

OUTDOOR SAFETY

Goal: To promote safe practices for hunting.

Lesson 1: Physical Conditioning

Objectives

In this lesson you will:

- Explain that physical conditioning is essential for safe and enjoyable hunting.
- Describe the importance of diet and physical exercise for hunting.

Hunting can be a strenuous outdoor activity. It may involve long walks, which may be across flat lands, up and down hills or up mountain sides where oxygen levels are lower than at sea level. These treks also may include climbing over or under large rocks or logs, crossing streams and struggling through thick weeds and brush.



Visit your doctor before starting an exercise program.

If you're not physically fit, you should work on your physical conditioning months before the hunt. If you're not in good physical shape, you won't enjoy the hunt as much and risk becoming ill or injured. Consult with a physician, before beginning a physical fitness program or if you have health concerns.

Physical conditioning consists of a combination of proper diet and exercise. Your diet should consist of nutritious foods consumed at breakfast, lunch and dinner, and appropriate intake of water. Your workout routine should include exercises to improve flexibility, muscular strength and cardiovascular endurance. Exercise programs should take into account real hunting conditions including wearing heavy boots, clothing and equipment so you're ready to hunt safely even in rough terrain.



If you're hunting a mountainous area but actually live closer to sea level, then it is important to arrive a few days early to get used to breathing at lower levels of oxygen and avoid altitude sickness.

Your workout routine should include exercise to improve flexibility, muscular strength and cardiovascular endurance.

Lesson 2: Preparing for the Hunt

Objective

In this lesson you will:

- Complete a pre-hunt checklist.
- Explain why a hunter should



Hunting can be a lot of exercise especially if you're walking through brush and climbing over logs all day.

develop a hunting plan for every hunt.

- Explain why scouting before the hunt is important.

Completing the Pre-Hunt Checklist

Before the season begins, you should prepare for the hunt by completing this checklist.

- Know the game and nongame animals.

Every hunting season presents new and interesting challenges. Game and nongame animals live year-round in the outdoors where their lives depend on having

An important part of preparing for a hunt is understanding wildlife behavior and how animals respond to weather and available food sources.

enough food, water, space and adequate cover or shelter from bad weather and predators. Many hunting seasons occur in the fall when game is plentiful and

the various game species have had enough time to raise their young.

Part of preparing for a hunt includes deciding what game animals to pursue. You also need to find answers to these questions:

- How mild or severe was the previous winter?
- How did the weather in spring and summer affect the health and numbers of game animals?
- What kinds of foods are the various game animals eating?
- How plentiful is the food and water, and where are these resources found?
- Know the hunting equipment.

Before the hunting season, you should decide on the method of take, whether to use a rifle, shotgun, handgun, muzzleloader or bow. You also need to assemble, clean and inspect all hunting equipment—firearms and ammunition, bows and arrows, survival and first aid kits, treestands, PFDs (Personal Flotation Devices), etc.

In addition, you need to practice shooting. There is no excuse for not sighting in firearms and bows before the season begins. You should practice shooting until all shots are consistently placed in the kill zone on paper or 3-D targets. During the season, as the fall weather changes,

a responsible hunter will practice to be an accurate shot with heavier clothing and in different weather conditions.

- Check the hunting laws and regulations.

Every year officials who have responsibility for wildlife management in the different states or provinces update their hunting laws and regulations. They publish these rules in guidebooks and also online. In some years there are few or no changes for things such as season start and stop dates, starting times and ending times, bag limits, legal hunting tools, etc. In other years, there are major changes in one or more of these areas.

It is the hunter's responsibility to know and follow all hunting laws and regulations.

- Obtain proper license, tags, permits and stamps.

A hunter must have the proper license, tags, permits and stamps before hunting—and carry them at all times when hunting. For a fee (unless the hunter has an exemption), the different states and provinces issue hunters licenses, tags and/or permits for hunting small game or big game, turkeys and waterfowl. Some state issue special licenses or permits for hunting with a gun or a bow and for using an ATV (All Terrain Vehicle). Wildlife agencies also may issue special licenses to youth hunters, first-time hunters and hunters with disabilities. Also, to hunt waterfowl, you must have



Before you go hunting, practice your shooting until all shots are consistently placed in the kill zone on paper or 3-D targets.



a state duck stamp and a federal duck stamp, which is available at the local post office or at the U.S. Postal Service website.

- Obtain permission and follow the rules.

If you want to hunt on private land, you must first get permission from the landowner. Before the hunting season begins, you should visit with the landowner and ask permission to hunt on his or her property. Hunting laws may require you receive written permission from the landowner. So make sure you have the appropriate forms for the landowner to sign at the meeting.

During your visit with the landowner, ask about the rules for hunting the property. You need to know which parcels are open for hunting, boundary lines of "hunnable" parcels, whether gates should be left

Get permission from the landowner before hunting on private property.



Make sure you always carry the proper licenses, tags, permits and stamps while hunting.

open or closed, location of buildings, farm animals and personal pets as well as any restrictions

on taking game animals. Also, before this meeting ends, ask the landowner what to give back

in appreciation for the chance to hunt. Examples may include processed game meat, help with the upkeep of fences or buildings or picking up trash.



Show your appreciation to the landowner by giving back. Picking up trash is one way to say thank you.

also for the safety of other hunters, nonhunters and landowners.

Making a Hunt Plan and Sticking to the Plan

You should make a hunt plan for every day you hunt and always follow the plan. To make a hunt plan, you need a detailed map of the property.

A hunt plan includes this information:

- What game you plan to hunt
- What equipment (gun or bow) you will use
- What identifiable clothing you will wear
- Who else may be joining the hunting party
- What property you will hunt from start to finish
- Where on the property you plan to hunt
- What time you leave the hunt area
- What time you expect to return home

Before leaving for a hunt, you should tell at least one family member or friend about the plan. You should also leave a written copy of the hunt plan in a prominent place at home.

Making and following a hunt plan helps keep you safe while on the hunt. It also helps family and friends take appropriate

Make a hunt plan and stick to it. And leave a copy with a trusted friend or family member.

If you plan to hunt on public land, check the rules and locate the properties available for hunting. To obtain this information, hunters should call or visit with the wildlife management officials who are responsible for issuing permits to hunt public lands.

By completing the pre-hunt checklist, you'll show respect and responsibility for wildlife conservation, and



and timely action in case you don't return home when expected. With the hunt plan, emergency rescue personnel will know exactly where to locate you in case an illness or injury prevented you from walking out without assistance.

Scouting

The purpose of scouting is to find good places to hunt. A hunter scouts a particular property to find:

- Exact boundary lines
- Nearby homes, farm animals or outbuildings
- What and how wild game may be found on the property
- When game animals are present, where they come from and where they go to
- Why they come to a particular area and how they behave

Scouting will help you learn what game animals are present and where they come from and where they go – essential information for hunters.



How to Scout

- Start as early as possible before the season begins.
- Know and observe the property boundary lines .
- Visit at different times of the day and on different dates.
- Be quiet, hidden, patient.
- Listen and observe—and leave no trace.

- Set up trail cameras or video camcorders, if desired.
- Look for game sign.
- Mark locations of game sign and trails on a map or GPS.

The information from scouting helps the hunter decide if the property is a productive place to hunt, where to set up to hunt and how to hunt the property.

Lesson 3: Wilderness Survival

Objective

In this lesson you will:

- Identify strategies for keeping yourself safe and signaling for help in an emergency.

Peter Kummerfeldt is an expert in wilderness and outdoor safety. He became concerned with the number of deaths and injuries that occur in the outdoors. In 1992 he started the Survival Consultant Group and later OutdoorSafe. He strongly advises hunters and anyone who ventures into the outdoors to PREPARE for a wilderness emergency.

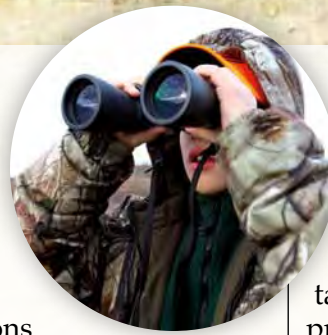


Survival by the Numbers

One: Take control.

1 Be prepared to spend an unplanned night out as if there will be no one else to help with survival. Plan on having nobody available to provide equipment needed for shelter, to build a fire, to find water, to signal or all the other tasks that need to be done to survive.

All too often people place their survival in the hands of



A good pair of binoculars will help you quietly observe wildlife at a distance.

others. They think that if a disaster happens someone else will come to their aid. The lesson from recent natural disasters is the person in that situation must be able to take responsibility for survival, provide essential items such as food, water and shelter; give whatever medical aid is needed; and then either survive on-site or move to another place where survival may be possible.

According to Peter Kummerfeldt, "Knowing that you can save yourself is the key to survival. Your life depends on what you do—not on some other person doing for you what you cannot do for yourself."



Two: Drink enough water.

2 Under normal conditions the human body needs two quarts of water each day. This amount can change greatly depending on the environment, the time of day when work must be done and the amount of work that must be done to survive.

Dehydration does not only occur in the desert.

Dehydration can happen in any environment when the body does not get enough water—when water loss through urination, defecation, respiration and sweating exceeds water intake.

There is no magic amount of water to drink to keep a person hydrated. Every individual is different in how much water is needed, and there are many different kinds of situations—hot or cold weather, shade or no shade, some water or no water, and level of exertion.

Don't ration the water, trying to make it last for many days. Drink what is needed. It is better to have

water in the stomach than it is to have water in the canteen. There have been many people over the years that have died with water still in their canteens.

Conserve water by minimizing sweating.

If you're in a survival situation, don't ration the water. Drink what is needed.



Building a fire will help you keep you warm and be a comforting companion if you're stranded in the wilderness.



Three: Build a fire.

To build a fire, understand the fire triangle. You need to have correct amounts of these three elements: oxygen, fuel and a source of heat.

Beginning fire builders often forget the fire triangle. Usually it is the lack of oxygen that is the problem. Rather than sit back and figure out what the problem is, they will light match after match in hopes one will work, never stopping to ask which part of the fire triangle is missing.

When it's not working, don't waste matches or other heat sources. Stop and find what's causing the problem. Is the fuel thin enough and dry enough? Is the heat source hot enough to light the tinder? Is there

To build a fire you must have the correct amounts of these three elements: oxygen, fuel and a source of heat.



enough oxygen reaching the point where the heat is being applied to the fuel?

Find the problem and then proceed.

4 **Four: As a crisis evolves remember the four letters in the acronym STOP.**

STOP all activity. Sit down, have a drink of water, take several deep breaths and assuming it is safe to do so, sit tight for at least 30 minutes. Control the urge to panic.

Give the opportunity to survive a chance!

Everybody is going to panic to one degree or another when they face a real or perceived life threatening situation. Those people who have been in similar situations before will quickly realize that while they are in trouble, it doesn't have to be life threatening—just a problem to be solved.

For someone without previous experience, though, panic can be fatal.

Walking leads to walking faster

and then to running and then running even faster. The victim can quickly become totally out of control and then an accident, often resulting in injury, can happen.

Sit tight for 30 minutes and allow the adrenaline that has flooded through the body and started the fight or flight mode to clear out. Then it may be possible to think clearly again.

THINK about this situation objectively. Admit it is a survival situation. Think about what needs to be done for personal safety. Is it necessary to move to a safer area? Are there injuries that need to be taken care of? What is most important – fire first or shelter? How much time before it gets dark?

Critically judge the situation and then make good decisions.

OBSERVE the area. What are the dangers? What are the natural



If you're in a crisis situation, the first thing you should do is sit down and have a drink of water. Take several deep breaths and assuming it is safe to do so, sit tight for at least 30 minutes. Control the urge to panic.

S – Stop all activity
T – Think about the situation.
O – Observe the area.
P – Plan the next move.

resources that can help? Are there sources of help available? What can be used to help survive?

PLAN the next move carefully. Base the plan on personal skills and equipment, while always expecting surprises. Do the plan mentally first. If the plan is workable, then go on. If the plan seems to be unworkable, then change it until it is workable.

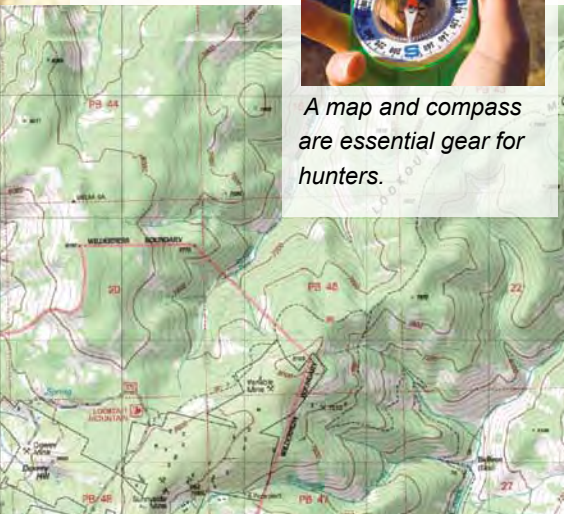
Five: Prepare for these possibilities.

• **Becoming Lost**

All too often people believe a “sense of direction” is good enough to prevent them from becoming lost. However, changing weather conditions, heavy timber or darkness can obscure landmarks used for guidance,



A map and compass are essential gear for hunters.



preventing hunters from finding their way back to camp.

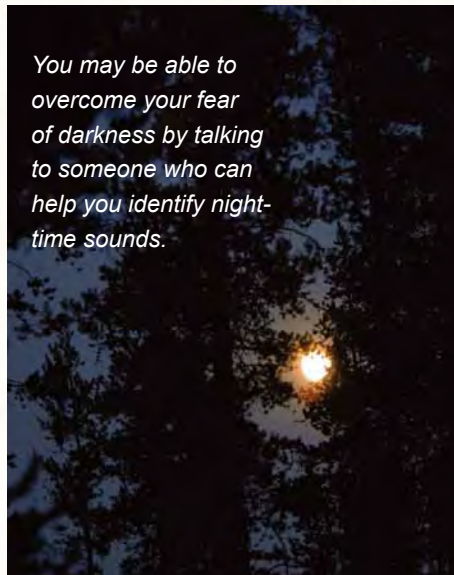
Always carry a compass and a map. GPS receivers are useful, too.

• **Darkness**

People today are not used to functioning outside when it's dark. With darkness comes the switch from “seeing” to “hearing” and unfamiliar noises coming from the dark make it downright scary. Sometimes scary enough to panic a person into moving when they should stay put.

Someone who feels nervous or

You may be able to overcome your fear of darkness by talking to someone who can help you identify nighttime sounds.



worried about being outdoors in the dark should identify what it is about the dark that causes this fear. Is it the fear of being attacked by an animal? Is it nighttime insects?

What causes the feelings? How real are these threats?

Get informed. Talk to someone who can explain the nighttime sounds. Discover how to enjoy the night hours.

• **Stranded**

Cars and trucks break down, horses buck, ATVs topple over, treestands fall – the list is endless, but the results are the same.

Something happens causing someone to be stranded in the wilderness faced with a cold night out.

A stranded vehicle in the wilderness can mean you're faced with a cold night out. Make sure you have a plan to survive.



Expect to become stranded and make plans to find a way out or to alert others. Plan to survive.

• **Illness**

Illness or injury may cause a person to spend an unplanned night out. To survive, the individual must provide personal care until a rescue team arrives.

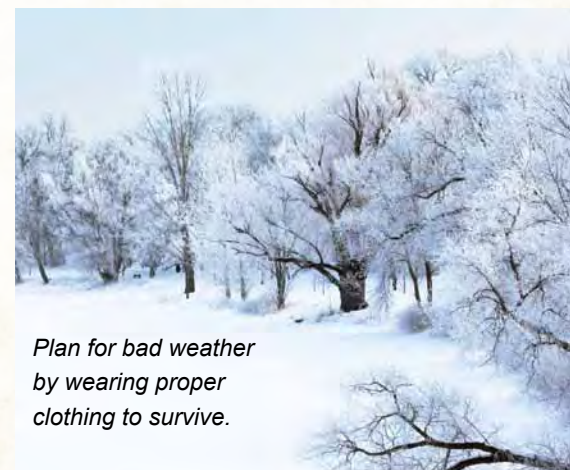
To treat illness or injury: know wilderness first aid.

Something as common as a sprained or broken ankle can cause an unplanned night out. To survive, you must be able to take care of yourself until a rescue team arrives.



• **Weather**

Snow, rain, high wind, cold or hot temperatures can affect the ability to survive. Proper clothing and the ability to find or create shelter from the weather and get a fire going will be the keys to remaining alive.



Plan for bad weather by wearing proper clothing to survive.

Six: What is survival? “The ability and the desire to stay alive, all alone, under adverse conditions until rescued.”



• **Ability**

There’s no way around it: the individual must be able to make a shelter, build a fire, signal for help and keep hydrated.

• **Desire**

A person must want to survive. The desire to be reunited with loved ones is the most important mental aid to survive a tough situation.

• **To stay alive**

While shelters, fires and the ability to signal are important, the ability to effectively deal with life threatening medical conditions has the highest priority.

Take a wilderness first responder course.

• **Under adverse conditions**

Knowledge about an environment makes it easier to survive in it. Removing the mystery also removes the fear.

• **Alone**

Never count on others being there to help. Count on no one but yourself being there to help.

• **Until rescued**

Be patient. Be alive when a rescue team gets there by doing everything possible for the body against the wind, rain, cold, darkness, pests, etc.

A shelter made from a tarp can protect you against the elements in a survival situation.

Seven: The seven enemies of the wilderness survivor.

- Pain
- Cold
- Thirst
- Hunger
- Fatigue
- Boredom and loneliness
- Unwillingness to “stay put” and wait for rescue

Eight: On average the number of hours from full dark to dawn.

Eight is the number of hours to endure sitting in the dark, under a tree, cold, isolated, hungry, wet and alone. Despite the hardship, it doesn’t have to be life threatening if you are prepared for such a circumstance. Remember, too, the value of clothing is its ability to keep a person warm—when sitting still. Stay dry.

Nine: The basic rules for surviving a wilderness emergency.

- Avoid doing an outdoor activity alone.
- Always leave a travel plan behind and stick to it.
- Dress for expected weather.
- Carry an emergency kit.
- Know personal limitations and abide by them.
- Know the geographic area.
- Carry a compass and topographic map of the area.
- Don’t fool around.
- An out-of-control ego can kill a person.

Ten: The number of “must have” items for an emergency survival kit.

- 1 heavy duty, 4 mil., orange plastic bag
- 1 metal match with a scraper
- 2 match cases, one filled with waterproof matches and one with cotton balls saturated with Vaseline or two filled with the cotton balls/Vaseline mixture
- 1 glass signal mirror
- 1 plastic whistle
- 1 small folding knife
- 1 orienteering compass
- 1 plastic water bag
- 1 small LED light with a headband
- 1 25-foot piece of nylon line



The items in this survival kit can help you stay alive when injured, ill or lost in the outdoors.

The hunter should have a personal survival kit whenever hunting and—very important—know what’s in the kit and how to use it.



Wearing the right clothes can keep you warm and dry if you’re forced to spend an unplanned night out.

A hunter's concern about survival—how to stay alive when injured, ill or lost in the outdoors—should begin long before the hunt takes place.

According to Peter Kummerfeldt, "Following 'Survival by the Numbers' will keep you alive while you sit out a storm or a night out until you can be rescued."

(Source: Peter Kummerfeldt, www.ourdoorsafe.com)

Lesson 4: First Aid

Objective

In this lesson you will:

- Identify items to include in a personal first aid kit.
- Recognize a hunter should always carry a first aid kit when hunting—know what's in the kit and how to use it.

Proper first aid training requires several hours of expert instruction. Hunters should take a first aid class and a CPR class (Cardiopulmonary Resuscitation). Topics of special interest to hunters are treating:

- Heart attacks
- Serious cuts
- Bone fractures
- Hypothermia

This is not a first aid course or a substitute for one. It is an introductory lesson on first aid. Always seek advice of a physician or other qualified health care



Hunters should always carry a first aid kit and know how to use it.



provider with any questions about personal health or medical conditions.

Also, a hunter should carry a cell phone that is fully charged. In case of an emergency, dial 911, explain the situation and follow instructions from the responder. Be aware, however, that hunting often occurs in remote places where there may be no cell phone service.

Carry a fully charged cell phone, but have a back-up plan in case you're stranded in an area with no service.

aid kit is to provide items to use in case of illness or injury during a hunt. Consider including the following items:

- Band-aids, assorted sizes
- Ace bandage
- Wide adhesive tape
- Triangular bandage
- Sterile petroleum jelly (tube)
- Antiseptic and soap
- Moleskin (for blisters)
- Small scissors and safety pins
- Gauze roll and sterile dressing
- Aspirin and non-aspirin pain relievers
- Cotton swabs
- Tweezers and needle
- Single-edge razor blade
- First aid handbook or guide
- Personal medications

Basic First Aid Kit

The purpose of a basic first



Lesson 5: Identifying and Treating Illness and Injuries

Objective

In this lesson you will:

- Identify common illnesses and injuries and how to provide treatment until emergency personnel arrive.

The “table below” presents the common types of illness and injury suffered by hunters and other outdoor enthusiasts, and provides basic information on identification and treatment.

ILLNESS/INJURY

Bleeding



Bleeding results from cuts, scrapes and other wounds ranging from minor to very severe and life threatening.

SYMPTOMS

Small cuts and scrapes usually do not require visit to hospital emergency room.

Proper care is necessary to prevent infections or other complications.

TREATMENT

Stop bleeding:

- Apply pressure with gauze pad or clean cloth

- If bleeding continues after several minutes of applied pressure:

- Get immediate medical attention

Keep wound clean:

- Wash area with mild soap and water

- Remove any dirt
 - Dry area of wound gently with clean cloth
 - Cover wound with bandage
- Serious blood flow
Stop the blood flow:
- Apply pressure over wound with wad of sterile gauze or other clean material.
 - If bleeding continues and no fracture is present:
 - Elevate wound
- If bleeding still continues:
- Apply pressure to blood vessels leading to area—in arm, press just below armpit; in leg, press against groin where thigh and trunk join
 - Use a tourniquet (tight band that cuts off circulation):
 - Only when sacrifice of a limb is necessary to save victim’s life

ILLNESS/INJURY

Burns



A burn is a type of injury to the skin that is caused by exposure to heat from fire, the sun, electricity, chemicals and friction.

SYMPTOMS

Redness: first-degree burn

Blistering: second-degree burn

Charring of skin: third-degree

burns

TREATMENT

Apply cold water to first- and second-degree burns

Cover all burns with sterile non-adherent dressings

ILLNESS/INJURY

Cold Water Immersion

Cold water immersion is what



happens to a person’s body when it is suddenly plunged into cold water, robbing the body of heat very rapidly.

PFDs should be worn at all times while hunting on water.

SYMPTOMS

Breath driven out of lungs at first impact with cold water

A gasp for air brings water into lungs and can cause drowning

Disorientation

Hypothermia

Panic and shock

Numbed extremities

TREATMENT

Don’t panic.

Keep your head above the water and concentrate on breathing.

Get out of the water ASAP

Get warm and dry

ILLNESS/INJURY

Fractures and Joint Injuries



Fractures involve broken bones; joint injuries affect fingers, elbows, knees, hips, etc.

SYMPTOMS

Pain or tenderness

Deformity of bones

Swelling
Discoloration
TREATMENT

Prevent movement of injured parts until splint is applied
Elastic bandages may be used to prevent movement
Splint entire limb before moving injured party
For sprains:
Elevate affected body part and apply cold compresses

ILLNESS/INJURY
Frostbite



Frostbite occurs when a person's body is exposed for a prolonged period to very cold temperatures, freezing the skin and underlying tissues.

SYMPTOMS

Numbness
Pale, glossy skin
Possible blistering

TREATMENT

Get victim warm:
Place victim indoors, if possible
Remove victim's covering
Bathe frozen part in warm water
Do not massage

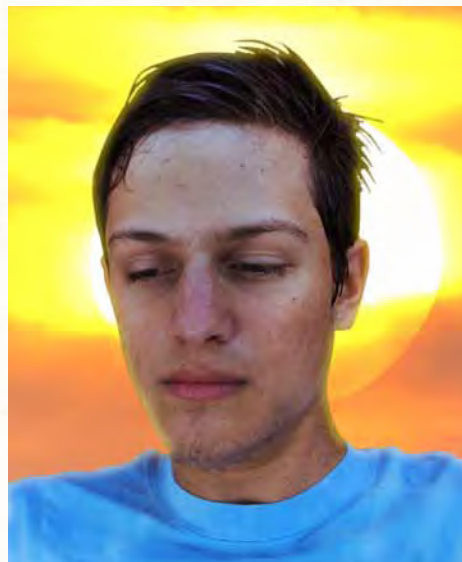
ILLNESS/INJURY

Heat Exhaustion

Heat exhaustion occurs when a person's body gets too hot, due to long exposure to high temperatures and dehydration (not drinking enough fluids).

SYMPTOMS

Pale, clammy skin
Profuse perspiration
Weakness



Headache

Thirst

TREATMENT

Rest victim in cool place
Have victim drink cool fluids
Apply cool water to victim's skin
Loosen victim's clothing

ILLNESS/INJURY

Heat Stroke



Heat stroke is the result of long, extreme exposure to the sun, in which a person does not sweat enough to lower body temperature. It develops rapidly and requires immediate medical treatment.

SYMPTOMS

High temperature (as high as 108–112°F/42–44°C)

Hot dry skin

Rapid pulse

Possibly unconscious

TREATMENT

Immediately undress victim

Sponge with cool water or
Immerse in cool water or
Wrap in water-soaked sheets
Use fan or air conditioner

INJURY/ILLNESS

Hypothermia



Hypothermia is when more heat escapes from a person's body than it can produce to keep the body temperature normal. Hypothermia usually occurs so gradually that people who suffer from it are often not aware that they need help.

SYMPTOMS

Shivering

The "Umbles":

- Stumbles
- Mumbles
- Fumbles
- Grumbles

Other signs:

Slurred speech

Abnormally slow rate of breathing

Cold, pale skin

Fatigue, lethargy or apathy

TREATMENT

Make the victim warm and dry
Move victim out of the cold and wind to prevent additional heat loss

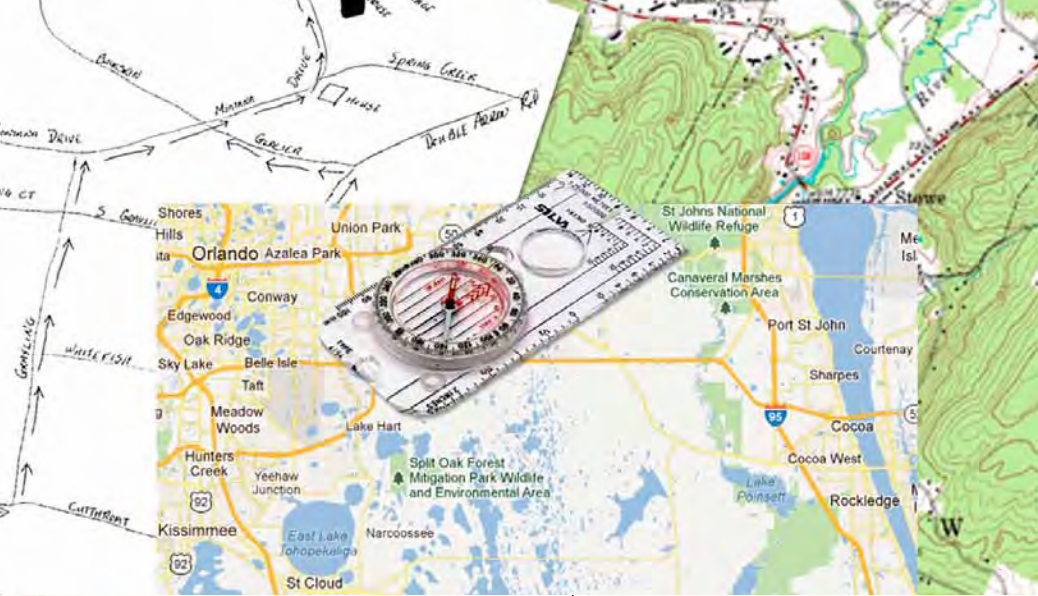
Lay the person face up on a blanket or other warm/dry surface to insulate from cold ground

Remove wet clothing and replace with dry covering

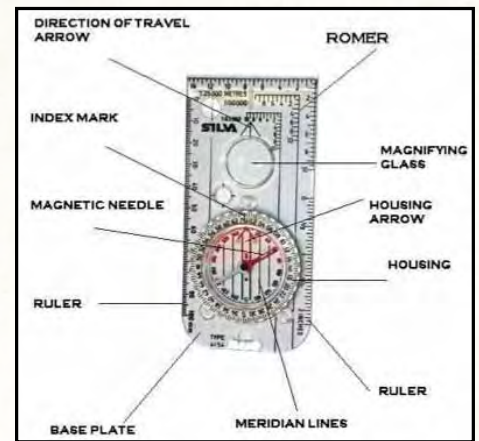
Cover victim's head

Try not to move the victim

Monitor breathing



Compass



Lesson 6: Using a Map and Compass

Objective

In this lesson you will:

- Develop basic skills for using a map and compass

Knowing how to use a map and compass is an essential skill for hunting, and it is also useful for hiking, orienteering and many other outdoor activities.

Map



A map is a drawing of a portion of land, as it would appear when seen from high above--the bird's eye view. It can be a simple handmade drawing on a piece of paper, a state or national road map or a topographical map. The topographic map provides many useful details about the land that can be identified and can be of great assistance for traveling to a distant location.

Key Map and Compass Vocabulary

Azimuth Ring: a dial on the compass marked with degrees from 0 to 360.

Bearing: the direction between a starting point and ending point, or waypoints.

Contour Interval: the difference in elevation between two contour lines.

Contour lines: the line on a map that shows equal points of elevation.

Elevation: the vertical distance of a point above or below a place on the surface of the land.

Global Positioning System (GPS): a global navigation system made possible by orbiting satellites.

Heading: the direction of travel.

Latitude: the distance of a point on the earth's surface north or south of the equator.

Longitude: the distance of a point on the earth's surface east or west from the prime meridian

Magnetic North: the direction that all compass needles point.

Orienting Arrow: the red or black outlined arrow on a compass.

Prime Meridian: longitude of 0 degrees, running through Greenwich, England, used as the starting point for measuring longitude.

Scale: the distance between two points on a map related to the distance of those same points on the earth.

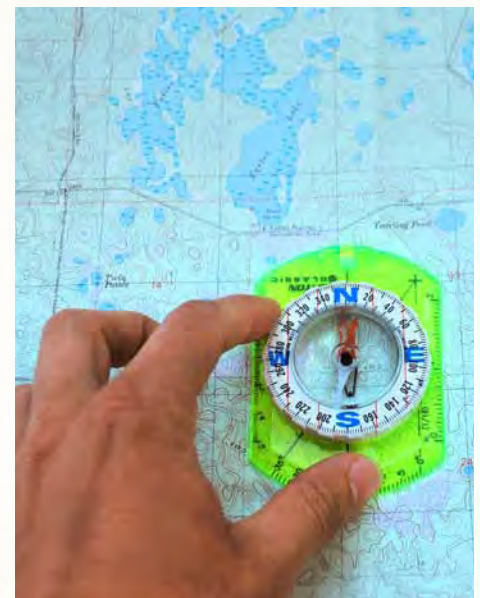
True North: the geographical North Pole.

A compass is a tool that has a magnetic needle, called an orienting arrow that always points north.

Map and Compass Used Together

Using a map and a compass together enables a hunter to go from one place to another with confidence when the territory is unfamiliar, and avoid becoming lost.

The "compass points" on a map are North, South, East and West. To find North on a map, locate an arrow, a star or the



"compass rose" with N. From North on the map, South faces down, East is to the right, and West is to the left.

The symbols in the map's legend, contour lines and intervals, and the color-coding point out roadways, manmade structures, forested areas, rivers and lakes, and higher and lower elevations of land. The map's scale helps to determine the distance from one point to another.

The compass has a magnetic needle, a direction of travel line, a rotating dial with degrees from 0 to 360, and a clear baseplate, often with parallel lines. No matter which way the compass is turned, the needle always points North, or 0. To travel directly East is 90 degrees, South is 180 degrees, and West is 270 degrees.

Important details such as coordinates for the starting point, destination, and the bearing and landmarks should be noted on the map or a notebook, and a written record kept of progress along the way in order to be certain of one's current location, and to be able to reverse direction and return to the starting point.

GPS

A GPS can provide a map, compass points, orientation and tracking to and from the destination automatically.



The GPS can be a wonderful tool for hunting and other outdoor adventures, but it requires batteries, so always bring fresh, spare batteries.

Lesson 7: Personal Flotation Device (PFD)

Objective

In this lesson you will:

- Explain why a hunter must wear a PFD when hunting on water.

Some hunters have the false belief that wearing a PFD while hunting on water prevents them from taking a good shot. Today, there are several styles of PFDs that are comfortable to wear and create little to no interference for hunters. They also are available as camouflage vest-style life jackets.

Many states and provinces require all persons in small boats, canoes and kayaks to wear PFDs whenever the vessel is underway. That rule applies to hunters as well.

Because waterfowl hunting typically occurs in cold, wet weather, hunters usually wear bulky waders, hunting vests and/or coats. This clothing is heavy and restricts movement, creating a potentially dangerous situation. If a hunter accidentally slipped into the ice-cold water while rearranging decoys or setting up a blind, he or she may find it nearly impossible to swim.

However, a PFD could save that hunter's life—if the hunter is wearing it.

When hunting from a boat or traveling to and from hunting sites by boat, you should wear a PFD even if it's not required by law.



The PFD is a lifesaver, but it only works if you're wearing it.



Many states and provinces require everyone, hunters included, wear PFDs whenever their boat, canoe, kayak or other vessel is underway.