

Performance Objective 3: Field Skills

Enabling Objectives:

1. **Employ methods of environmentally safe waste disposal in the field.**
 2. **Maintain unit equipment.**
 3. **Tie a knot (bowline, fisherman's and square lashing).**
 4. **Identify campsite and all its various components.**
 5. **Observe hiking techniques**
 6. **Prepare for an expedition.**
 7. **Discuss dangerous animals.**
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Review

1. Wilderness Journal. Keep a written record of your adventures and experiences. Keep copies of routes that you travel, write down stories or anecdotes, and draw pictures of the animals, plants and scenery you encounter. Record the scenery you encounter. Record your favorite, and least favorite places, people and events and the lessons that you learn from your experience. At the end of your Young Marine career this journal will tell a wonderful story.
2. Personal Clothing and Equipment.
 - a. When you select your personal clothing and equipment for an outdoor activity, air temperature, wind, precipitation, altitude, humidity and the UV index are elements of the environment that will need consideration. Clothing must protect you from sun, wind, rain and snow, variations of temperature and insects.
 - b. In general, your clothing should be comfortable and loose fitting and check that there is no damage or missing parts. Keep all your clothes as clean as possible, repair and wash when required. Remember "COLD" if you do not want to be cold:
 - 1) **C** - clean clothes breathe and insulate better;
 - 2) **O** - avoid overheating by ventilating;
 - 3) **L** - dress in loose layers; and,
 - 4) **D** - stay dry
 - c. Items you would ordinarily carry in your pockets are:
 - 1) Whistle (plastic);
 - 2) Folding pocket knife;
 - 3) Personal identification and medical insurance card;
 - 4) Map and compass;
 - 5) Survival kit with matches;

- 6) Lip balm;
- 7) Notepad and pencil; and,
- 8) Small flashlight.

3. Packing. The general rules for packing your pack are:

- a. Fasten all pocket covers and do not let anything hang or dangle from the outside of your pack;
- b. Use an open plastic garbage bag that you can seal, as a liner in the main compartment of your pack to keep your items dry;
- c. Place heavy objects close to the back of the frame, centered and higher on the load;
- d. Carry long items vertically. The width of your load should not exceed your shoulder width;
- e. The shape of the load should be kept as flat as possible;
- f. Snug up all compression straps to keep your load compact and secure;
- g. Place all toiletries in a protective bag inside your pack to avoid toothpaste flavor clothes;
- h. Carry all fuels in an approved sealed container;
- i. Pack all the things you will need in an emergency in pockets or in the top of your pack;
- j. Pack things in the order you are likely to use them;
- k. Pack your days meals and snacks in an outside pocket;
- l. Position water bottles in convenient pockets or pouches;
- m. Avoid carrying more than 35 lbs (not more than 1/4 to 1/3 your body weight not to exceed 35 lbs) and,
- n. Always protect and pad sharp edges of equipment and tools.

4. Emergency Situations. In an emergency situation, remember STOP.

- a. Stop** where you are! Do not panic. Many lost people waste valuable energy, and risk injury by panicking—running aimlessly, continuing to travel after dark, walking in circles, etc.
- b. Think** about immediate and future dangers and the factors involved in your situation. Consider the time of day, your physical condition, and the last time you had a drink or something to eat. Try to list the options that are open to you.

- c. **Observe** your immediate environment, weather, terrain, and resources available, and how each of these affects your options. Look for a location for a shelter, for fresh drinking water, and for clues to your location or the route you took to get where you are now (e.g. I followed a stream until it went into a swamp, then I walked over this hill behind me...”)
- d. **Plan** your best course of action. Include in your plan the methods you will use to signal rescuers.
5. Finding Drinking Water. To find safe drinking water, collect rainwater or clean water from a spring or a fast moving stream. No matter where you have collected your water in the wilderness, **bring water to a rolling boil, and then cool before drinking.**
6. Safety Procedures for Field Stoves.
- a. Fill, light, and use the stove outside of tents, buildings and confined shelters;
 - b. Ensure no pots or objects are placed on the stove when filling or lighting;
 - c. Never open a pressurized fuel tank when the stove is lit;
 - d. Only fill or pack up a stove that is cool to your touch;
 - e. Always fill the fuel tank in a different place than where you plan to use the stove – stay downhill and downwind from other sources of fire;
 - f. Set the stove on a stable, level and clean surface when you use and fill it; and,
 - g. Always fill using a funnel.
7. Safety Procedures for Field Lanterns.
- a. Fill, light and use the lantern outside of tents, buildings and confined shelters;
 - b. Only fill or pack up a lantern that is cool to your touch;
 - c. Always fill the lantern in a different place than where you plan to use it – stay downhill and downwind from other sources of fire;
 - d. Set the lantern on a stable, level and clean surface when you use and fill it;
 - e. Always fill using a funnel; and,
 - f. Ensure that the heat shield is in place.
8. Selecting a Wilderness Shelter Site.
- a. To protect yourself and your shelter:
 - 1) Avoid overhanging tree branches and other overhead hazards;

- 2) Avoid open hilltops—you will be exposed to wind and lightning;
- 3) Orient the opening of your shelter away from the wind;
- 4) Avoid depressions where water might pool after rainfall;
- 5) Ensure you are at least 100 ft from your cooking area (bears and other animals will be attracted to food smells); and,
- 6) Never site your shelter on a road or path.

b. To lessen the impact on the environment and other wilderness users:

- 1) Ensure you are at least 100 ft from open water—local wildlife relies on water access for survival and your presence at the waters edge may interrupt their habits;
- 2) Select a shelter site out of the direct view of other wilderness users—at least 30 ft from a trail, path or road; and,
- 3) Construct your shelter on a durable surface like sand, rock or grass—fragile plant life may be permanently damaged by your use of the area. Avoid moving large stones and branches.

9. Safety Regulations, Routine and Discipline in the Field. In a campsite, there are general rules that you are expected to remember and follow whenever you are camping with Young Marines. These are called “Standard Operating Procedures” or SOPs:

- a. You will not go into water above your knees without supervision and an approved personal floatation device;
- b. You will use tools safely;
- c. You will know the location of the group first aid kit, the fire fighting equipment and the location of your leader’s shelter;
- d. You will keep your shelter and the surrounding area tidy and free from hazard;
- e. Male and female Young Marines will not enter the others shelter;
- f. You will know the action to take in case of a fire, or other emergency;
- g. You will inform your leader before leaving the campsite;
- h. You will not venture further than the head by yourself; and,
- i. You will protect yourself, your Young Marines and your equipment from fire, animals, insects, heat and cold injuries, lightning and dehydration.

10. Heat and Cold Injuries.

a. Cold Injuries. Frostbite happens when soft tissue freezes. It is a particular danger on days with a high wind-chill factor. Prevent frostbite by wearing appropriate clothing, mitts, hat, and socks and footwear. Hypothermia is the lowering of your body core temperature. You can become the hypothermic in almost any weather, in any season—but especially in cold, wet and windy environments. Protect yourself from wind and precipitation, keep warm and dry, and make sure you are fit, well fed and well rested before working in the cold.

b. Heat Injuries. Protect yourself from sunburn and heat injuries by:

- 1) Drinking water regularly;
- 2) Reducing activity in hot weather;
- 3) Covering up—wear light clothing, long sleeve shirts and full-length pants. Always wear a hat;
- 4) Applying sunscreen to exposed skin every 2 hours, or more often if you are near water or perspiring heavily. Put sunscreen on your skin at least 20 minutes before you go out in the sun, paying particular attention to the most exposed parts—ears, face, neck, shoulders and back, knees and tops of feet. Do not forget your lips, ears and nose;
- 5) Reducing or avoiding extended exposure during the peak sun hours, 1000-1600hrs;
- 6) Dark skin gives an SFP protection of only about 8.

11. Minimum Impact Camping. The goal of minimum impact camping is to leave behind no trace that you have used or passed through a wilderness area. By acting responsibly and taking a few precautions, you can leave a campsite or a trail in the same natural condition for the next person to enjoy.

a. Remember that you are not the only one using the wilderness—you are a guest in someone else's home.

- 1) Always clean up after yourself. Any garbage that you bring in, you must bring out.
- 2) Keep noise and lights at night, to a minimum, and try not to disturb the natural setting unnecessarily moving or damaging trees, plants or rocks.
- 3) Respect all burial sites, private property, local residences and the privacy of other wilderness users.

b. Whenever possible you should use an established toilet, outhouse or portable toilet.

Where these do not exist, you will have to use an alternative.

- 1) In small groups, you should use a “cat-hole” or “one-sit hole.” Each person selects a private and dry place and digs a small hole only 6 to 8 inches deep. Make your deposit and then mix in the dirt from the hole with a stick, covering everything well.
- 2) In a group of more than 12 people, you should dig a field latrine—a hole about 4 feet long by 2 feet wide, 4 feet deep. Cut the covering vegetation in one piece and set it aside. Leave the pile of loose earth and the shovel beside the hole to allow users to spread some dirt over their deposit. When the hole is full to about 1.5 feet from the top, cover it with the remaining dirt and original natural cover.

12. Fire Safety. Some safety guidelines to follow are:

- a. Ensure you have fire safety equipment available to you before starting a fire. This equipment could be a shovel, rake, pail with sand or water, or a fire extinguisher. This equipment stays by the fire all the time. Never light a fire beside a lantern, stove or fuel container;
- b. Never leave your fire unattended and always ensure the fire is fully extinguished before leaving it;
- c. Choose a site that is already established as a fire ring/pit/mound, or select a site that is free from combustible ground cover, has no overhanging branches, and is away from buildings (10 feet). Think about where sparks might fly and pick a site that is appropriate—do not start a fire on a windy day;
- d. Ensure that you know the regulations concerning fires for the area that you are in. Some parks, conservation areas, and training areas do not allow fires at any time, or may restrict fires when the weather has been hot and dry; and,
- e. A small hot fire is more efficient and useful than a large bonfire. Always keep the size of your fire under control, and do not use more wood than necessary to keep it burning.

E.O. 1 Employ Methods of Environmentally Safe Waste Disposal in the Field.

1. Food and Meal Waste. Divide waste from Meals Ready to Eat (MRE's) or other packaged meals into paper, plastic, foil, and cardboard. Pack this waste out and recycle where appropriate. Remember to encourage Young Marines to finish all the food they open, and not to dump food scraps or extra liquid on the ground—it is polluting, and it will attract animals. Tin cans, glass, plastic containers and other food related garbage are treated the same way. Do not burn any of these. Large groups staying in one bivouac site may set up a garbage point. Collect garbage after each meal and place it in doubled bags.
2. Waste from Equipment. Damaged and broken equipment is a common source of pollution, either from the broken pieces being left around or fuel (or other liquids)

leaking out. If equipment is broken or damaged, and repair is not possible, ensure you have all the pieces picked up, mark the device as not serviceable, and return it/ pack it out.

- a. If fuel or oil has leaked from it, you will have to clean that up as well. Naphtha fuel will evaporate quickly, so a small spill will soon disappear. Leaked oil will not evaporate. Oil soaked soil will have to be bagged and carried out of the area. Naphtha and oil can be cleaned from equipment easily with a rag, and the rag packed out to be disposed of properly.
 - b. Large accidental fuel spills can be deterred by packing fuel in 1 quart or liter approved fuel bottles. When you refill a stove or lantern always use a filter funnel and take care not to spill or waste fuel. Wipe up spilled fuel immediately, and pack out the rag.
3. Human Waste. You have learned of some of the alternatives to using established restrooms to dispose of human waste. Some parks and wilderness areas now require that all solid human waste be packed out of the area and disposed of in an approved septic facility. Many people make their own portable toilets from pails or milk crates. Some even have toilet seats that fit on top. For long hikes or wilderness back packing trip, it is best to hand each team member their own small container or double thick plastic bag. Only put human waste and toilet paper in these portable toilets—no garbage, foliage or dirt. Remember—always wash your hands after use.

E.O. 2 Maintain Unit Equipment.

1. Routine Maintenance. Routine maintenance can be carried out before use and/or each day by:
 - a. Cleaning equipment—stoves, lanterns, tools, etc;
 - b. Checking ropes for dirt and damages;
 - c. Check first aid kit, and refill as required;
 - d. Only using the approved fuel in stoves and lanterns, and cleaning spilled fuel immediately;
 - e. Checking sleeping bags and shelters for damage and dirt—clean and repair immediately; and,
 - f. Checking proper operation of stoves and lanterns.
2. Maintenance Before Storage. Before storing equipment for a length of time:
 - a. Ensure all equipment is clean, dry and in good repair;
 - b. Ensure first aid kit is full;
 - c. Ensure all metal tools are sharp and oiled;

- d. Remove batteries from the radios, flashlights, etc; and,
- e. Repair, clean, and refill team storage boxes as required.

E.O. 3. Tie a Knot.

1. Bowline. (figure 3-1) The bowline is often called the rescue knot as it makes a simple loop that does not slip. It can be used to tie around yourself or throw to someone who needs a lifeline (or to tie to the bow of a ship).

- a. Make a simple overhand loop (looks like the #6);
- b. Pass the short end through the hole from the bottom;
- c. Bend the end around the length, and pass it through the small loop just formed and alongside its own continuation; and,
- d. Tighten the bowline by holding onto the bight formed by the end and pulling hard on the standing part.

2. Fisherman's knot. (figure 3-2) The fisherman's knot is used to join fishing line and ropes together:

- a. Tie an overhand knot in one of the ropes, do not tighten it;
- b. Pass the other rope end through the loop, and tie an overhand knot.

3. Square lashing. (fig 3-3) A square lashing is used to lash spars that cross at a right angle, touching where they cross.

- a. Start with a clove hitch;
- b. Do three or four wrappings;
- c. Frap twice; and,
- d. End with a clove hitch.

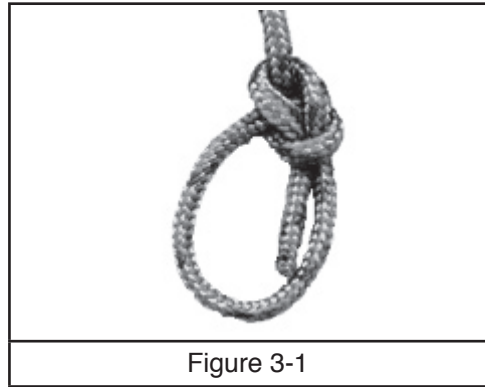


Figure 3-1

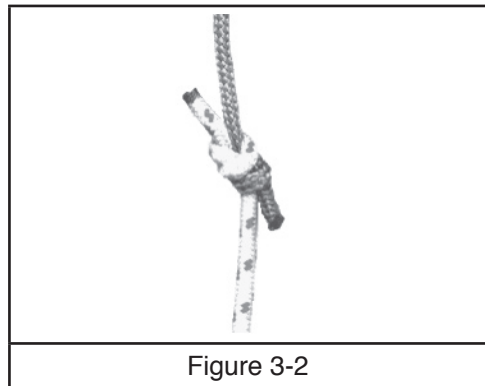


Figure 3-2

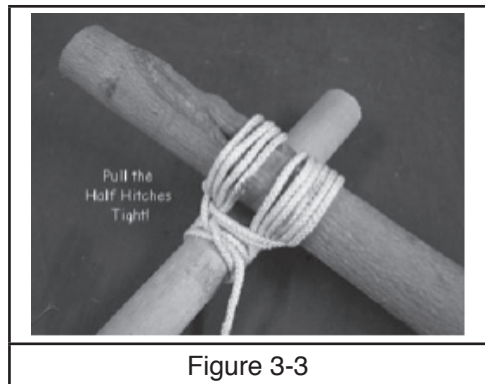


Figure 3-3

E.O. 4 Identify Campsite and all its Various Components.

1. Components of a Campsite. A campsite site in a pristine wilderness location looks different than an established campground. Each component of the site is spread out, both to make the impact less severe on one area, as well as to protect your team from unwanted visits from local animals. (figure 1) Note that the prevailing wind blows cooking, latrine and garbage smells away from your sleeping area.

a. Sleeping Area

b. Campsite Kitchen

c. Food hang

d. POL point(Petroleum, Oils, Lubricants)

e. Garbage Point (Animal Proof)

f. Head facility



g. In an established campsite, the locations for latrines, wash-up areas, shelters and kitchen may already be set for you. Be sure your team members use these established facilities.

h. Remember to avoid areas that show use or damage—choose another location to allow the damaged site to fully recover.

2. Tips for Finding a Good Campsite. The key to a good campsite is planning:

a. Select places where the ground cover is very durable—grass, sand, rock, clear forest floor or snow;

b. Avoid wetlands, ferns, new or delicate foliage;

c. In the winter, or cold weather, choose a site that is protected from the wind. A location half-way up a hillside, with a southern exposure, is a good place;

d. Heavy vegetation, wetland and dense brush are havens for insects in warm weather. Avoid these sites whenever possible. Look for a site that has some open areas for wind to blow through;

e. Always check for danger; and,

f. Choose a site that is visually pleasing.

3. Food Hang. All animals are attracted to food. This is why it is very important that when you are out on an expedition that you “animal proof” your food. This could include locking it up in your vehicle, putting it into animal-proof food containers or barrels provided by some parks and wilderness areas, or hanging food packs from a tree.

- a. Before you select a site to hang your food you should be looking around for animal indicators. These could include tracks in the snow, sand, and dirt or on a path. Look for signs on the trees like claw marks or missing bark. Avoid areas with berry patches, acorns or nut crops on the ground, and orchards—these attract not only humans but also animals.
- b. When you hang up your food pack, remember that you are to include all of your food, snacks, gum, candy, any beverage, plus toiletries. In another pack you should put all of your cooking utensils, pots, pans, and all clothing that you cook in. You should never go into your tent with the clothing that you cooked in—change right after cooking and wash your face and hands after meals.

E.O. 5 Observe Hiking Techniques.

1. Hiking. Walking with a pack is different than just walking. There are techniques that will make you more comfortable and efficient. Always stretch and warm up before starting a hike.
2. Foot Care. Use a comfortable insole and ensure that you change your socks regularly on a long hike. Keep your feet dry—use foot powder to keep your sweat from soaking your socks. By wearing two pair of socks, friction is reduced on your skin, and moisture can be drawn away from your foot into the outer sock.
 - a. Check your feet every hour and reapply powder or change socks as required. Treat all “hot spots” and blisters immediately. Always carry some adhesive bandages and blister treatment (like moleskin) for foot care.
 - b. Avoid popping blisters unless you can be sure that the area and implements are sterilized. Do not be afraid to stop your team if you, or a teammate, is having foot problems. Time taken in prevention is always less than being slowed down by injuries or emergencies later on.
 - c. Keep your boots dry! Avoid wading into water unnecessarily, and air them out at rest stops and overnight. Do not tuck wet socks into your boots at night.
3. Energy Conservation Techniques. When you are on a hike, you want to conserve your energy so that you will save spare energy to deal with a changed plan or an emergency. Prepare yourself by being well fed, well rested and physically fit before you start a hike. Stretch and warm up well before you start. Being overly tired increases your chances of accidents, injuries and making poor decisions.

- a. Breathing. A good indicator of efficient walking is your rate of breathing. Heavy, labored breathing is a sign you may be working too hard. Your muscles need sufficient oxygen to work well, and breathing normally and rhythmically allows enough oxygen to transfer into your bloodstream. On level ground, carrying a pack, an average person will take one full breath in and out per 3 paces. On difficult terrain your rate of breathing should increase, but do not let yourself get to a point when you are struggling to breath evenly (gasping or wheezing).
- b. Pace. Work with your Young Marines to create a suitable pace that everyone can manage. This means: changing the length of each stride, or changing the speed of each stride. It is like changing gears on your bike. Difficult terrain can be crossed with a short fast pace. Easy terrain may be better suited for long relaxed paces. The best judge of pace is whether the team has to stop often and the pace slows gradually during the day, or whether the team can maintain the pace throughout the day with only the regular rest stops. Do not treat hiking like a race—the fastest team does not win.
- c. Off-trail Hiking. Walking off-trail is both exhilarating and challenging. Navigating, obstacle crossing, and safety concerns make “bushwhacking” all the more interesting! Ensure your Young Marines keep their spacing to avoid branches swinging back, and to be able to see upcoming danger. Beware of pushing rocks or snow down on Young Marines, always check up and down a steep loose slope before crossing.
- d. Techniques. When walking up a steep hill, keep your body straight. It will be easier to regain your balance, and if you fall at least you will fall forward. Take small steps and try to always keep going up—rather than cross an obstacle that would require you to climb up and then down the other side, find a route around that lets you stay at the same height, or increase slowly. If you cannot easily step over it, go around.
 - 1) Reduce the angle of a very steep slope by waking across rather than straight up—this is called “traversing.” Keep the angle less than 45°
 - 2) Walking down a steep hill is as difficult and dangerous as walking up. Keep control of your speed and watch out for loose soil, snow, ice or loose/wet rock. Keep your knees slightly bent and place each step gently to reduce the impact and friction on your feet. Try to step on the uphill side of obstacles and rocks.

4. Crossing Obstacles.

- a. When crossing boulders and land obstacles plan your route before starting to cross. Always choose safety over convenience. If you wear your pack across, keep all your straps tight to keep the pack close to your body. You can always take your pack off for difficult obstacles and hand it over to a teammate—on long obstacles make a chain of people to ferry packs. On difficult obstacles one person can act as a spotter for the next. Keep your hands free for balance—do not try to carry something while crossing. Ensure that the obstacle does not become too crowded, keep extra distance between each person.

- b. Do not try to wade through a water obstacle where the water is above your knee, or if the water is fast flowing. Always be sure you can see the bottom clearly. If the water is murky and you cannot see the bottom, find another way across. Examine the consequences of falling in before considering crossing a makeshift or suspicious bridge. Do not risk falling into deep, cold or dangerous water because you are too lazy to look for another route. With the appropriate safety equipment, your adult leader may choose to cross or make a bridge. Only cross a deep or unknown water obstacle with the direct supervision of an adult.
- c. When you cross, remove your pack and ferry it across (ensure it is waterproofed!), or carry it on your back with the waist belt and sternum strap undone, and be ready to remove your pack if you fall. Do not cross a water obstacle alone. You can use a walking stick as an aid for balance and cross in pairs or groups. If the bottom is smooth, you may want to remove your boots and wear running shoes or sandals across. If the bottom is rocky, wear your boots—if the water is not too cold you may want to remove your socks to keep them dry. Always dry your feet after crossing.

E.O. 6 Prepare for an Expedition.

1. Expedition Preparation. What is an expedition? An expedition is an organized voyage or journey across land or water, with a specific aim in mind. To prepare yourself for an expedition you must be physically and mentally ready to go. To be physically ready, you must be physically fit (at the appropriate fitness level for the expedition, and not have any recent or recurrent injuries), your personal and team equipment must be ready and you need the expedition plan and map. To be mentally ready you need to be prepared for understanding of the expedition aim. The golden rule is, “Check, then check again.”
2. Preparing Equipment. The expedition plan will have a list of items each person is required to bring, as well as equipment that will be issued—personal and team. A few days before the expedition, check the weather forecast for the expedition dates. Note both high and low temperature, as well as wind speed and precipitation. Few weather forecasts are exactly right, but it will be a good guide for choosing clothing. Some small equipment may be left off the plan list and you have the option of bringing extra stuff but remember that you will have to carry it.
 - a. Lay all your items out and check each piece for serviceability and cleanliness. Wash and fix it as required. Ensure batteries are in your flashlight. And check your survival items for all the appropriate items. Always check your items before the expedition—once you have started it is too late to remember you have no toilet paper, or that there is a hole in your rain jacket. When you are issued team equipment, check it as well. Set up the tent to make sure there are no holes and that all the parts are there. Light the stove and lantern and let them burn for 5-10 minutes to be sure they are operational.

- b. When you finish an expedition check your items again and fix and clean right away! If your items are clean, dry and in good order when they are put away, it will be quicker and easier to get ready for the next expedition.
3. Prepare Yourself. You must be ready. Get yourself into good physical condition and stay there. You will not be able to contribute to your team if you cannot keep up. You do not need to be the fastest or the strongest on your team—but you should be at least as fast and strong as the team average. The wilderness treats everybody the same, it will not go easy on you because you were not ready.
- a. Make sure your technical skills are ready. Practice the small skills so that you can perform them easily. Your Young Marines will not have confidence in you if you struggle through tying knots, setting up a shelter or navigating. Seek advice from experienced Young Marines and bring some notes or this manual with you if you think you will need something to act as a reference.
- b. Ask yourself:
- 1) Am I ready?
 - 2) Do I need to practice any skills?
 - 3) Are there new skills required from me?
 - 4) What is the weather forecast?
 - 5) Do I have food, water, a place to sleep?
 - 6) Do I understand the emergency plan, the route and the timetable?
 - 7) Is my gear serviceable and properly packed?
- c. Write down your thoughts and reactions, as well as memorable events in your journal.
4. Prepare for Emergencies. Emergencies can happen any number of different ways. Sudden changes in weather, accidents, natural disaster, poor decisions by one or more people, or even attacked by animals. You can lower the risk to you and your Young Marines by making reasonable and sensible decisions, and by following established safety guidelines.
- a. Remember the “Buddy System” and watch over your buddy. Learn and practice Emergency First aid skills.
- b. One of the most stressful wilderness situations is getting lost. Some people panic when they realize they are lost, and by running around they make themselves even more tired, disoriented and confused. Remember STOP from the review section.

E.O. 7 Discuss Dangerous Animals.

1. Bears. Bears pose a distinct threat to you and themselves. They will often visit areas inhabited by humans, usually to their own detriment. Inform yourself as to signs of bear activity, and avoid areas where you suspect bear activity or where bear warnings are posted (e.g. garbage dumps, in some areas of national parks). There are several breeds of bears you may encounter in the U.S. The most common are Black bears.
 - a. Do not surprise a bear. Never startle, crowd, corner, pursue or approach a bear for any reason. The space a bear needs to feel unthreatened varies from a few feet to several hundred meters.
 - b. Control bear attractants. Bears have a strong sense of smell and, as omnivores; they are attracted to just about any food source. Minimize foods with strong odor (e.g. bacon, fish), perfumes, and scented toiletries (sunscreen, shampoos, etc.).
 - c. Properly dispose of all garbage or seal in an airtight container. Wash all equipment (packs, sleeping bags, stoves, etc.) before bringing to the wilderness and again if they get food spilled or cooked onto them. Clean pots, dishes and utensils immediately after use. Dispose of wastewater at least 100m away from cooking and campsites.
 - d. Do not feed bears. Keep as clean as possible. Do not sleep in the same clothes you ate or cooked in. Choose unscented personal hygiene items and secure them overnight in the same manner as food—away from the campsite. Used feminine hygiene products should be sealed in a plastic bag and packed out as garbage—do not try to burn or bury them.
 - e. Inform yourself on the appropriate action to take if confronted or attacked by a bear. Read research material, always travel in a group of four or more, and take precautions to protect you and the bear. Carry bear repellent spray (or other deterrent) for use only as a last resort. Report bear encounters to the appropriate authorities as soon as possible. Some people choose to wear bells attached to their packs to alert bears that may not be within sight.
 - f. In the case of confrontation or attack, stick together and keep your pack on. Face the animal and back away slowly. You can't outrun or out-climb a bear so do not try.
2. Wildcats and other Dangerous Animals. Bears are not the only dangerous animals in the wilderness. Wildcats, wolverines, wild dogs, and even moose can be dangerous when provoked, or while hunting. It is your responsibility to protect yourself, as well as them, from harm. Follow the steps for animal-proofing yourself, your items, and your campsite.
 - a. Cougars, mountain lions, and pumas are all the same species of large wildcat. They are rare, however their population is increasing, and the expansion of human development is encroaching on their natural habitat. Take the same precautions as for bears. When wildcat attacks, it is usually hunting and will target what it thinks is

easy prey. By staying in a group and keeping your pack on you will likely not look much like lunch.

- b. Never provoke a big animal. Moose, caribou, elk, musk, ox, and even domestic cattle will protect their territory and their young. Give them a polite amount of space. If confronted, stay in a group and back away slowly. Think of the headlines, "Young Marines trampled by Bessie the cow."
3. Poisonous Snakes. Poisonous snakes are common in many parts of the United States. Rattlesnakes, Cotton Mouths, Copperheads, and Moccasins live in many parts of the United States. Bites are painful but not usually fatal. These snakes will likely be found on warm rocks, or curled up in crevices and under rocks, and near water. They are most prevalent in the warm summer months (May to September). Give them their space, they only attack in self-defense.
- a. Any bite victim must seek medical attention immediately. Move the victim away from the snake to avoid a second bite. Treat victims by rinsing the bite area with clean water, applying a cold compress, immobilizing and elevating the bite area, keeping the victim calm and transporting them with the victim at rest. Be prepared for the victim to develop respiratory problems. Do not apply a tourniquet.
 - b. Report a bite or sighting to local wildlife authorities.

PERFORMANCE QUALIFICATION REVIEW

Performance Objective 3: Life Skills

E.O. No.	Enabling Objective Description and Performance Requirement	Authorized Evaluators Signature
1	Employ methods of environmentally safe waste disposal in the field.	
a.	Knows how to dispose of food containers and meal waste.	
b.	Knows the methods for properly disposing human waste.	
2	Maintain unit equipment.	
a.	Knows how to maintain unit equipment before and after use.	
3	Tie a knot (bowline, fisherman's and square lashing).	
a.	Can tie a bowline knot and give examples of its use.	
b.	Can tie a fisherman's knot and give examples of its use.	
c.	Can tie a square lashing and give examples of its use.	
4	Identify campsite and all its various components.	
a.	Can draw a campsite diagram.	
b.	Knows how far from the campsite food should be hung.	
c.	Can choose a good site for camping taking into consideration, the time of year and the weather.	
5	Observe hiking techniques	
a.	Knows how to take care of their feet when hiking.	
b.	Understands breathing and pace while hiking.	
c.	Knows what traversing is.	
6	Prepare for an expedition.	
a.	Knows what an expedition is.	
b.	Knows that the "Buddy system" is very important while on expedition.	
7	Discuss dangerous animals.	
a.	Knows to keep food sealed so as to keep animals away.	
b.	Knows how to act when there is a bear around.	
c.	Knows how to act around other wild animals.	
d.	Knows the months most poisonous snakes are prevalent in the U.S.	
e.	Knows how to treat a snake bite victim.	