quebec Indians.)



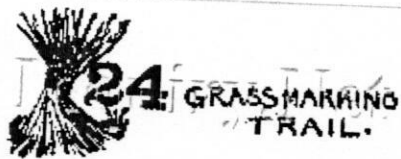
**Fig. 21.** A stone on top of another stone tells us that this is the trail.



**Fig. 22.** A stone with another stone on top of it and a stone to the right means to turn to the right. (English Boy Scout Sign.)



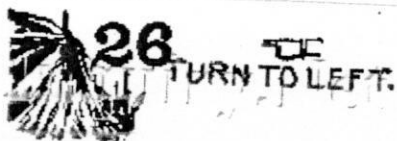
**Fig. 23.** The same with a stone to the left of it reads; "Turn to the left here." (English Boy Scout Sign.)



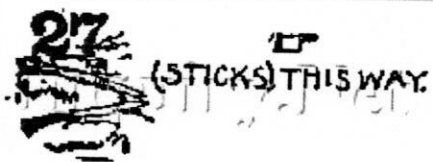
**Fig. 24.** In the prairie and open country a bunch of grass tied together at the top tells us that this is the trail. (Sioux Indian Sign, Dr. Eastman.)



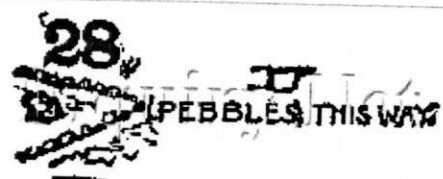
**Fig. 25.** If the top ends of the grass are bent to the right it tells us to turn to the right. (Sioux Indian Sign, Dr. Eastman.)



**Fig. 26.** If the top of the grass is bent to the left, it tells one to turn to the left. (Sioux Indian Sign, Dr. Eastman.)



**Fig. 27.** Two sticks laid on the ground in the form of a "V," indicate the direction same as Fig. 8. (Gypsies.)



**Fig. 28.** A row of little stones a laid in the form of a "V" indicates the direction taken. (Gypsies.)



**Fig. 29.** A green forked stick laid with apparent carelessness upon the ground to the keen eye of the vagabond tells him that companions have lately passed in this direction. (Gypsies.)



**Fig. 30.** The lop-stick. In heavily wooded districts when the attention of a passer-by is required, a prominent tree is selected, a space cleared around it and the branches of the tree lopped off for a considerable distance up the trunk. Such a mark cannot escape the eye of the passer-by. (Alaska Prospectors, Explorers, and Indians.)

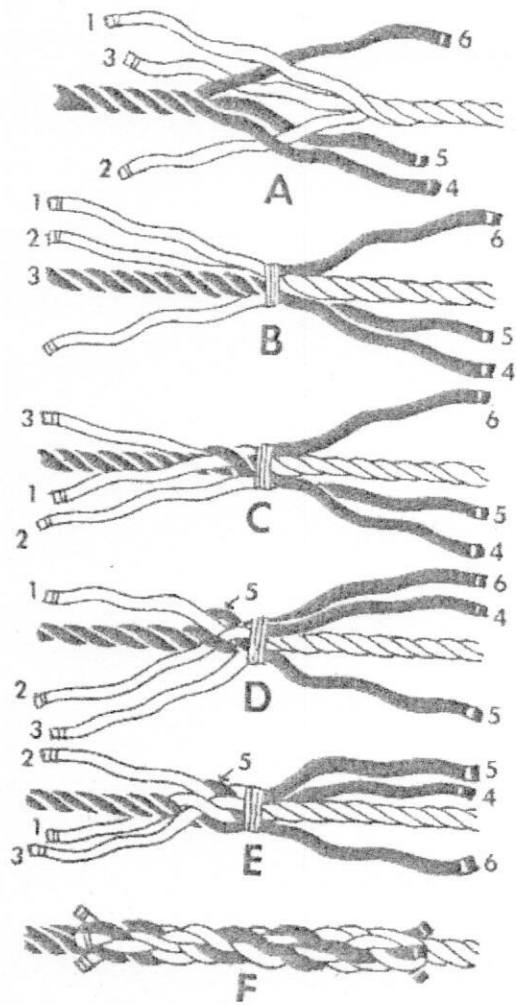
If, for instance, one of a party goes ahead and comes to a lake which is crossed, the water affords no means of marking a trail, but if on the hill or high bank where he again takes up his trail, a tree is lopped in this manner, it will attract the immediate attention of those following and enable them to pick up the trail on the opposite side of the lake. The lop-stick is frequently made to commemorate some event:

"The next day we dug him a grave above high-water mark . . . . I climbed the tree to make a memorial of the North--the lop-stick." Stefanson.

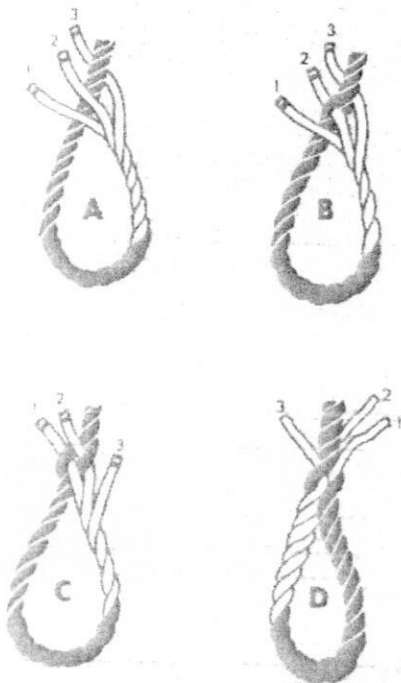
The lop-stick in the wilderness of Canada, now 1918, is frequently a wireless station used probably for war purposes. Several such trees were recently pointed out to the author by wilderness canoe men.

# Splicing

**THE EYE SPLICE.** A. Unlay the strands for a short distance and double the rope back to form a loop, with the unlayed ends pointing across the lay of the rope. B. Take one of the ends and tuck it under any of the main strands. Arrange the next one to it on the loop side across the rope and push the third one behind out of the way. C. Take the second one under the next strand to the first one, going in where the first one comes out. D. Turn the splice over. There is one end left, and one main strand without an end strand under it. The end does not have to go in the way it is pointing, but must go under the strand against the lay, so that it is pointing the same way around the rope as the other ends. See that all three ends come out level with each other and are equally tensioned. Tuck each end again, over one and under one, in the same way as in the back splice. Even up the tension, then tuck once more. Taper a further tuck, if you wish, and roll smooth between two boards or under your shoe.



**THE SHORT SPLICE.** A. Unlay each rope a few turns and alternate the strands. B. Tie the strands down to prevent further unlaying. C. Tuck one strand (1) over an opposing strand, and under the next strand. D. The tuck of strand 2 goes over the first strand 5, under the second, and out between the second and third. E. Repeat operation with the other two strands (1 and 3) from same rope end. F. Remove tie and repeat operation on other rope end. Make two more tucks for each strand, roll tucks, clip ends.



see also: Pioneering M.B. or Field Book



## Survival Kit

You should always carry a knife, matches in a waterproof container, a compass, and a few band-aids. These items are normally enough under normal circumstances. However, in order to live up to our motto: "Be Prepared", you should carry a personal survival kit every time you go into the wilderness.

Here are some ideas that you might consider having in your personal kit: Waterproofed matches

- 50 yards or meters of 25 lb test fishing line
- 10 fish hooks of various sizes
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- Pencil and small notebook
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- Water purifying tablets
- 2 folded 10 yard or meter strips of tinfoil
- Whistle
- 50 feet or meters of parachute cord
- Roll of surgical adhesive tape.
- 10 band-aids
- Roll of dental floss (to be used for making shelters)
- Compass
- 25 extra strength Tylenol (with permission of you parents)
- 4 bouillon cubes
- 10 hard glucose candies
- 10 Teabags
- Small penknife

These items should be packed into a small tin can (which can be used as a pot to boil water), and sealed with duct tape. The emergency kit should then be placed in the bottom of your backpack and left there.

If a rooster crows standing on a fence or high place, it will clear. If on the ground, it doesn't count.

Between eleven and two  
You can tell what the weather is going to do.

Rain before seven, clear before eleven.

Fog in the morning, bright sunny day.  
If it rains, and the sun is shining at the same time, the devil is whipping his wife and it will surely rain tomorrow.  
If it clears off during the night, it will rain again shortly.  
Sun drawing water, sure sign of rain.

A circle round the moon means "storm." As many stars as are in circle, so many days before it will rain.

Sudden heat brings thunder.

A storm that comes against the wind is always a thunderstorm.

The oak and the ash draw lightning. Under the birch, the cedar, and balsam you are safe.

East wind brings rain.

West wind brings clear, bright, cool weather.

North wind brings cold.

South wind brings heat. (On Atlantic coast.)

The rain-crow or cuckoo (both species) is supposed by all hunters to foretell rain when its "Kow, kow, kow" is long and hard.

So, also, the tree-frog cries before rain.

Swallows flying low is a sign of rain; high, of clearing weather.

The rain follows the wind, and the heavy blast is just before the shower.

## ***OUTDOOR SITES OF INTEREST***

- PLEASE NOTE that most of these sites are NOT retail oriented, you cannot purchase anything directly from most of these connections. We have listed some sites that specialize in retail sales under Retail Links.
- These ARE NOT to be considered as recommendations of the featured products; they are just some sites that we have found over time to be useful and informative. We hope you will benefit from the information.

### **Navigation**

BRUNTON [www.brunton.com](http://www.brunton.com)

Navigational aids. Compasses and an excellent "how to" video

DE LORME [www.delorme.com](http://www.delorme.com)

Topographic maps and software

GARMIN INTERNATIONAL [www.garmin.com](http://www.garmin.com)

Complete range of GPS units

MAGELLAN SYSTEMS CORP. [www.magellangps.com](http://www.magellangps.com)

Complete range of hand held GPS units

### **First Aid**

ALOE GATOR [www.aloegatorsuncare.com](http://www.aloegatorsuncare.com)

High Quality sun care products

OUTDOOR RESEARCH [www.orgear.com](http://www.orgear.com)

Medical kits

OUTDOOR RX [www.outdoorrx.com](http://www.outdoorrx.com)

Beneficial First Aid items

CHINOOK MEDICAL [www.chinookmed.com](http://www.chinookmed.com)

Specialty medical kits and supplies

TENDER CORP [www.tendercorp.com](http://www.tendercorp.com)

Antiseptics and lotions

### **Knives/Multi-tools**

BUCK KNIVES [www.buckknives.com](http://www.buckknives.com)

Knives and multi-tool

GATCO [www.buychoice.com/gatco/indexa.html](http://www.buychoice.com/gatco/indexa.html)

Timberline Knives and GATCO sharpening system

## **“How far is that”**

Estimations:

Distance –

At 1/2 mile or approximately 880 yards (or 800 meters) a man looks a post.

At 770 yards (or 700 meters) the head is not yet visible.

At 660 yards (or 600 meters) the head is visible as a dot.

At 550 yards (or 500 meters) the shoulders appear bottle shaped.

At 1/4 mile, or approximately 440 yards (or 400 meters) movements of the legs can be seen

At 330 yards (or 300 meters) the face can be seen

At 220 yards (or 200 meters) buttons and details of clothing are recognizable.

At 110 yards (or 100 meters) eyes and mouth can be seen clearly.

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Pick out a bright star.

Look along a stick, like sighting a rifle.

Prop your elbows to keep them steady.

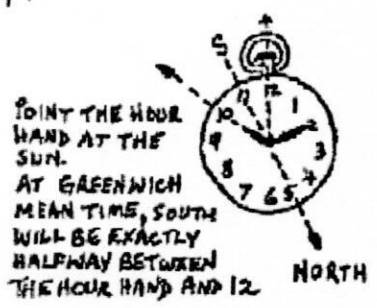
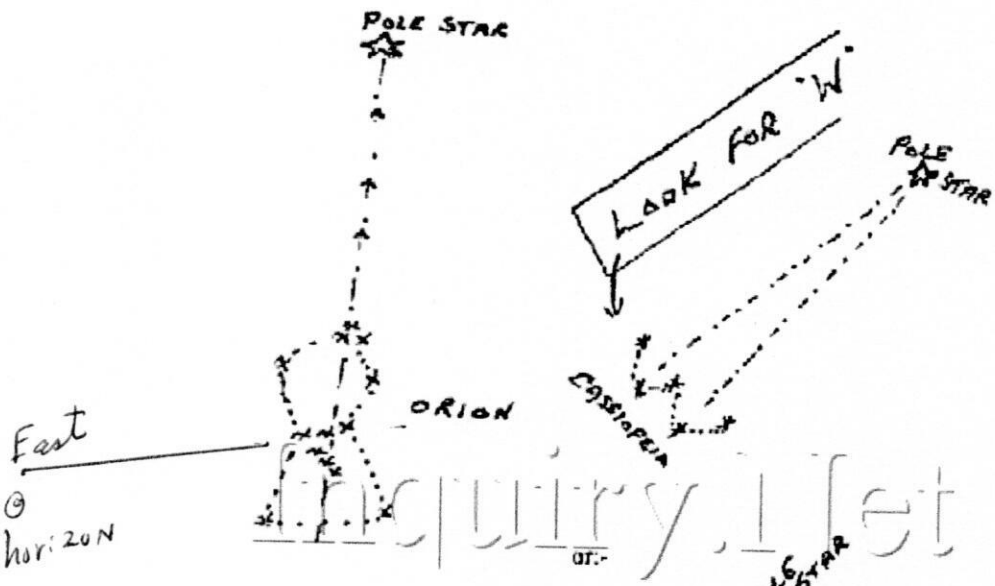
After a minute or two, the star will have moved:  
facing NORTH.

Star to RIGHT: South

Star UP: East

Star DOWN: West

If the star has moved LEFT: You are



POINT THE HOUR  
HAND AT THE  
SUN.  
AT GREENWICH  
MEAN TIME, SOUTH  
WILL BE EXACTLY  
HALFWAY BETWEEN  
THE HOUR HAND AND 12

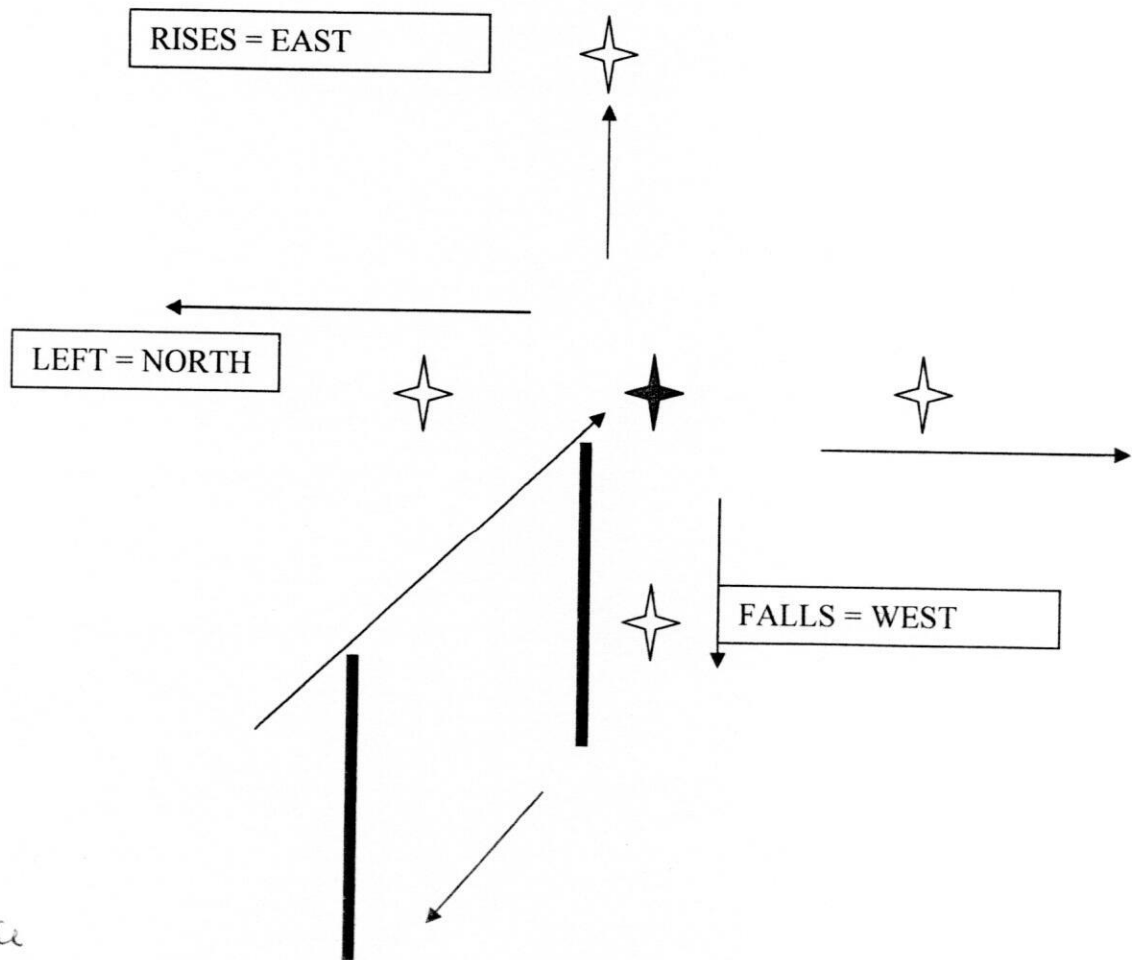


PLOUGH/BIG DIPPER

# “Which way is East at Night?”

Telling Direction by the stars

Line up two sticks at eye level – sight a star as if the sticks were gunsights. Adjust until the sticks line up on a star. Check back in 30 Minutes.



Orion's belt:

3 STARS line

up to E @ horizon

## **“Nuts, I forgot my mess kit!”**

### **“Cooking on a Stick”**

#### **Menu Ideas**

Here are the recipes that were used in last month’s “Cooking on a Stick” outdoor classes by Missouri Conservation Commission naturalist Keri Lanning:

#### **For Breakfast    Breakfast in a Bag**

##### **Ingredients:**

12 eggs  
12 pieces of bacon  
12 paper bags (seamless)  
salt and pepper

Gather the top of a bag with string and fasten to a stick. Place bacon in the bottom of each bag and allow to warm over the coals until sack is coated with grease. Break an egg on the top of the bacon. Roll the bag down in one-inch folds and poke with a stick. Continue to warm over the coals for five minutes.

#### **Muffins**

##### **Ingredients:**

1 bag of muffin mix  
1 orange

Mix the muffin mix with water in a zip-lock bag. Cut an orange in half and remove the orange pulp from both halves, keeping the peel halves intact. Pour mix into one peel half and cover with other half. Put this in foil. Place foil wrapper at the edge of the fire and cook until middle is spongy like a cake.

#### **For Other Meals:    Potato Pouch Mix**

##### **Ingredients:**

3 potatoes  
mix of vegetables  
butter  
heavy duty foil

Cut potatoes into cubes and place in foil. Add vegetables, butter and seasonings. Place at edge of fire to warm for 15 minutes.



### Cozy Dogs

#### Ingredients:

1 tube of biscuits  
hot dogs

Place hot dog on a stick and wrap uncooked biscuit dough around hot dog. (For a cheese hot dog, wrap slice of cheese around hot dog before wrapping both in biscuit dough.) Warm over the fire until biscuit is golden brown.

### Pizza

#### Ingredients:

1 package of English muffins  
1 can of tomato sauce  
1 package of shredded mozzarella cheese  
cardboard oven  
raised cooking rack

Cut top and part of one side out of cardboard box. Coat the inside of whole box with aluminum foil. Make sure the foil overlaps all the cut edges of the box. Spread the tomato sauce on English muffins halves and sprinkle with cheese. Place mini pizzas on a cooking rack and move a few coals from the fire under the rack. Place cardboard oven over rack and cook for about 10 minutes or until the cheese melts. You can be creative and add other toppings if you like!

#### For Dessert:

### Cinnamon Brown Bears

#### Ingredients:

squeeze butter or melted butter  
1 cup sugar  
1 tbsp. cinnamon  
hot dog buns

Roll hot dog buns in butter and then in cinnamon and sugar. Wrap in foil and place at the edge of fire. Warm for five minutes while turning frequently.

## **“What’s the weather?”**

When the dew is on the grass,  
Rain will never come to pass.

When the grass is dry at night,  
Look for rain before the light.

When grass is dry at morning light,  
Look for rain before the night.

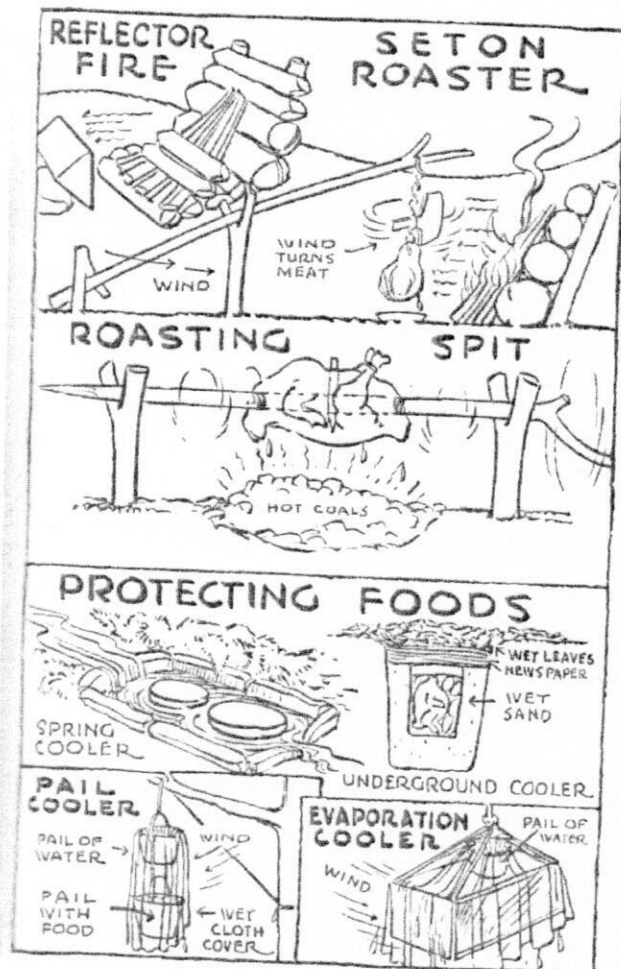
A circle round the moon means "storm."

A storm that comes against the wind is always a thunderstorm.

Swallows flying low is a sign of rain; high, of clearing weather.

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## You brought a fridge??



While some of these fires fall outside Leave No Trace guidelines – they can be built in existing firepits.

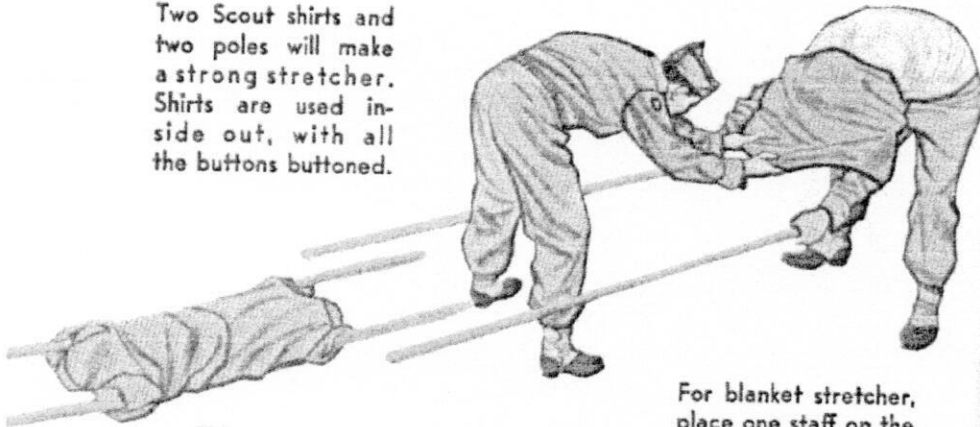
Regarding LNT – I would avoid the “spring cooler” and “underground cooler” And opt for the coolers at the bottom of the page.

The cloth cover should be cotton – but burlap works very well.

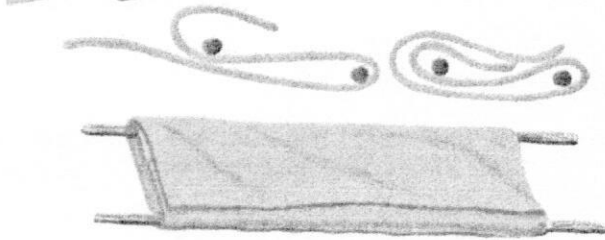
# 1 blanket – two staves= instant stretcher. But fold it right !

## STRETCHERS

Two Scout shirts and two poles will make a strong stretcher. Shirts are used inside out, with all the buttons buttoned.



This works well for relay races – but use a dummy or a sack...no people!



For blanket stretcher, place one staff on the blanket. Fold over 2/5 of blanket. Place second staff 6 inches from edge of folded-over part. Bring edge of blanket over staff. Then fold over remaining part of blanket.

# Survive with flavor !



## Survival Kits - The Altoids Challenge! – How many practical items can you fit?

### Seven Groups

The contents of survival kits can be divided into seven broad groups:

- SIGNALING
- EMERGENCY DEVICES
- SHELTER AND PERSONAL PROTECTION
- MEDICAL
- WATER AND FOOD
- PERSONAL SUPPLIES
- MISCELLANEOUS / MULTI-PURPOSE

Many items, in fact most items, have multiple uses, *an important criterion for selection of any item*. These are listed in the category that best fits their primary function, but don't let that blind you from other possible uses for these supplies and equipment.

The lists below were taken from two different sources (with a few of my notes thrown in. Write down what you put in your box.

What is a Survival Kit? A survival kit is a must to bring along whenever you are going out into the country... The following survival kit is based mostly for scouts. It IS NOT a substitute for your group also carrying a proper first aid kit. Each individual should have their own survival kit, and know how to use its contents.

The brand names are listed here for reference and identification only.

### Mini Personal Survival Kit

Polished case serves as improvised signal mirror. Polished aluminum tape applied to interior of lid, protected by peel-away sheet.

### EMERGENCY DEVICES GROUP

Razorknife Blades Spark-Lite Firestarter Flint Spark-Lite "Fire Tab" Tinders (squeezed one more in for final packing) Windproof/Waterproof NATO Lifeboat Matches and Striker Strip "Premium" BCB Wire Survival Saw 20 lb. Fishing Line Extra Large Hook (use as gaff) (use a safety and dental floss if you wish) Brass Snare Wire White narrow-angle Photon Micro-Light II Brunton 15MM Button Compass

**MEDICAL GROUP** Tylenol/Aspirin in a waterproof case or wrapped Portatable-Aqua Iodine Water Disinfectant Tabs in glass vial\* OTHER 550# Mil Spec. Parachute Cord wrapped around kit 3M Scotch "Super 33+" Electrical Tape (wrapped around kit to seal it) Twisted Nylon Line Duct Tape H.D. Poly/Cotton Sewing Thread Sewing Needles, 1 large, 1 medium Heavy Duty Sewing Awl Safety Pins, 2 each #1, #2 and 3 ea. of #3 (hmm..really?) H.D. Aluminum Foil Thin Pencil (unsharpened)

REMEMBER – SEE HOW MANY USEFUL ITEMS YOU CAN GET INSIDE THE BOX. BE CREATIVE. IF YOU LEAVE SOMETHING OUT - HAVE A REASON AND AN OPTION. IF YOU THINK OF SOMETHING USEFUL THAT'S NOT HERE – PUT IT IN!!

## Survival Kit

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- 25 extra strength Tylenol (with permission of you parents)
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These items should be packed into a small tin can (which can be used as a pot to boil water), and sealed with duct tape. The emergency kit should then be placed in the bottom of your backpack and left there.

is smoke.

**The Spark.** When you get your spark, hold your left hand on the board as you take your foot off, and tap with the right hand (to loosen any spark that might hang onto the notch) before lifting the board. When you put your tinder on the spark, hold it down in the back and on the sides so that you will not blow the spark away.

*If the fire does not come, it is because you have not followed these instructions.*

When the dew is on the grass,  
Rain will never come to pass.

When the grass is dry at night,  
Look for rain before the light.

When grass is dry at morning light,  
Look for rain before the night.

Three days' rain will empty any sky.

A deep, clear sky of fleckless blue  
Breeds storms within a day or two.

When the wind is in the east,  
It's good for neither man nor beast.  
When the wind is in the north,  
The old folk should not venture forth.  
When the wind is in the south,  
It blows the bait in the fishes' mouth.  
When the wind is in the west,  
It is of all the winds the best.

An opening and a shetting  
Is a sure sign of a wetting.

(Another version)

Open and shet,  
Sure sign of wet.

(Still another)

It's lighting up to see to rain.

Evening red and morning gray  
Sends the traveler on his way.  
Evening gray and morning red  
Sends the traveler home to bed.

Red sky at morning, the shepherd takes warning;  
Red sky at night is the shepherd's delight.

## **Telling Time by the Sun**

(Always keep track of sunrise and sunset times or have a general idea.)

Extend your arm all the way out in front of you with your hand in a vertical fist ( imagine you are holding a cup of coffee by the handle)

Place the bottom of your fist on the horizon.

Take note of where the top of your fist is.

Move your fist up so the bottom is where the top was.

Continue until the top of your fist reaches the bottom of the sun.

How it works:

Every "fist" is approximately 10 degree. That is one hour. Each fist then is an hour.

If you end up short - each finger is 15 minutes.

So...Sunrise 6:15 AM.

Lets say you get -- 3 fists and 2 fingers. Time is approximately 9:45 .

Also works at estimating time until sunset.

Start with the top of your fist under the sun and count down until you reach the horizon. Two fists...two hours until sunset. With practice - you can do this without using your fist - you begin to see the sky in sections...

Good Luck !

## **Breaking In Boots**

This will sound weird...but it works.

Get a can of shaving cream - NOT gel. Make sure it has Lanolin in it. Best bet is to get something that says with Lanolin in the front of the can - in big letters.

OK...now get a pair of cotton socks...soak them in hot water - wring well and put them on while still warm. Now...squirt the shaving cream into the boot (yup) - enough that all sides will be coated. Then put you foot in with the warm sock and tie tight.

Get the remote , or a book and sit back for two hours.

Afterwards place in a warm, dry location and let them dry out for a day or two.

This works...I just did it on a new pair and they are like butter. And they smell nice too !