



- ◆ SAFETY
- ◆ SURVIVAL
- ◆ SECURITY

# LTR TRAINING SYSTEMS

230 East Potter, Unit One  
Anchorage, Alaska 99518  
(907) 563-4463 ♦ fax (907) 563-9185

## ARCTIC LAND SURVIVAL

### Curriculum Overview

(8 hrs classroom, 28 hrs field training exercise)

The Arctic Land Survival program is a three-day, hands-on training course that provides students with experience in the outdoors in techniques for wilderness survival. The program utilizes both, commercial and improvised life-support equipment in a field setting, with emphasis on personal protection, shelters, improvisation and the safe use of emergency signaling aids. Team leadership and confidence levels in personal skills are developed and enhanced through interactive problem solving scenarios. This program expands upon the techniques introduced in Preparing for Survival in an overnight field exercise.

#### Course Objectives:

- 1) To be able to identify the hazards to survival found in Arctic environments and general techniques to provide personal protection.
- 2) To provide hands-on experience with both commercial and improvised fire building techniques.
- 3) To understand the principles of improvisation and to use these principles for personal protection during the field training session.
- 4) To be familiar with the rationing and preparation of prepackaged and natural food sources.
- 5) To safely prepare and ignite pyrotechnic signaling aids in preparation for rescue.
- 6) To develop team building and leadership skill through Active Simulation Survival Training (ASST) techniques.



#### Course Content:

Due to variations in weather, available daylight and student needs, the curriculum for field training sessions is listed by subject areas and not by specific times. The following is provided as a guideline and considerations should be made for additional time and circumstance instruction.

1. Medical trauma, team assignments
2. Inventory for survival, emergency decision making
3. Base camp set up, water procurement methods
4. Arctic shelters, immediate fire and food sources
5. Field food procurement, animal food preparations
6. Gas & oil fire building, fire-craft, student fire practice
7. Rough-land travel techniques, use of custom CIS survival kits
8. Pyrotechnic signal demonstration, smoke signals
9. Psychological aspects of survival, mukluk making, improvised foot gear

#### PROGRAM INFORMATION

**Class Date:** CALL  
**Class Time:** 8:00 am to 5:00 pm

**Size:** 20 students maximum  
**Course Fee:** CALL

Student Requirements: Fitness to Participate, Risk Agreement. A list of clothing items will be provided that will ensure the comfort and safety of the training participants during the winter season.