

## **Electives Snowshoe Program Seven choices**

**Lesson 1 and 2 are mandatory.**

**Check with teacher after first visit for choice of other lessons.**

### **1. Winter Survival - first lesson (mandatory)**

- how to dress for winter
- what to carry in a backpack
- first aid for hypothermia/frostbite
- introduction to snowshoeing
- dress-up clothes
- sample backpack
- bucket of bolts (towels)
- snowshoe hike and camouflague game (thicket game)

### **2. Shelter Building - last lesson (mandatory)**

- introduction on how to build shelters - overhead
- campfire
  - bannock or s'mores, hot dogs
  - we supply the fire, hotdog sticks, bannock and s'mores
  - the school provides the hot dogs and hot chocolate
  - (bannock made from pancake mix)

### **3. Wayfaring optional lesson**

- mapping on snowshoes using the snowshoe map and snowshoe trail map

### **4. Orienteering optional lesson**

- compass work on snowshoes

### **5. Survival Game optional lesson**

- predator/prey survival game on snowshoes

### **6. Trappers and Traders optional lesson**

Prerequisite – MUST have done WAYFARING on a previous visit  
Play the Trapper and Trader game using Snowshow trail map

### **7. Keeping Track of Wildlife optional lesson**

snowshoe hike looking for wildlife tracks  
wildlife games – beaver game, cavity game, squirrel game,  
Oh Deer, Quick Frozen Critters, etc  
(Project Wild games)