

# Wilderness Education for Middle Schoolers

At Nahanton Park  
Nature Center  
455 Nahanton St.  
Newton Centre, MA  
Contact Info:  
hpeterson@newtonma.gov



**Session 1: August 12 - 16th, 2024 (Level 1)**

**Session 2: August 19 - 23, 2023 (Level 2)**

## Learn skills and Build Knowledge to Survive in the Wilderness

### Level 1

- ◆ Safely prepare a site for building a fire
- ◆ Start a fire without using matches
- ◆ Construct a shelter using leaves and branches
- ◆ Carving methods (knife use, handling and safety)
- ◆ Tool crafting
- ◆ Navigate the forest without a map or compass
- ◆ Make cordage (string/rope) from plants
- ◆ Identify wild edible plants as well as medicinal plants we find in the forest.
- ◆ Sensory Awareness Techniques and Routines

### Level 2 (must have participated in level 1 the week before or in previous summers in order to participate)

- ◆ Advanced Fire Building (new techniques not included in level 1)
- ◆ Advanced Shelter Building using materials from the natural world
- ◆ Navigating using a map and compass
- ◆ Tool Crafting (traps, snares, different types of spear)
- ◆ Introduction to basic bow and arrow and atlatl creation if time allows\*\*
- ◆ Basic Wildlife Tracking
- ◆ Sensory Awareness Activities
- ◆ Sit Spot
- ◆ Medicinal Plants (exposure to more medicinal plants and their uses than level 1)



## Important Information

- For youth going into 6th—9th grade in the Fall.
- This program runs Monday through Friday from 9:00 - 3:00 and is held outdoors rain or shine.
- New Participants may register for Session 1, and Session 2 registration is open to anyone who has participated in the Wilderness Survival program in the past.
- Session Fee is \$415.00 A \$30.00 non refundable deposit is due with the registration.

Newton Parks, Recreation & Culture  
246 Dudley Rd, Newton, MA 02459  
617-796-1500

Registration opens January 31st for Newton  
Residents and tends to fill quickly.

Register online at [www.newtonmarec.com](http://www.newtonmarec.com)