



Joining Instructions for RFMA Wilderness Survival

Introduction

- Welcome to Wilderness Survival

Our Wilderness Survival course – the Aim of this training is for the students to confidently grasp the basic Survival knowledge and practice the fundamental skills needed in the wilderness if things go wrong. Our meticulously crafted program is designed to empower students with the two things that you need:

- Survival skills and
- Survival knowledge.

By honing the fundamental techniques, our goal is to instill in each student the ability and confidence to survive with minimal effort.

In this comprehensive course, students can expect topics essential for building a structured approach to survival in the wilderness.

Some key areas covered in this program include:

The Survival Mind set: In the “Survival Mindset” we understand the thought process of a stressful situation and its effects on our thinking. We work through logical simple steps to ensure that we have the right mindset to win and survive. In this class we break down what immediate steps you should take when faced with a survival situation, how to prepare and organize your self in the wilderness, how to pack, how to plan and how to avoid a bad situation, but if should one arise, we focus on how to deal with it positively and with success.

- Survival First Aid: Understanding that sometimes injuries happen while not in the presence of hospitals and first responders. This class is designed strictly for the wilderness survival setting. This knowledge empowers you to make informed decisions and take life saving actions in the wilderness for your own injuries or others in your group.
- Fundamentals of Fire, Shelter, and Water: Building on the fundamentals introduced in our course, the survival fundamentals are broken down and discussed in detail in a controlled environment, and then practiced under supervision. All three of these skills will be the gateway fundamentals used when completing the overnight camp exercise in the

wilderness. By mastering these principles, you gain the foundation to consistently light a survival fire, build and construct a survival shelter and procure and treat water with confidence.

- **Building a survival kit:** “The survival kit” is a pivotal topic in our course, teaching you the art of building not, buying a kit that can save your life and or the lives of your group/family. This sets the stage for fundamentals classes as we discuss the items, there uses, and practice the skills to ensure understanding and confidence with your own equipment.
- **Signalling for help:** A key component of survival is having the ability and knowledge to signal for help. We will cover options using sight and sound that will aide in your rescue.
 - This is a custom designed entry level course offered exclusively by Rob Furlongs Marksmanship Academy and delivered by world class instructors. This course is an intense, interactive training opportunity for all students running over a three –day period in the foothills of Alberta.
 - The course contains a large amount of information and skills that are expected to be absorbed in a short time frame.
 - You are encouraged to be physically and mentally prepared to spend time in the wilderness and be able to travel on foot for distance. All should participate as much as possible to gain insight into the methods and techniques during this training as well as the philosophy of our instructors.
 - We ask all students who attend this course to come with a professional attitude, and an open mind. This will allow for the largest amount of material retention and provide the best learning environment for everyone.
 - Students will be required to provide their own transportation, lodging and meals for the three days of training. Detailed joining Instructions will be sent out to each student prior to the course with other suggestions/direction.
- **Equipment needed while on course on day 1:**
 - Small pack/ Back Pack to carry your items(20-60 litres)
 - Footwear. Broken in hiking or mountaineering boots
 - Clothing should be layered. Inner, Thermal, Protection Clothes for the weather and terrain (Alberta Rocky Mountain foothills)
 - Light weight Shelter (for camp. Tarp, poncho, bivi bag, Etc.)
 - Meals and cooking equipment (Pot, Cup)
 - Camp Items (sleeping system Pad and bag etc.),

- Flashlight/Headlamp (with spare batteries)
 - Eye and hand Protection (Gloves and glasses)
 - Writing materials (paper pencil/pen)
 - Survival kit basic essential contents:
 - Fire lighting equipment (Lighter, Matchers and a Ferro rod)
 - Whistle (pea less)
 - Cordage(100')
 - Knife (4-6" in length- Full tang)
 - Minimum 1 litre Water bottle/ Nalgene bottle)
 - Hygiene equipment(toiletries)
- **Location of Training**
 The course be based out of the Nordegg Alberta area. To get here from Hwy 16 Trans Canada you will take why 11(David Thompson Hwy west to Nordegg. We will start at 0900 at the Nordegg Fire department classroom.
[Nordegg Fire Dept - Google Maps](#)
 - This will be the location of instruction and practices for the first day and a half. We will then move on foot to the Wilderness area to establish a camp and enhance skills and knowledge in the wilderness north of Nordegg. After the overnight we will meet back at the classroom for departure.

Accommodations

There are several campgrounds (Gold Eye campground, Fish Lake Campground) within 10 mins of the training site as well as some hotels.

nordegglodgetel.com

Feeding

There are some small restaurants to eat at in the area and would suggest that you bring your food items with you as there are minimal large stores once you leave Rocky Mountain House area. You will be required to pack in food for the overnight to include 1 full day of meals.

Train today, excel tomorrow.