

Survival Training Courses Checklist

Basic Survival Skills:

Wilderness Survival Course: Covering basics like shelter building, fire making, and navigation.

Urban Survival Course: Skills for surviving in urban settings including situational awareness, self-defense, and basic first aid.

Disaster Preparedness Course: Training on how to prepare for and respond to various natural and man-made disasters.

First Aid and Medical Training:

Basic First Aid Course: Covering CPR, wound care, and common medical emergencies.

Advanced First Aid Course: More in-depth medical training for severe injuries.

Wilderness First Responder Course: Focused on first aid in remote or wilderness settings.

Herbal Medicine Course: Identifying and using medicinal plants.

Food and Water Procurement:

Foraging Course: Identifying edible plants, berries, and mushrooms.

Hunting and Trapping Course: Skills for procuring meat in the wild.

Fishing Course: Basic and advanced fishing techniques for survival.

Water Purification Course: Techniques for finding and purifying water.

Shelter and Warmth:

Shelter Building Course: Techniques for building shelters in various environments.

Fire Making Course: Various techniques for starting and maintaining fires.

Self-Defense and Personal Protection:

Basic Self-Defense Course: Learning to protect oneself from threats.

Firearms Safety and Training Course: If legal, basic to advanced firearms training for personal protection.

Navigation and Orientation:

Land Navigation Course: Using a compass, map reading, and natural navigation techniques.

GPS Navigation Course: Utilizing modern technology for navigation.

Communication:

Basic Communication Course: Using radios, signaling devices, and other communication tools.

Emergency Communication Course: Setting up and using emergency communication systems.

Homesteading and Sustainable Living:

Basic Homesteading Course: Skills like gardening, livestock care, and basic carpentry.

Food Preservation Course: Canning, drying, and other food preservation techniques.

Construction Courses: Knowledge for building homes, barns, well digging, building walls, and other permanent structures.

Physical Fitness:

Fitness Training Course: Building physical endurance, strength, and flexibility for survival situations.

Yoga Classes: For flexibility and mental health.

Vehicle and Mechanical Skills:

Basic Vehicle Maintenance Course: Skills for maintaining and repairing common vehicle issues.

Small Engine Repair Course: Repairing generators, chainsaws, and other small engines.

Miscellaneous:

Knot Tying Course: Learning various knots for different survival applications.

Outdoor Leadership Course: Developing leadership skills for group survival scenarios.