



**Massachusetts Emergency Care Training Agency –  
MECTA, Inc. *OUTDOORS***

Wilderness Technician, Junior

Sample Course Outline – Curriculum

**Sensory Awareness Exercises**

- **Sight**
- **Hearing**
- **Touch**
- **Taste and Smell**
- **Varied Vision**
- **Moving in Nature**

**Observing Plants**

- **Drawing Plants**
- **Pressing Plants**

**Curriculum:**

**Lost-proofing**

- **Prominent Features in the Landscape**
- **Trail-markers**

**Survival Packs**

**What to do if Lost**

- **Circling Method**
- **Straight Line Method**

## **Survival Preparation**

- **Shelter (natural)**
- **Fire**
- **Water**
- **Food**

## **Shelter Location**

- **Animal Home Game**

## **Scarecrow Game**

- **Keeping Warm**

## **Safety and First Aid for Children**