



# Course Worksheet and Training Packet: Outdoor Skills

## 1) PURPOSE

In any type of major disaster or emergency, it is important for every individual to understand that it is likely that normal comforts and amenities may be lacking, and they and their families must be prepared to be self-sufficient for up to several days early in event. *Outdoor Skill* is designed to acquaint new members with these issues and learn how to work around them and become self sufficient.

## 2) WHEN/WHERE

Date: Saturday, October 13-14, 2007

Time: 08:00 Saturday to 16:00 Sunday

Location: Sam McDonald Park  
13435 Pescadero Creek Road  
Loma Mar, CA 94021  
"Chinook Youth Camp"

*Park Home Page:*

[Sam McDonald Park](#)

*Getting there/Park Mapquest Link:*

[Mapquest Directions](#)

## 3) PARKING

Location: Sam McDonald Park Headquarters

Fee: \$5.00 per vehicle

## 4) PREREQUISITES

- Form completion: "New Team Member Registration Form"

## 5) SKILLS EMPHASIZED

- Shelter building
- Fire building
- Bear bagging
- ICS intro
- gear intro
- Food intro
  - Meals cooked in teams
  - Meals (Variety) MRE, Freeze-dried, Safeway
  - Find out who's a vegetarian and get them on a team with an ESAR vegetarian
- clothing intro
- base setup
- knots
- shelter site selection
- radio intro
- Rule of 3's/Survival priorities
- ESAR intro



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- phone #s
- web access
- e-mail registration

## 6) EQUIPMENT LIST

- Sleeping bag
- Sleeping pad
- Appropriate clothes/shoes
- Personal Items/toiletries

## 7) WEATHER: CURRENT AND FORECAST

<http://www.weather.com/weather/local/94021>

## 8) NEXT STEPS

- a) Complete forms: <http://www.calesar.org/additional/documents.html>
  - i) Adult (21+) Application Form (BSA) or Minor (under 21) Application Form (BSA)
    - (1) Note: Underage members require adult signature
  - ii) Disaster Service Worker Form (BSA)
  - iii) Medical Consent Form
  - iv) Parental Consent Form (Under 21)
- b) Pay training fees
  - i) \$100 for new members, \$50 for Summer Camp Attendees
  - ii) Check made out to "Cal- ESAR" preferred

## 9) REMINDERS

- c) Sign up for a CPR course (See Medical Training Requirement below)
- d) Schedule doctor's appointment for physical before Dec 5 2007
  - i) Medical Form (BSA) (<http://www.calesar.org/additional/documents.html>)

## 10) ADDITIONAL INFORMATION

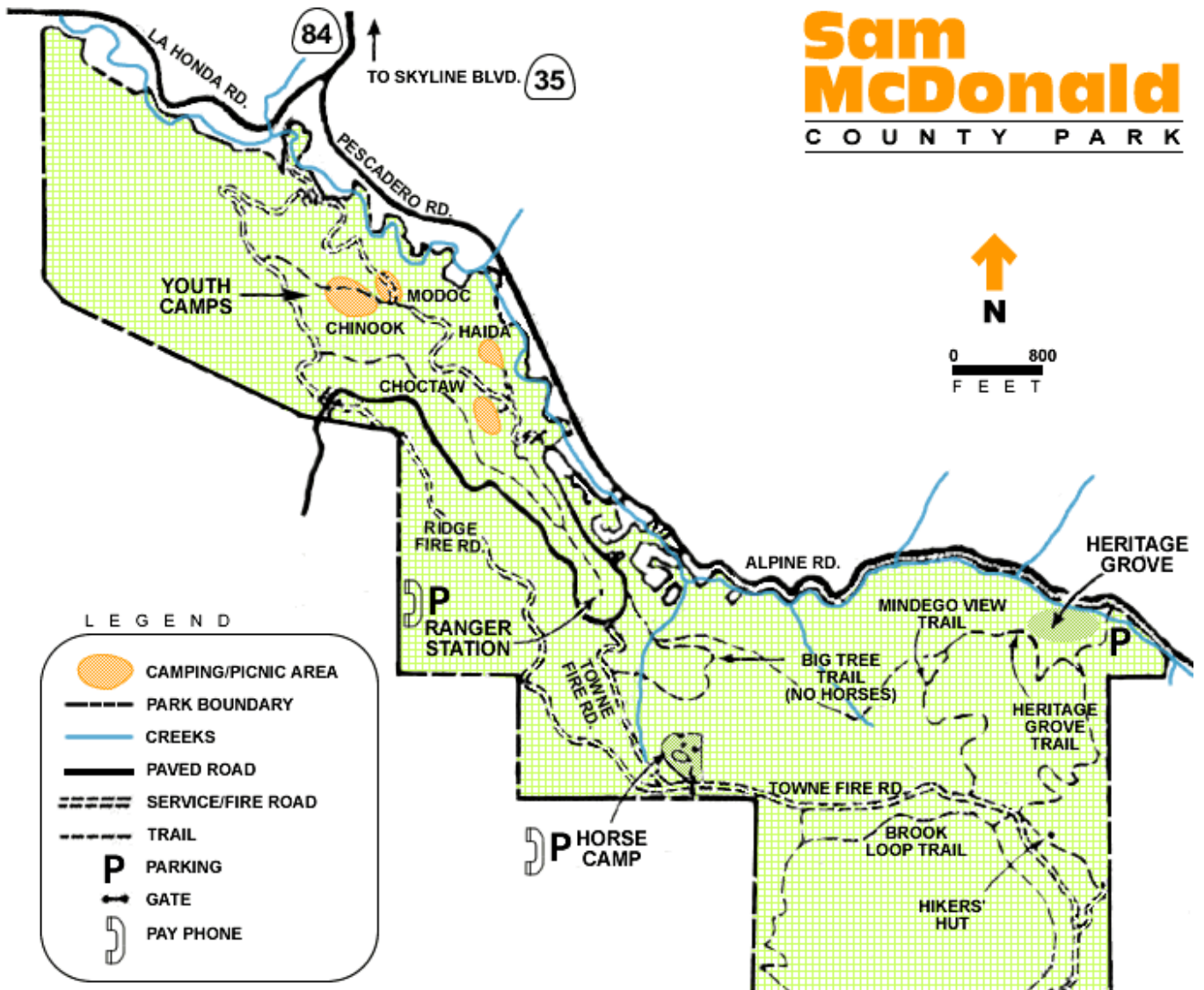
## 11) QUESTIONS?

Contact Peter Rockwell, ESAR Outdoor Skills Course Director  
(415) 606-5214 or [pgrael@pacbell.net](mailto:pgrael@pacbell.net)



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**Sam  
McDonald**  
COUNTY PARK





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