

SAINTS GLOBAL
LEADER GUIDE

WILDERNESS SURVIVAL

PHYSICAL CORE

Version 2026.1





PURPOSE & IDENTITY

SKILL BADGE PURPOSE

To develop resilience, discipline, and life-preserving judgment through rigorous wilderness survival skills, moral self-control, and dependence on preparation, knowledge, and calm decision-making under stress.

DEVELOPMENT CORE: PHYSICAL

This badge develops physical attributes through focused activities and reflection. Saints will grow in this area while building practical skills.

CORE FOCUSES

- Risk awareness and injury prevention in remote settings
- Survival priorities and decision-making under stress
- Shelter, fire, water, and signaling skills
- Environmental adaptation across multiple exposure conditions
- Humility, restraint, and respect for life in survival scenarios

TIME COMMITMENT

4-6 weeks (suggested)

RECOMMENDED AGE

14+

SAFETY CONSIDERATIONS

SUPERVISION

All wilderness survival activities must be approved and supervised by qualified adults with emergency plans in place.

EXPOSURE RISK

Activities must account for weather, terrain, wildlife, and medical risk; leaders must have clear evacuation and communication plans.

EMERGENCY CONTACTS

Troopmaster: _____

Emergency: _____



THE DPAR METHOD

Saints Global uses the DPAR method for skill badge completion. As a leader, you should practice DPAR yourself when preparing to teach.

D

DISCOVER

Learn foundational knowledge and concepts. Research, study, and explore the topic.

YOUR ROLE AS LEADER:

- Immerse yourself in the material before teaching
- Study each requirement—understand what AND why
- Anticipate questions saints might ask

P

PLAN

Create a personal action plan with goals and timeline.

YOUR ROLE AS LEADER:

- Design your teaching approach for each requirement
- Gather materials and prepare discussion questions
- Consider how to adapt for different learning styles

A

ACT

Execute through hands-on practice with leader guidance.

YOUR ROLE AS LEADER:

- Shift from teacher to guide—step back
- Create safe space for practice and mistakes
- Model the skills yourself when helpful

R

REFLECT

Review what was learned and share experiences gained.

YOUR ROLE AS LEADER:

- Facilitate meaningful conversations
- Ask open-ended questions, listen more than speak
- Celebrate growth and help saints see their progress



STEP 1: DISCOVER

LEADER PREPARATION

- Review all DISCOVER requirements thoroughly
- Gather necessary resources and materials
- Prepare discussion questions and activities
- Identify potential challenges saints may face

STEP 1: DISCOVER — TEACHING GUIDE**Requirement 1a: Explain the most likely wilderness hazards and demonstrate first aid and prevention for common backcountry injuries and illnesses.****HOW TO TEACH**

- Use scenario cards for heat, cold, insects, dehydration, and bites
- Have Saints demonstrate first-aid responses using kits
- Discuss escalation thresholds requiring evacuation
- Emphasize prevention as the primary survival skill

Completion: Saint accurately explains hazards, prevention, and first-aid responses.

Requirement 1b: From memory, list and explain the seven priorities for wilderness survival.**HOW TO TEACH**

- Require full recall without prompts
- Discuss how priorities change with environment and time
- Use a lost-person scenario to rank decisions
- Correct gently but require full mastery

Completion: Saint correctly lists and explains all seven priorities.

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STEP 1: DISCOVER — TEACHING GUIDE (CONTINUED)

Requirement 1c: Explain techniques for avoiding panic and maintaining morale when lost, and why this directly affects survival outcomes.

HOW TO TEACH

- Discuss real-world case studies
- Practice controlled breathing and mental reset techniques
- Ask Saints to describe a moment when panic would be tempting
- Tie morale to decision quality and endurance

Completion: Saint explains morale strategies and their survival impact.



STEP 2: PLAN

LEADER PREPARATION

- Review all PLAN requirements thoroughly
- Gather necessary resources and materials
- Prepare discussion questions and activities
- Identify potential challenges saints may face

STEP 2: PLAN — TEACHING GUIDE

Requirement 2a: Describe survival strategies for multiple exposure environments: cold/snowy, wet, hot/dry, windy, and aquatic settings.

HOW TO TEACH

- Use environment cards and rotate through scenarios
- Have Saints identify the top three threats per environment
- Discuss how priorities shift by condition
- Emphasize shelter and water protection first

Completion: Saint accurately describes survival actions for all listed environments.

Requirement 2b: Assemble a personal survival kit and explain the purpose of each item.

HOW TO TEACH

- Lay out all kit items and justify inclusion
- Ask what would be removed last and why
- Discuss redundancy and multi-use tools
- Reject novelty items lacking function

Completion: Kit items are appropriate and purposes are clearly explained.



STEP 3: ACT

LEADER PREPARATION

- Review all ACT requirements thoroughly
- Gather necessary resources and materials
- Prepare discussion questions and activities
- Identify potential challenges saints may face

STEP 3: ACT — TEACHING GUIDE

Requirement 3a: Using three different non-match methods, build and light three controlled fires suitable for survival use.

HOW TO TEACH

- Inspect fire lay before ignition
- Require explanation before lighting
- Stop immediately for unsafe practices
- Emphasize conservation of resources

Completion: Saint successfully lights and controls three fires safely.

Requirement 3b: Demonstrate signaling skills for rescue, including attention methods, signal mirror use, and ground-to-air signals.

HOW TO TEACH

- Practice aiming the mirror on fixed targets
- Correct hand position and alignment
- Require memory recall for signals
- Discuss when signaling becomes priority

Completion: Saint demonstrates and explains all signaling methods correctly.

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STEP 3: ACT — TEACHING GUIDE (CONTINUED)**Requirement 3c: Improve a low-impact natural shelter and spend one night in it under approved supervision.****HOW TO TEACH**

- Inspect site choice before construction
- Emphasize insulation over size
- Check on Saints during the night per safety plan
- Debrief immediately after exit

Completion: Saint safely completes an overnight shelter stay.

Requirement 3d: Demonstrate three methods for treating water collected in the outdoors for safe drinking.**HOW TO TEACH**

- Explain limitations of each method
- Discuss turbid vs clear water handling
- Require Saints to state when water is safe
- Emphasize hydration priority

Completion: Saint correctly treats water using three methods.

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STEP 3: ACT — TEACHING GUIDE (CONTINUED)

Requirement 3e: Demonstrate proper clothing selection for extreme heat, cold, and wet conditions, and explain why each choice matters.

HOW TO TEACH

- Use layering demonstrations
- Compare cotton vs wool/synthetics
- Discuss evaporation, insulation, and wind
- Tie clothing choices to survival priorities

Completion: Saint explains and demonstrates correct clothing choices.



STEP 4: REFLECT

LEADER PREPARATION

- Review all REFLECT requirements thoroughly
- Gather necessary resources and materials
- Prepare discussion questions and activities
- Identify potential challenges saints may face

STEP 4: REFLECT — TEACHING GUIDE

Requirement 4a: Explain how respect for life, restraint, and humility guide decisions in a survival situation, including why eating wild plants or animals is usually unwise.

HOW TO TEACH

- Discuss poisoning, parasites, and energy cost
- Use historical examples of survival errors
- Ask Saints to explain when not acting is wiser
- Tie restraint to long-term survival

Completion: Saint explains restraint-based survival reasoning accurately.

RESOURCES & CONTACT

RECOMMENDED RESOURCES

- Saints Global Resource Library — Online materials and guides
- DPAR Method Quick Reference — Printable guide for leaders
- Child and Youth Program Guidebook — LDS Church Official Documentation for Children and Youth
- For the Strength of Youth — A Guide for Making Choices

SAINTS GLOBAL CONTACT INFORMATION

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Thank you for leading Saints Global!

Your dedication makes a difference in the lives of our children and youth.