



**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