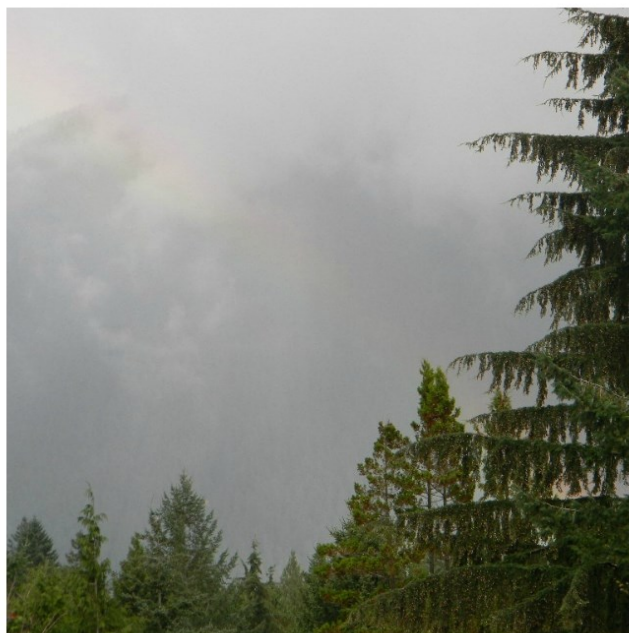
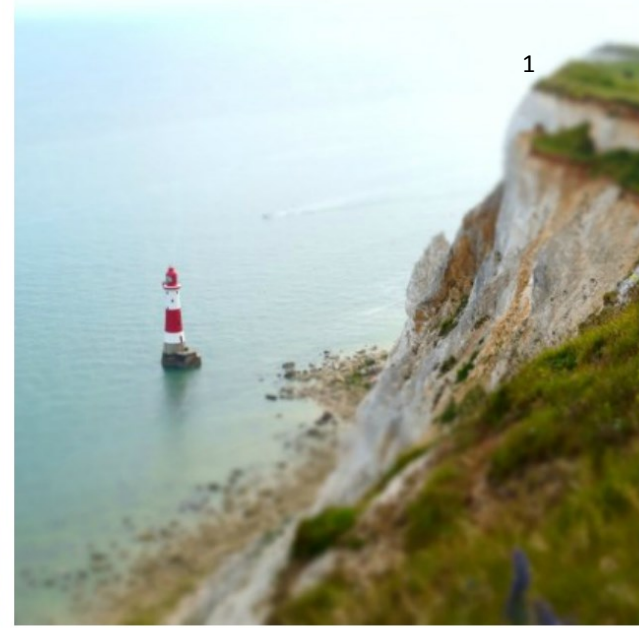


RedHawk

N.O.R.T.H. Program

Nautical and Outdoor Remote Training and Hazards

LEVEL 1



N.O.R.T.H. Program

The N.O.R.T.H. Program prepares you to take control in any wilderness survival situation on both land and water. Learn how to protect yourself and your team, crew, or family by mastering survival techniques and sustainability strategies.



Program Topics

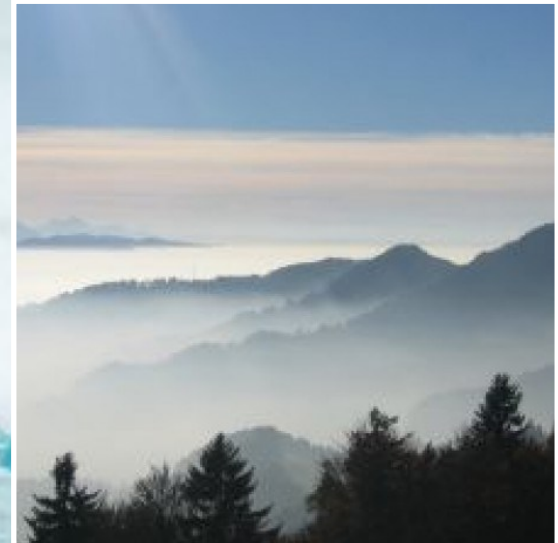
- Marine & Wilderness Survival including:
- Basic Supplies and Kit
- Firecraft
- Shelter Building
- Food and Water (fishing, seafood, trapping, edible plants and berries)
- Animal Awareness and Predator Protection
- Natural Cures and Healing
- Cold Water Survival
- Thermal Protection
- Navigation, Maps, GPS
- Signaling for Rescue

This program consists of classroom learning, practical demonstrations and intensive hands-on experiential in the field participation..

CONTACT

RedHawk Survival Training Institute/
RedHawk Newfoundland Survival Inc

<http://redhawkssurvival.com>



The Nine Steps To Survival

The Nine Steps to Survival were developed by the founders of RedHawk Survival Training Institute. The Nine Steps are a list of priorities and can serve as a blueprint for learning wilderness and marine survival. Proper preparation will give you and your loved ones or colleagues self-confidence, a positive mental attitude and the necessary equipment needed for survival in the wilderness. In this program, every activity will be taught and practiced with these nine steps as a guide.



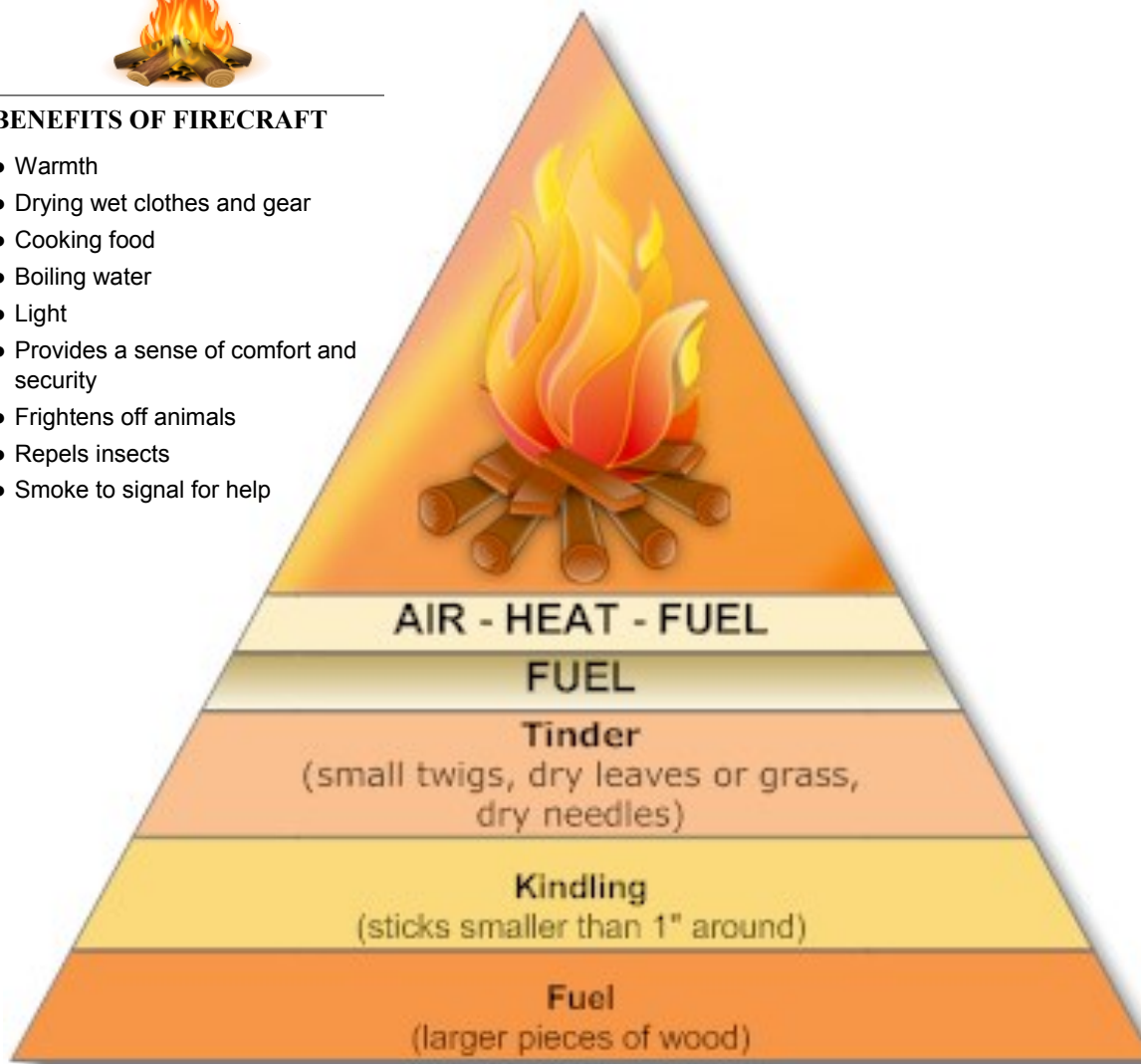
FireCraft is a Vital Skill!

Building a fire is a critical element of wilderness survival and serves many purposes. Fire Craft is based on a special triangle of Air – Heat – and Fuel. Without one of these elements, a fire cannot light or continue to burn.



BENEFITS OF FIRECRAFT

- Warmth
- Drying wet clothes and gear
- Cooking food
- Boiling water
- Light
- Provides a sense of comfort and security
- Frightens off animals
- Repels insects
- Smoke to signal for help

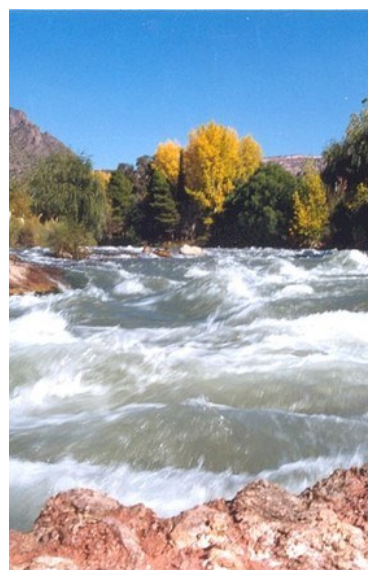


Master FireCraft

The ability to build a fire in all conditions is a vital part of remote and outdoor survival. You will learn to master this skill using a variety of tools—no matter where you happen to be located, or what situation you are in.

RedHawk Survival Kit & Basic Supplies

RedHawk sells a wide variety of survival kits, customized for various situations and needs. Your special Wilderness survival kit comes as a one person kit including a three man tent.



MASTER THE KIT

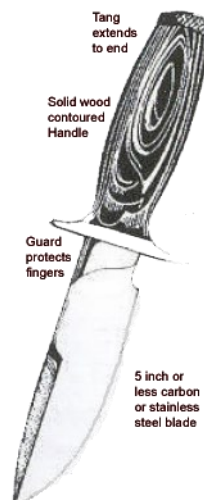
Besides the RedHawk Kit every serious outdoors expert needs at least one good quality knife.

CHOOSING A KNIFE

- Avoid knives with compasses in the handle—they compromise strength.
- Select a solid contoured wooden handle (avoid hollow handles) without rivets.
- The tang must extend to the end of the handle. The tang is the metal part of the knife that is encased by the handle.
- Buy a knife with a carbon steel or stainless steel blade, no longer than 5 inches in length with a ridged guard between the blade and handle.

ADEQUATE CLOTHING

- *Wear sturdy hiking footwear with thick cotton or wool socks.*
- *Dress in loose-fitting layers, appropriate for the weather. Use natural fabrics as much as possible so that they breathe, especially for the under layers. A warm hat can be very useful, especially at night time.*
- *Try to keep clothes clean and dry.*
- *A waterproof, breathable outer layer can come in very handy.*
- *If possible, a down-filled sleeping bag can make a big difference at night.*



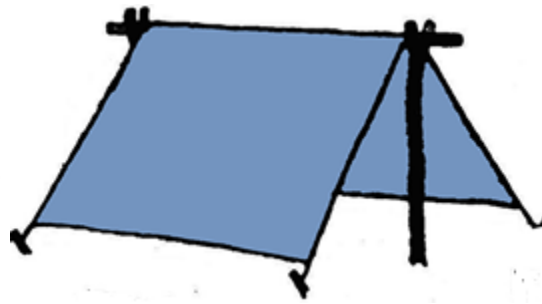
Shelter Building

Shelter from the elements and predators is critical for both wilderness and marine survival. If you are equipped with a tent or a RedHawk kit with a poncho and/or tarp, setting up a shelter is quite easy to accomplish.

You will learn how to pick the best spot for your shelter, how to set up tents securely, and how to improvise with a tarp or poncho if a tent is not available. You will also learn how to make a natural debris shelter for times when nothing else is available.

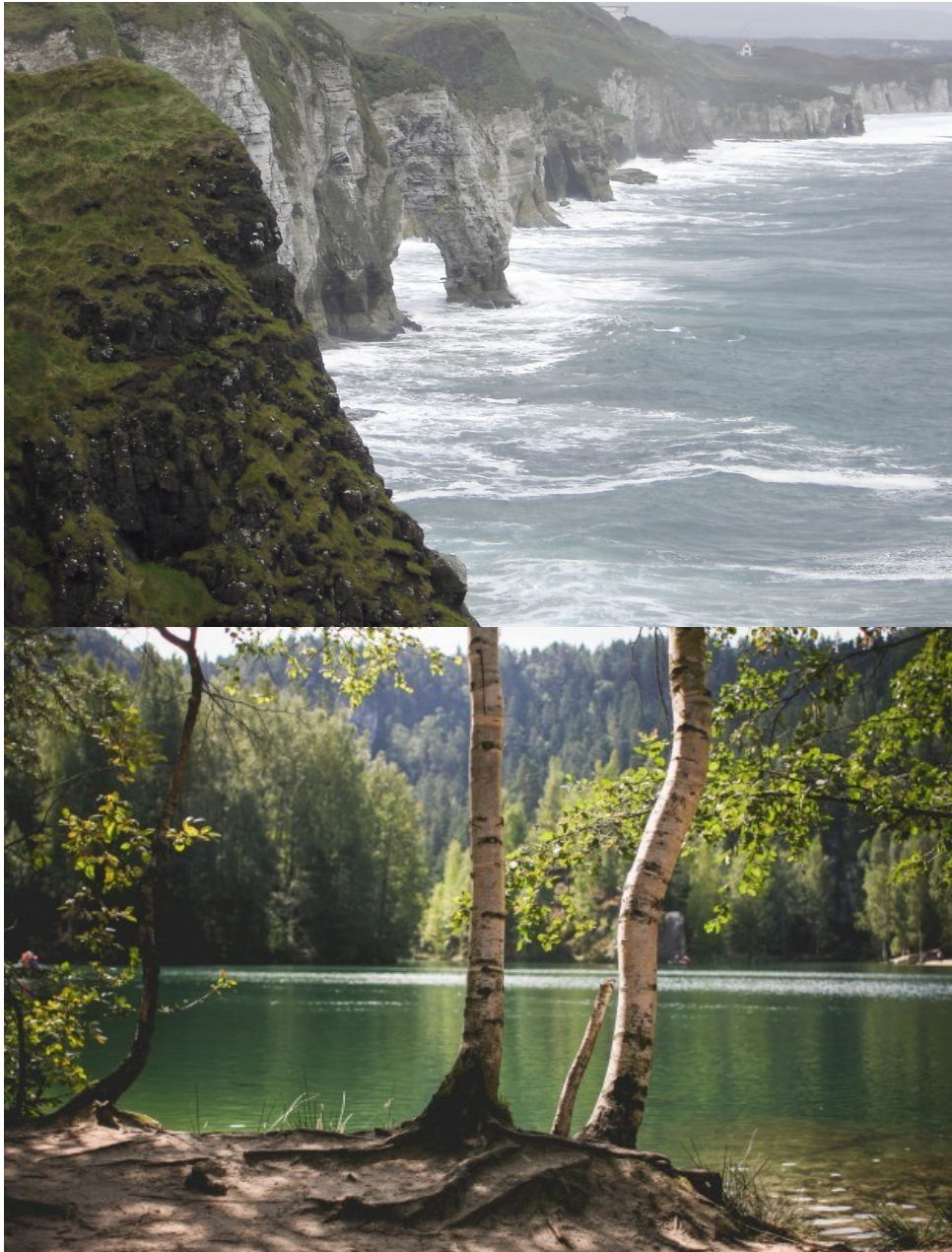
SETTING UP SHELTERS

It is important to know the best place to set up a shelter to avoid:
unnecessary exposure, animals, insects, tree branches, and flooding



Water Supply

Clean water is an essential ingredient in wilderness and marine survival. Humans must have water – you will not last long without it. You will learn how to secure a fresh water supply no matter where you are as well as how to conserve your body's available water.



WHAT YOU WILL LEARN:

- How to use the RedHawk kit water packs and purification tablets
- Signs of Dehydration
- Conserving Water
- Preventing contamination
- Finding Water sources
- Using water from available natural sources including:
 - ◇ Rainfall
 - ◇ Snow or Ice
 - ◇ Morning Dew
 - ◇ Ocean Salt Water
 - ◇ Streams and Springs
 - ◇ Rivers and Lakes

Edible Wild Plants

The Canadian wilderness is rich with edible plants, game and fish but you need the knowledge, tools, and skills to both identify and obtain an adequate wild food supply. In this course, we will introduce you to a few safe, common edible plants (flowers, roots, stems, leaves, shoots, and berries) depending on the season and how to prepare them for a meal.



Fishing and Seafood Harvesting

Most of the Canadian wilderness is rich with all types of water – creeks, streams, rivers, lakes, and three ocean coasts. Coupled with natural wild plants, fish adds important nutrients to the wilderness diet, including protein, oils, fats, and vitamins. Learning to catch fish and gather other water foods such as shell fish and sea weeds are basic, important wilderness skills. In this course, you will be introduced to and practice wilderness fishing and sea food gathering skills.



FISHING LICENCES

Most fishing is governed by government regulations, which must be considered. For one thing, certain species are protected, such as the green sturgeon and various sticklebacks. If you catch one, you must release it back to the wild. It is a good idea to buy your fishing license ahead of time, so you have it when and if you need it in a survival situation. If caught in a survival situation without a license, you will have to use your best judgement about whether to risk a fine or attend to your own survival.



Learn to Fish

In this program you will learn to fish with the bare essentials, to prepare you for times when a rod and reel are not handy. You will also participate in seafood gathering and learn how to prepare both fish and seafood for a hearty sustaining meal.

Catching Small Game

Simple small game snares and traps are easy to make and can contribute very important nutrients into the wilderness diet. In this course you will learn to set up basic snares and traps and how to prepare the game for eating. You will also learn how to prepare and use the fur for important items such as warm mittens, boots, and coverings.



Wild Animal Awareness

Awareness of wild animals and knowing how to protect yourself from predators are vital wilderness survival skills. In this program, you will learn strategies to develop keen animal awareness (such as recognizing foot tracks, markings on trees, locating dens, and so on). You will also learn predator protection skills, particularly bears, wolves, and big cats.



Natural Cures and Healing

Basic First Aid and knowledge of natural remedies and healing agents are also important survival skills. In this program you will explore basic emergency First Aid techniques and how herbs can be used to treat bruises, cuts and other minor emergency first aid needs.



WHAT YOU WILL LEARN:

- Basic response strategies to deal with cuts, bruises, sprains, making simple splints, sunstroke, heat or cold exposure, cramps, etc.
- Dehydration
- Bleeding
- Concussion
- Bites and Stings
- Using herbs and plants such as:
 - ◇ Mints
 - ◇ Plantain
 - ◇ Arrowroot
 - ◇ Burdock
 - ◇ Cat tails
 - ◇ Chickweed
 - ◇ Self-heal
 - ◇ Comfrey
 - ◇ Yarrow

Cold Water Survival

It is important to know what to do if you or someone with you is exposed to cold water—this need can arise whether on fresh water or sea, and requires immediate and informed action. In this program you will learn how to respond to a cold water crisis quickly and safely. This includes knowledge of how the body responds and what to do about it.



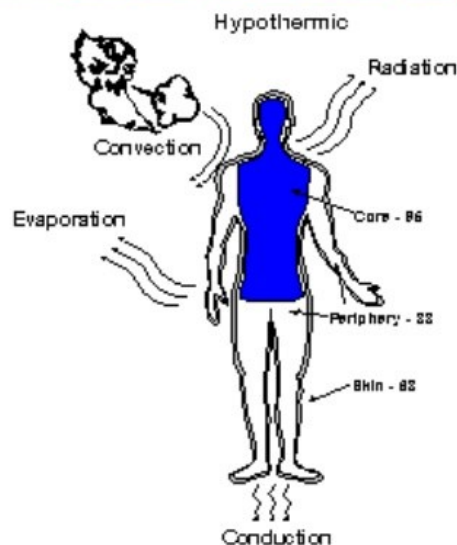
Thermal Protection

Conserving body heat is vital for both marine and wilderness survival. Exposure to the elements can reduce your body heat quickly and can put you at risk for hypothermia and if not corrected, can be extremely dangerous and even fatal.

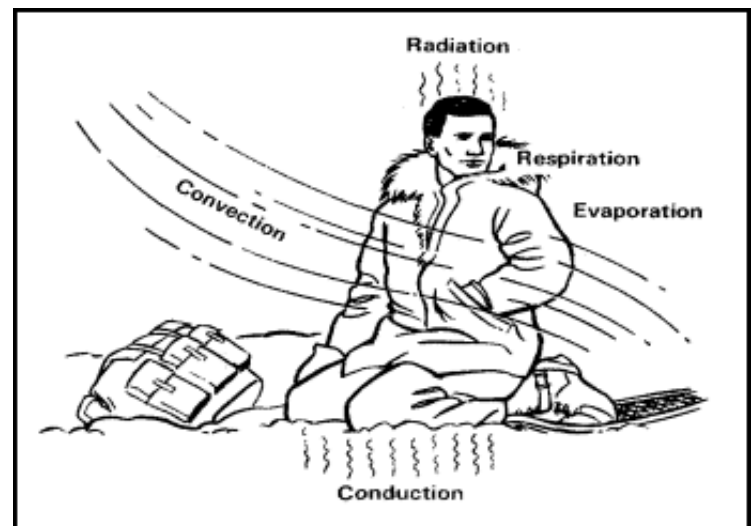
You will learn how to protect yourself and others from suffering from heat loss, how to dress for thermal protection, and what to do if heat loss and cold exposure become a threat to health and safety—whether on land or water.

5 Methods of Heat Loss

- Evaporation
- Convection
- Conduction
- Radiation
- Respiration



3



Navigation, Maps, GPS

Whether you are on a wilderness adventure or tackling an outdoor emergency, knowing how to find your bearings and figure out your location takes skill and aptitude. In this program, You will learn the basics of finding your bearings on land and water, reading maps, compass use and care and GPS reading, way points, and care.



Signaling for Rescue

Communication is important in any wilderness or marine emergency situation. You need to learn how to signal for help on land or water. Smoke from a fire, sound, light reflection, symbols, and body/hand signals are all important ways to signal the need for help. In this program you will practice the essentials of signaling for rescue while keeping yourself and others safe as you wait for responders.

