



Bushcraft

Session Guidelines

Bushcraft

Basic survival skills are developed and key responsibilities will be identified and shared by the team who will work together to get the most from the 'wilderness' experience.

"Leave no trace" - we would like our beautiful environment to remain that way. Please ensure you leave it as you found it.

Bush Walk

Time: 20 minutes

Objective

With panoramic views of Wilsons Promontory National Park and the beautiful temperate rainforest surroundings take time during your bush walk to the bushcraft zones to appreciate the untouched beauty of the local habitat.

Interesting environmental facts

- Wilsons promontory is Victoria's oldest national park est. 1898
- Temperate rainforest are the Earth's oldest living eco-system

Shelter Building

Time: 20 minutes

Objective

Participants must use resources within the shelter building area to build a shelter that they believe would give enough warmth and be water-resistant.

If the structure will allow participants to enter, pour a bucket of water over the top to check water-resistance levels.

Safety rules

- Assist the participants in the building of the shelter. Check the stability of the structure before students enter – if the structure is not stable after a gentle rocking, no participants are to enter
- No participants are to enter the shelter until deemed safe by the leader
- Participants must drag branches, and roll, not lift, logs
- Participants can only use resources on the floor – no breaking of branches on trees
- No throwing of logs or branches

Water Filtration

Time: 20 minutes

Objective

To purify water using the resources provided - sand, charcoal, grass, cloth and a 2-litre water bottle.

Too easy?

For an advanced group, give them the resources they can use, but do not give them the step-by-step instructions.

Safety rules

- Assist the participants in the filtering of water – follow step-by-step instructions
- Students are not to drink the water once filtered



Water Filtration - Instructions

Step 1

Fill the bottom of the bottle with grass

Step 2

Place a layer of charcoal on top of the grass

Step 3

Place a layer of sand on top of the charcoal

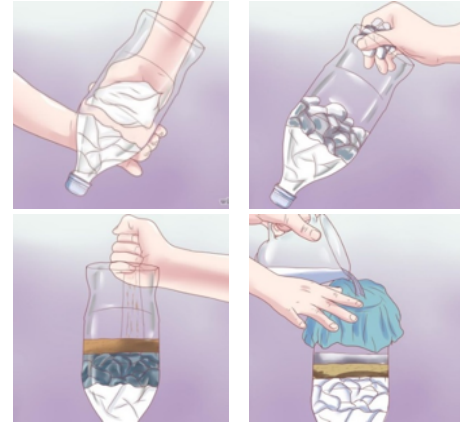
Step 4

Place a container underneath the water filter to catch the filtered water

Step 5

Place the cloth over the top of the filter bottle and slowly pour the dirty water over the cloth.

Note: if sediment is not completely removed, repeat step 5.



Signalling

Time: 20 minutes

Objective

Participants must work out the best place to build a signal that will be seen from a rescue helicopter or plane circling above trying to locate lost participants. Once agreed upon a location, the participants must make the signal from the resources located in the signalling element area.

Assist the participants in the choice of area to build a signal and the retrieval of elements to be used.

Safety rules

- Branches and logs are to be dragged or rolled to signal area
- After the signal is complete, all resources must be returned to original area



Knot Craft

Time: 20 minutes

Objective

Use the knots listed to help to construct a contraption that will allow the participants to send a collection of objects from one area to another.

Safety rules

- Participants are not to throw or attempt to lasso ropes
- Knots need to be untied upon completion of the element

