

***SURVIVE & THRIVE***

# **BUSHCRAFT**

**BASICS**



A Notebook Companion for *Bushcraft 101*  
by Dave Canterbury



***Survive & Thrive: Bushcraft Basics—A Notebook Companion™ to Bushcraft 101 by Dave Canterbury***

by Carrie Fernandez

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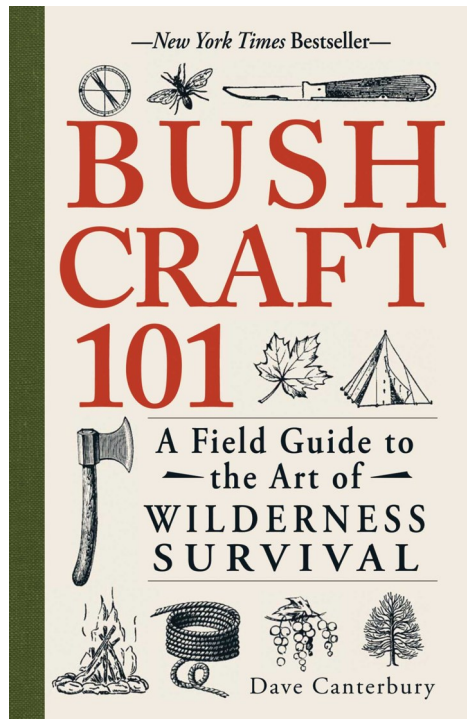
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## Acknowledgement



*Bushcraft 101: A Field Guide to the Art of Wilderness Survival* by Dave Canterbury

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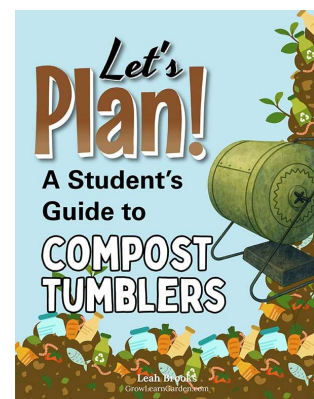
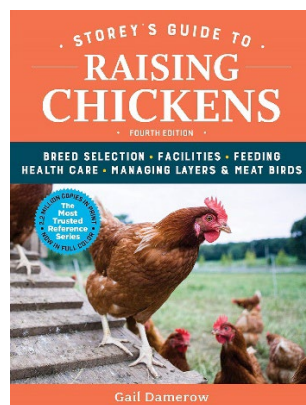
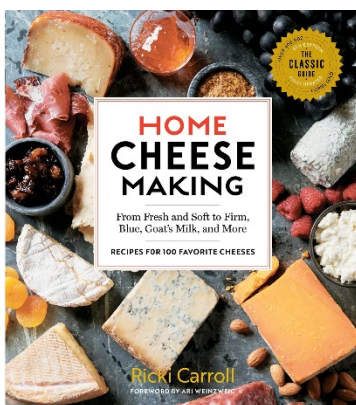
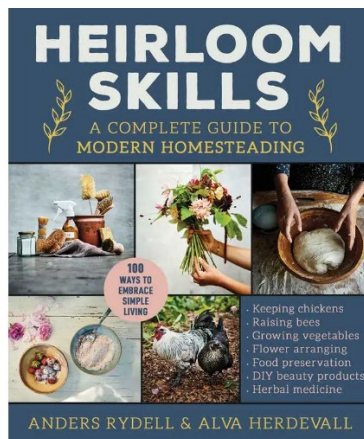
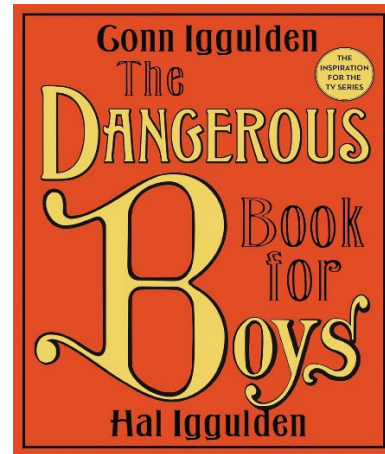
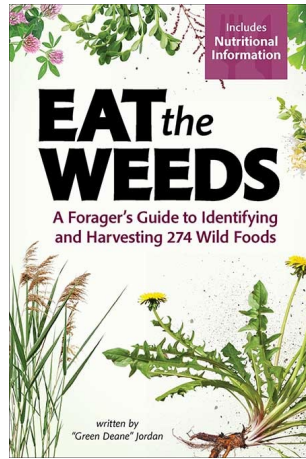
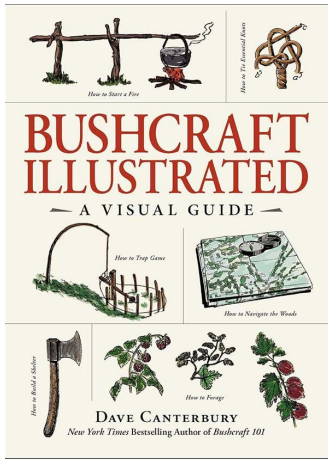
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*Bushcraft 101* is the ultimate resource for experiencing the backcountry! Written by survivalist expert Dave Canterbury, *Bushcraft 101* gets you ready for your next backcountry trip with advice on making the most of your time outdoors. Based on the 5Cs of Survivability—cutting tools, covering, combustion devices, containers, and cordages—this valuable guide offers only the most important survival skills to help you craft resources from your surroundings and truly experience the beauty and thrill of the wilderness. Inside, you'll also discover detailed information on choosing the right items for your kit, manufacturing needed tools and supplies, collecting and cooking food, and protecting yourself from the elements.

With Canterbury's guidance, you'll not only prepare yourself for any climate and situation, you'll also learn how to use the art of bushcraft to reconnect with nature in ways you've never imagined.

Also available as part of [The Bushcraft Boxed Set](#).

Also Available at [Dailyskillbuilding.com](http://Dailyskillbuilding.com)



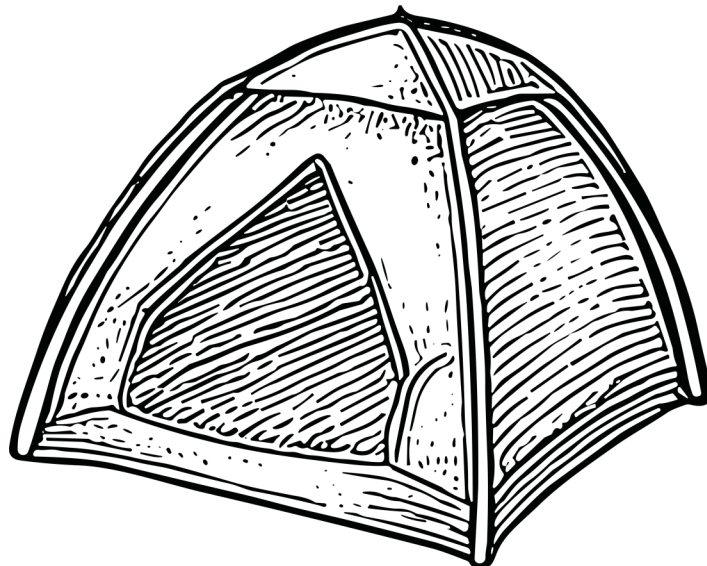
...plus even more homesteading books!

## **How to Use This Notebook Companion™**

All our Notebook Companions are self-paced. You simply use the Notebook Companion™ alongside the book it accompanies, and students complete the notebooking pages as you read through the book together or independently.

### ***Survive & Thrive: Bushcraft Basics—A Notebook Companion™ to Bushcraft 101 by Dave Canterbury***

We've designed *Survive & Thrive: Bushcraft Basics* to engage high school students and help them learn about surviving and thriving in the outdoors. As they read each section of *Bushcraft 101*, they will find the answers to the notebook questions. They can also sketch about what they learn and enjoy the chance to be creative.



## **Introduction**

Read pages 13-15 in *Bushcraft 101*. Answer the questions with what you read and what you learn.

According to author Dave Canterbury, what is “bushcraft”? \_\_\_\_\_

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How do you think learning bushcraft skills can help you when you are not in the wild?

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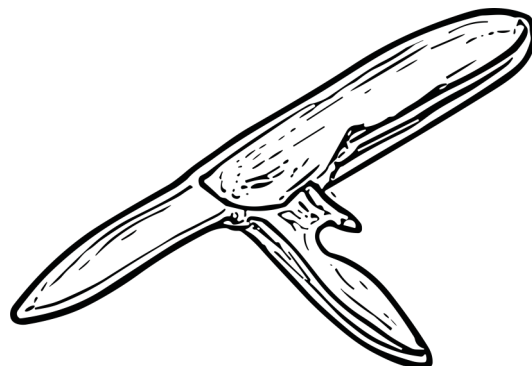
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## Chapter One: Your Pack

Read pages 19-24 in *Bushcraft 101*. Stop reading before you begin "Pack Frames." Answer the questions with what you read and what you learn.

What do you become when you practice bushcraft? \_\_\_\_\_

\_\_\_\_\_

### The Five Cs

Why did the author choose the five categories of essentials that he explains?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What are the Five Cs?

1. \_\_\_\_\_

\_\_\_\_\_

2. \_\_\_\_\_

\_\_\_\_\_

3. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

4. \_\_\_\_\_

\_\_\_\_\_

5. \_\_\_\_\_

\_\_\_\_\_

4. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Illustrate the Roycroft frame. Be sure to include descriptions as shown on page 25.



What is one advantage to this type of frame? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Survive & Thrive: Bushcraft Basics

Using your own words, explain how to pack the Roycroft frame. \_\_\_\_\_

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What are some uses of a metal frame, and how are they different from wooden frames?

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### Pack Baskets

How long have people used pack baskets? \_\_\_\_\_

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What do pack baskets usually come with? \_\_\_\_\_

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What is an advantage to a pack basket? \_\_\_\_\_

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## Survive & Thrive: Bushcraft Basics

### Summer Fishing Kit (Small)

\_\_\_\_\_  \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### Winter Trapping Kit

\_\_\_\_\_  \_\_\_\_\_

\_\_\_\_\_  \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



## ***Survive & Thrive: Bushcraft Basics***

How long were most American frontier knives? What can happen if a blade is too short or too long?

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What is an advantage to a knife with a high-carbon steel blade? What is a disadvantage to having a coated blade?

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What is a full tang design? Why is it very important?

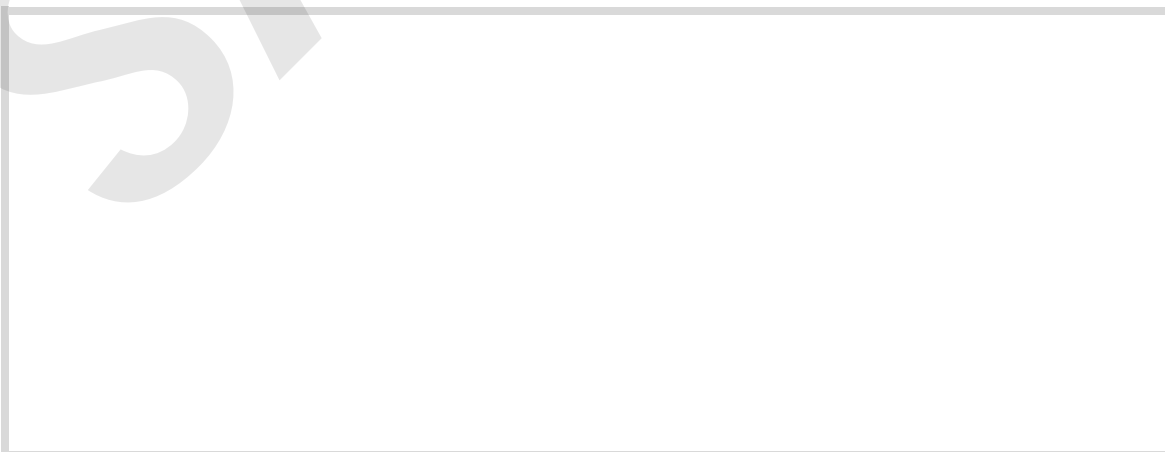
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Draw and label four basic knife grinds.



Illustrate how to baton a branch.



**Notching**

What are the four kinds of notches explained on pages 41-43 of *Bushcraft 101*?

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_

Explain the steps to make a stake notch. \_\_\_\_\_

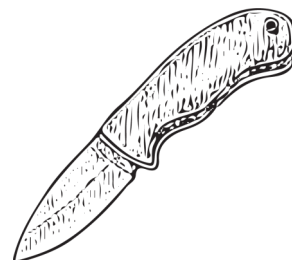
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\_\_\_\_\_

\_\_\_\_\_



Illustrate and label a "good" and a "bad" bow saw frame.



**Saw Safety**

How can you practice saw safety? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

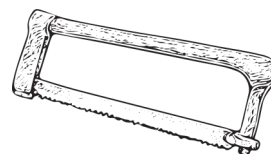
\_\_\_\_\_

**Saw Care**

What is the kerf? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



Illustrate how to harvest wood with hand tools.



**Limbing**

How should you limb a tree? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Bucking and Notching**

What is bucking a log? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Survive & Thrive: Bushcraft Basics**

What do you need to remember when using forks? \_\_\_\_\_

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Illustrate and label two types of pot hangers.



**Skillets**

What does having a skillet give you the ability to do? \_\_\_\_\_

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What kind of handle is helpful? \_\_\_\_\_

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### Meat Rotisserie

How can you make and use a simple meat rotisserie? \_\_\_\_\_

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Using your own words, explain the Bushcraft Tip found on page 93.

Bushcraft Tip:

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### Planks

What are planks? What should they be made of, and when are they used?

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## ***Survive & Thrive: Bushcraft Basics***

Illustrate and label a simple stove stand made from a large soup can.



Copy the Tips and Tricks For Cooking in the Field on page 100. Use the pages at the end of this unit.



Using your own words, explain the Bushcraft Tip found on page 153.

Bushcraft Tip:

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**Basic Compass Use**

What do the colors of the needle indicate? How can you determine the “front” or “top” of the compass?

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Summarize how to take and follow a bearing. \_\_\_\_\_

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Saddle: \_\_\_\_\_

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Draw: \_\_\_\_\_

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Valley: \_\_\_\_\_

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What is magnetic north? What is grid north? \_\_\_\_\_

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What is the map scale, and how do you use it? \_\_\_\_\_

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### Orienting the Map

Explain the importance of the declination diagram and degree of offset.

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Illustrate a trail set.



Read the rest of page 189 through page 207 in *Bushcraft 101*. Answer the questions with what you read and what you learn.

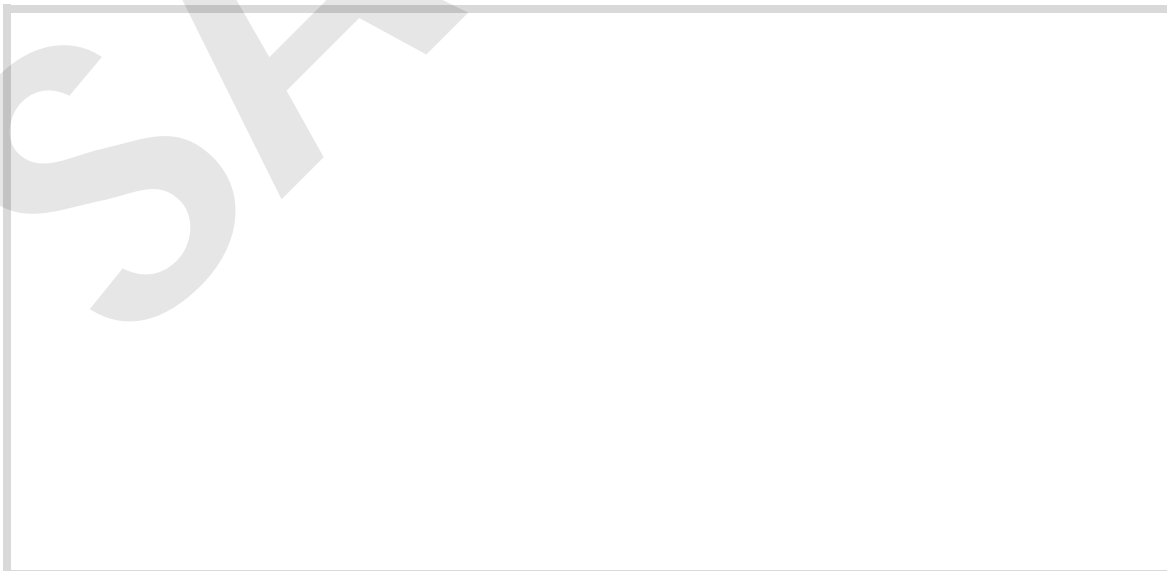
### Baiting Traps

You want to make the animal do what for the bait? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Illustrate and label a dirt hole trap.



## Appendix B: Wild Edibles and Medicinal Plants

Read pages 214-219 in *Bushcraft 101*. Answer the questions and complete the following tables with what you learned.

How many edible plants does the author recommend you memorize? What four groups should they be part of?

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Summarize what you learned about each type of edible plant. Be sure to note the category of edible plant it is part of.

Cattail	Field Parsnip
Dandelion	Burdock
Hickory	Walnut
Raspberry/Blackberry/Salmon Berry	Common Elderberry