

SURVIVAL & EMERGENCY SKILLS

FOR CHILDREN & TEENS



Join us this July for a Wilderness
Survival & Emergency Skills
Workshop for Families!

5 OUTDOOR SKILLS FOR SUMMER ADVENTURES

The warm summer weather is approaching and families are organizing their outdoor gear and getting ready to hit the hiking trails and campgrounds. As the Coronavirus pandemic continues to spread across our globe, families are finding ways to get creative with their outdoor adventure options. Camping, hiking and road trips will be a popular choice for many this summer. As you begin to dust off your old camping gear and organize some of your equipment, it is also a good time to update the outdoor skills checklist as well. Just like any wilderness outing, common injuries happen commonly and there is always the chance of spending the unexpected night out...so best to be prepared!

*GET YOUR CHILDREN
COMFORTABLE IN THE OUTDOORS
THIS SUMMER!*





5 OUTDOOR SKILLS

Here are the list of skills we recommend reviewing before embarking on your journeys this summer:

- **IMPROVISED SHELTERS**
- **FIRE STARTING**
- **PATIENT ASSESSMENT/TRANSPORTATION**
- **FIRST AID/SPLINTING**
- **NAVIGATION**

This summer a lot of children will be spending more time at home with social distancing orders still in place. It is a perfect time to hone in on your outdoor adventure survival and first aid skills! There are several ways to go about collecting information on the skills mentioned above. Of course online tips and blogs can be very helpful. We know that some of the skills are best learned hands-on with feedback and an opportunity for question/answers. So, we are happy to share that our team is making that easy for you!

REGISTER FOR ONLINE CHILD & TEEN COURSES!

The online National Conference on Wilderness and Travel Medicine this summer includes a course on **Survival and Emergency Skills for Children and Teens!**

Our online workshops have been designed specifically for your family members by specialists in youth Wilderness and Emergency Education.

One registration fee includes access for all family members in one household.



JOIN US

SURVIVAL & EMERGENCY SKILLS



For Teens & Children

ESSENTIAL SURVIVAL AND EMERGENCY SKILLS FOR CHILDREN AND TEENS

This course will teach survival skills, situational awareness, safety, and how to provide essential and potentially life-saving first aid, including: how to stop bleeding, bandaging, improvised splinting, first-aid kits, how to prepare for a disaster in the home, on the road, hotel and in the wilderness, how to remove heavy objects with leverage after an earthquake, water safety, orienteering and more. Registrants will receive handouts and written instructions.

WILDERNESS SURVIVAL SKILLS FOR YOUTHS (AGES 6 AND UP)

This exciting course is an introduction to wilderness survival and will cover how to avoid getting lost, spending the unexpected night out, finding water and food, improvised shelter building, basic navigation, signaling and fire starting.



**GIVE YOUR KIDS A GIFT
THAT WILL LAST THEM A
LIFETIME.**

*"The mountains are
calling, and I must go"
- John Muir*



**SIGN UP
TODAY!**

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Wilderness-medicine.com