



*“The More You Carry In Your Head,  
The Less You Carry On Your Back”*

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## Outdoor, Environmental and Survival Education Programs

This document is available online at: <http://www.jackmtn.com/PDF/schoolprograms.pdf>

### Introduction:

If you're interested in adding an outdoor, environmental or survival education component to your classroom we may have just what you're looking for. Since 1999 we've been teaching about the outdoors and guiding full time. We'll custom-design a program to meet your needs, whether you're looking for a 1 period outdoor education presentation or a week-long trip on Maine's Allagash river. Please take a look at what we offer and give us a call.

### Types of programs We Offer:

Classroom Sessions – Slide shows, Powerpoint presentations, direct instruction, demonstrations

Day Outings – Near your school, at our base, or another location

Overnight Trips

Extended Trips – New Hampshire and Maine

### Sample Program Topics:

These are sample of the programs we offer. If you're interested in a topic not listed here please contact us.

#### *Edible, Medicinal and Useful Wild Plants*

Before Europeans populated this part of the world the wild plants around us provided food, medicine, and raw materials for their material culture. These plants are still growing wild around us, and can be as useful to us as they were to the natives. Students will identify and press or draw a specimen, and when applicable they will sample the edible parts of plants.

#### *Mammals and Their Tracks*

We don't see many of the animals that live amongst us because they're nocturnal and avoid human contact. But we can learn about them by reading their tracks on the ground. Students create their own field guide that includes plaster track casts, biological information, and observed behavior when possible.

#### *Natives and Pioneers*

Our region has a long history of people wresting a living from the land. Students learn about the native people and pioneers of the area and get to see and feel numerous handmade crafts that would have been common such as braintanned buckskin, natural baskets, burned bowls, canoe paddles, and much more.

#### *Wilderness Survival and Outdoor Living Skills*

Survival is something numerous outdoor programs claim to teach, but little of what goes on in these types of programs have anything to do with actual survival. Our programs are different because we've logged extensive amounts of time in the forest teaching these exact subject. Students learn the priorities and skills of wilderness survival and life in the outdoors. They learn what to do if they get lost, and how to stay alive until help arrives.

### Carving and Natural Crafting

Most areas in our region have numerous raw materials for crafts locally available in abundance. Student learn what to look for, then harvest them and put them together in a variety of different crafts such as a cattail doll, plaited basket, root basket, try stick (to demonstrate carving), sleeping mat, bough bed, and more.

### Fibers – String, Rope and Knots

The world of primitive man was tied together with string and rope. Students learn how to make string from plant fibers, then learn how to make rope using both primitive rope spinners and a rope machine.

### Fire Making

Harnessing fire through such mechanisms as the internal combustion engine, is what drives our cars and sends spacecrafts into orbit. It's what powers our society. Students learn about the science of fire, and learn how to make fire by friction(bow drill, hand drill) and percussion(flint and steel). Other fire lighting methods are also shown, and students have the opportunity to make their own friction fire set or use one of ours to make fire primitively.

### Canoe and Snowshoe Travel

In the forests of the northeastern US and Canada, waterways were the highways for native peoples. They traveled these highways by canoe for three seasons, and by snowshoe in winter. Students learn the traditional travel methods of the northern forest. They learn about traditional gear, including how it was made and what raw materials were needed. These include handmade canoes, paddles, snowshoes and toboggans.

### **About Us:**

Jack Mountain Bushcraft & Guide Service is internationally recognized as a leader in outdoor and environmental education. Full-time since 1999, we've taught numerous college students and adults wilderness survival and bushcraft. We designed and taught the original semester-length immersion experience into traditional northern wilderness living and travel, and continue to run these courses. We've been featured in numerous publications including Field & Stream magazine, The Boston Globe, and on Country Music Television. We're currently working on making the learning strategies and curriculum we've developed available and useful to a larger community of learners.

Tim Smith, M.Ed., is the owner of Jack Mountain Bushcraft & Guide Service, a registered master Maine guide, a licenced New Hampshire hunting and fishing guide, and a wilderness first responder. He has been teaching about the outdoors and guiding full time since 1999. A full bio is available on the web at:

<http://www.jackmtn.com/background.html>

### **Visit Us On The Web:**

For more information about us and our programs, including testimonials from previous clients, please visit our website at:

<http://www.jackmtn.com>

References are available upon request.

# General Outline

Following is a general outline of topics and skills related to outdoor and environmental education, primitive living, wilderness survival, and traditional northwoods skills taught by Tim Smith and Jack Mountain Bushcraft & Guide Service. We have an expanded outline available where many of these topics are expanded. For a copy of it please contact us.

Dressing for the Outdoors

Shelter

Fire

Sleep

Natural Building

Water

The Knife

The Axe

The Saw

First Aid and Medical Concerns

Navigation – Map and Compass

Navigation - Barehand

Cordage, rope, and knots

Travel Concerns

Barehand Weather Forecasting

Essential Flora; Wild Plants and Their Uses

Essential Fauna; The Animals Around Us

Survival-related Topics

Psychology of Survival

Living off the Land

Signaling

Camp Sanitation

Braintanning

Felting

Natural Basketry

Primitive Pottery

Canoeing Skills

Backpacking Skills

Flintknapping and Stone Tools

Projectiles; Bow, Atlatl and others

Tracking

Primitive Music

Traditional Bush Medicine

Outdoor cooking

Herbal Preparations

Trapping and Snaring

Fasting

Outdoor Fitness and Health

Angling and Fishing

Provisioning

Hazards

Sewing

Outdoor Leadership

Guide Training

Environmental Education

Crafting