

Required Clothing and Gear for Solo Survival Exercises

Please note the following about the (*), (**), and (***) symbols:

(*) Layers must be wool or synthetic fabrics. NO COTTON!

(**) The O.P.P. will provide these items.

(***) The O.P.P. may be able to provide these items; check with the instructor to confirm availability.

Clothing

Footwear (boots/hiking shoes)

Socks*

Extra socks*(complete change of above)

Long pants*

Tops* (base layer, midweight layer and thick layer (e.g. fleece)

Neck warmer (scarf, buff, fleece neckwarmer etc.)

Hat* (warm)

Rainwear (hood to ankles)

Gloves or mittens*

Equipment:

Topo map of area (preferably in a ziplock bag) **

Compass (orienteeing type)

Sunglasses (full coverage, good UV rating)

Whistle (with neck lanyard!)

Timepiece

2 lights (headlamp, "microlight" or flashlight)

Tarp shelter (5' x 7' minimum size)

Duct tape (4') if using 'mylar space blanket'

Garbage bags (minimum 2)

Cord (25' or more of 1/8")

Knife

Matches (wind & waterproof) or fire striker

Fire starter

Glowstick for shelter**

Reflective flagging for shelter**

Water (minimum 1 liter; preferably 2 liters)

Food (non-cooking food for each night)

Medications (any necessary medications)

First aid kit (w/band aids & moleskin)

Radio (emergency use only)**

Safety goggles**

Daypack (or compress your large pack)

Please note carefully:

- **YOU MUST HAVE EVERY ITEM** on this list with you at all times. If in doubt about the suitability of an item, check with the instructor!
- You are welcome to use less clothing or equipment, however every item on the above lists must be worn or carried to the site and be available for use at all times.
- You will maximize your opportunity to learn from your experience if you use only the gear and clothing that you would carry on a day hike. However, since safety is THE PRIORITY, on each survival night you are invited to carry or take any number of additional items of clothing and equipment, and may use these items without affecting your grade in the course.
- You are responsible for monitoring your condition carefully and taking whatever actions are necessary to prevent injury or illness, including hypothermia or trenchfoot.
- You are responsible for knowing and complying with all policies and instructions relating to how the survival exercise is conducted. These policies and procedures will be conveyed prior to and during the outing.

University of Oregon • Physical Education and Recreation • Outdoor Pursuits Program
Backcountry Survival Techniques Outing – Clothing, Equipment and Conduct Policies

The Backcountry Survival Techniques outing is designed to learn what clothing and equipment is needed to ensure a good chance of survival in an emergency situation, and is an opportunity to practice the skills needed to use this equipment effectively.

Survival in cool, wet weather is not a pleasant experience. Experiencing a challenging solo night with only “day hike” gear provides valuable information about your physiology, gear and equipment, and skill level. The person who has spent a night out using only the items normally carried on a day hike will have a much more realistic understanding of what is needed for survival, and a much better understanding of how he or she responds to the physical discomforts and psychological stresses of survival. The person who has spent such a night out will be better qualified to select the clothing and equipment to carry on “day” trips, and will have credibility when suggesting what others in their group should carry with them on future trips. In addition, if a future “one day” hike, climb or winter adventure unexpectedly requires spending one or more nights in the field, it will not be the first such experience, and as a result will probably be more successful and less stressful.

During the outing, the most realistic experience and the greatest learning opportunity will result from using *only* the equipment that one would normally carry during a “day” hike in the area of our outing at this time of year. Any additional clothing or equipment that is used will reduce the value of the experience. For example, even a single additional fleece vest (assuming this item would not normally be carried) will substantially increase warmth and will substantially change the experience.

The required minimum gear will be sufficient for survival, assuming a healthy individual and typical weather conditions for this time of year. Using no additional gear will probably maximize the educational potential of the experience, however THIS IS ONLY A PRACTICE SESSION. While discomfort is normal during a survival exercise, there is no need or reason to risk your health or safety. YOUR GRADE WILL NOT BE AFFECTED BY USING ADDITIONAL GEAR OR BY RETREATING TO THE BASE CAMP.

It is your responsibility to monitor your well-being throughout the outing, to ensure that your health and safety are not compromised in any way. While we expect a sincere effort to learn as much as possible during the outing, it is your responsibility to choose what additional items, if any, to use, and to decide whether or not to move to our base camp for part or all of each evening. The instructor and/or assistant leaders will periodically visit your survival site to inquire as to your condition. They may offer encouragement and opinions as to what you might do, but they cannot assess your current physical and mental condition or your ability to handle the next period before they return again to your survival site. It is your responsibility to inform them accurately as to your current condition and to clearly express your desire to continue with the exercise or return to base camp.

The following CONDUCT POLICIES MUST BE FOLLOWED during solo survival exercises:

- 1. No contact with other students except in emergencies.**
- 2. No fires in shelters - stick fires only (6" max.).**
- 3. Participants must stay within 100 feet of their sites at all times.**
- 4. Every student must carry a whistle & light at all times.**

Take this document with you on the outing!