Welcome to Go For It! I Will Survive

What’s this Go For It! about?
Survival isn't just about coping with being lost in the wilderness. We need to know how to survive every day in a variety of situations.

This Go For It! will help you to think about the survival skills you might need when out and about in the countryside and in an urban environment. It will also help you to be prepared in case you ever do find yourself needing to survive in the wild.

How does it work?
For your first session, have a go at some of the activities in the ‘Get started’ section. This will help you find out which activities in Go For It! I Will Survive interest you. Then choose three more sessions’ worth of activities from the rest of the pack. You should spend four Patrol times (including planning time) on the Go For It! to gain the badge.

If you enjoy Go For It! I Will Survive, check out the ideas in the ‘Take it further’ section on page 28.

Team work
You’ll need to work together all the way on this Go For It! – there are lots of decisions and plans to be made. How will you make sure everyone’s voice is heard? For each activity, make sure you think about everyone’s strengths and how best to use them.

Go For It! I Will Survive badge
When your Patrol has completed Go For It! I Will Survive you will each gain this great badge!
Get started

These activities are designed to get you started and help your Patrol pick other activities from this Go For It! Try a few and find out what you enjoy most! Don’t forget to leave time afterwards to plan what you will be doing in your next three Go For It! sessions.

Compass tag

Understanding how to use a compass is a really useful skill for finding your way around unfamiliar surroundings. Try this fun game to get you thinking about how to use compasses. You may need to play this with another Patrol; why not ask your Leader if you can do it at the start or end of a meeting?

You will need
📍 Compass
📍 Beanbag
📍 Access to an outdoor space or large room

What to do

1. Each Guide in the Patrol is given a direction (north, south, east, west, north west, south east and so on). One Guide sets the compass so that the needle and arrow printed on the compass are both pointing in the same direction. This will be north, and she needs to make sure she is facing in that direction before turning to face her given direction.

2. The Guide then throws the beanbag as far as she can in that direction while the others close their eyes. The rest of the Patrol should then open their eyes and try to spot where the beanbag has landed.

3. The first Guide to reach it then resets the compass to north before turning to face her given direction and throwing the beanbag as far as possible. The game continues in this way until everyone has managed to have a turn at setting the compass to her direction.

4. If you are playing this game with another Patrol, try racing against each other to see which Patrol can make their way around the compass points first.

The Countryside Code

When we make our Promise as a Guide we promise to keep the Guide Law. The sixth Law states that ‘A Guide respects all living things and takes care of the world around her’. The Countryside Code can help us to respect the countryside. Most of it is just good common sense, designed to help us all to protect and enjoy our countryside.

See if you can make a board game to help teach a group of Brownies what the Countryside Code is and how they can help to keep it.

You will need
📍 A copy of the Countryside Code (available online)
📍 Pens
📍 Paper
📍 Dice (optional)
📍 Counters
What to do

1. Read the Countryside Code and, as a Patrol, decide how you think it would work as a game. Compare it to other board games you have played.

2. Design the board and decide whether you move along by rolling a dice or by answering questions.

3. Write a list of rules that players will have to follow.

4. Test your game out on another Patrol before playing it with a local Brownie unit.

International signs of distress

Sometimes when you are out and about, a situation can rapidly become unsafe. The international signs of distress are there to help emergency services find you as quickly as possible.

Use this quiz to test your knowledge and to find out about each type of distress signal.

You will need

The questions below

What to do

Select a quizmaster to read out the following questions. How many can your Patrol get right? Check your answers on page 27.

1. If you need rescuing and have only a mirror to hand, you can make flashes by reflecting light off the mirror. How many flashes should you use if you need help?
   a) 3
   b) 5
   c) 7

2. If signalling for help, how often should you signal within five minutes?
   a) Continuously
   b) Once a minute
   c) Once every two and a half minutes

3. If you need rescuing at night, how often should you flash your torch to attract attention?
   a) 2 flashes
   b) 3 flashes
   c) 4 flashes

4. In more deserted areas, fire can be a good way of attracting attention as the smoke can be seen for miles around. Remember that even in survival situations you should never leave a fire burning unattended! So that your fire isn’t confused with someone cooking their lunch, it is recommended that you light more than one fire in a group. How many fires should you light?
   a) 2
   b) 3
   c) 4

It will take: 5-10 minutes
5. If you are out in the open, such as on moorland, and there is nothing to light a fire with, you could place rocks in a group to attract attention. How many rocks should you group together?
   a) 2
   b) 3
   c) 4

6. Smoke canisters are great at getting attention, especially if you are stuck at sea. What colour smoke canister should you release?
   a) Orange
   b) Red
   c) Green

7. Many boats stock flares as standard in case of emergencies, but what colour should you light?
   a) Green
   b) Red
   c) White

8. What happens if you find yourself lost where no one would be able to see any flashes of light, or there are no smoke canisters or flares to use? A whistle can be heard over a long distance, but how many blasts should you blow to attract attention?
   a) 1
   b) 2
   c) 3

What next?

Now you have had a chance to think about some different survival activities and have an idea of what interests you, you can choose more activities from the sections below:

❄️ I will survive with food
❄️ I will survive with a map
❄️ I will survive in the countryside
❄️ I will survive in the city.

Do not spend more than one Patrol time on each section.

You can either plan the next three sessions in one go or allow time at the end of each one to plan the following session. Your Leaders will be able to help you with the planning.
I will survive with food
Our bodies can’t keep going for long without water and food, so it’s really important to know how to find food and how to cook without electricity. Try one of these activities to get you thinking more about food and water in survival situations.

Campfire cooking
Campfire food is fun to cook and tastes fantastic. Follow these guidelines for successful cookouts.

Fire safety guidelines
Whenever you make a fire, make sure an adult is aware of your plans and within calling distance.
Choose a safe place to make your fire: a clear space away from dry grass and overhanging branches. Make sure you have permission to light a fire.
Keep a bucket of water, sand or soil nearby in case of stray sparks or burns.
Let the fire burn down before you start cooking, otherwise your food will be raw on the inside and black on the outside.
Remember to keep long hair tied back and loose clothing safely tucked away when cooking over an open flame.
Put your fire out safely afterwards using water, sand or mud.

Eggstremely tasty
You will need
* Campfire (see safety guidelines above)
* One egg per person, plus a couple spare in case of breakages
* Scissors
* Barbecue tongs

What to do
1. Very carefully (you may need to get an adult to help you with this) pierce a hole in the top of the egg with the scissors.
2. Stand the egg, with the hole at the top, in the hot embers for ten minutes.
3. Very carefully remove it with barbecue tongs and leave to cool for a couple of minutes.
4. Peel off the shell and you have a hard-boiled egg!
It’s a wrap

Backwoods cooking is a method of cooking without pots and pans. Make a delicious backwoods dinner at your next campfire – all you need is some aluminium foil.

You will need
- A slowly dying campfire (see guidelines above)
- Sharp knife
- Chopping board or plate
- Tongs
- A spoon each
- Aluminium foil
- Per person: 2 sausages (meat or vegetarian), 1 floret of broccoli, 1 floret of cauliflower, 1 carrot

What to do
1. Allow your campfire to die down until there are only very small flames left and the embers are turning grey.
2. Dice the broccoli, cauliflower and carrot and place on a piece of foil with the sausages. Wrap up tightly into a parcel.
3. Place in the coals of the fire and leave for 15 to 20 minutes until everything is cooked. Keep turning regularly, using tongs, to ensure it doesn’t begin to burn.
4. Using tongs, remove the foil packets from the embers. Unwrap and check to see if the sausages are cooked through. Once cooked, allow to cool for two minutes and then enjoy!

Ready, steady, cook!

Many plants and weeds can be quite tasty and could be your only option in a survival situation. Forage for some of these and see if you can make them into something delicious!

You will need
- Plant and flower pictures (look online or in your local library)
- Pen
- Paper
- Water
- Cups
What to do

1. Head outside into some local woodland or wild outdoor space with your pictures of edible plants. Remember to discuss your plans with your Leader before you set off.

2. In your Patrol, set a member to time the group for 30 minutes. During this time try and find as many of the items on the list below as you can.

3. When the time is up, see how many plants you've managed to find. Use the water to wash the dirt from them.

4. Now comes the taste test! If the plants you've found need to be boiled first, do this before eating or drinking. Make sure the water boils for at least three minutes so the plants can be safely eaten. Otherwise, line them up on the paper. Each member of the Patrol should get the chance to taste each plant and describe the flavour.

5. List the plants in order of preference. Do you all agree on which ones tasted better? Which ones would you eat again? Which was the least popular?

Edible flowers:
You can eat only the petals of these flowers:

Rose, Violet, Wild garlic, Sweet woodruff, Sorrel, Snapdragon, Primrose, Pansy, Geranium, Clover, Daisy, Carnation.

Dandelions: All parts of this plant are edible. Why not try eating the flower buds and leaves as part of a salad? Alternatively you can wash the roots thoroughly, parboil, drain and then re-boil them until they are tender.

Stinging nettles can be boiled to make tea.

Mint leaves can be eaten in salads or boiled to make tea.

Thistles have a nut in the base of the flower. This is both nutritious and yummy when eaten raw.

Hazelnuts fall from trees in hard brown shells and can be eaten raw once the shell is removed.

Blackberries are deep purple berries that can be eaten raw or used to make tea.

Take it further
Why not make a salad of your finds and try having it for lunch? You could share it with the rest of your unit if you find enough. This would be a great idea to try next time you’re at camp!

Safety tip
Unless you know exactly what a plant is, DO NOT eat it!
Some plants could make you very ill so always check with an adult first. Remember to check for allergies too.
Finding water

Your body needs water more than anything else so it’s pretty important to know where to find it. A person can survive for weeks without food, but only about three to five days without water – and in extreme heat, perhaps only a few hours. Try these two methods of collecting water and compare them: which one works best, and why? Depending on how much you collect, you could even use it to make a hot drink.

Method 1

You will need

- Several large plastic bags (try to find ones that don’t have any holes in the bottom)
- String

What to do

1. To collect water from a plant, you will first need to find ones that are quite large and have lots of branches or stems.
2. Take a plastic bag and put it over the end of a branch or stem. Tie it in place carefully with the string. Make sure you avoid crushing the plant.
3. Repeat with other bags and plants.
4. Leave for a few hours before checking on them. When you return you should find that water has collected inside the bags.
5. Pour your collected water into a container and bring to a boil over a small expedition type stove or a campfire.
6. Follow the safety tip on the next page to ensure the water is safe to drink.

Method 2

You will need

- Trowel or spade
- Clean container
- Clear plastic sheet
- Stones
- Expedition type stove

What to do

1. To collect water from the ground, dig a deep hole and place a collecting container or water bottle in the centre.
2. Cover the hole with a sheet of plastic. Secure the sides of the plastic tightly around the hole, holding it in place with stones and earth. The plastic needs to be weighted in the centre with a rock or heavy object so that it points down into the container.

3. Now leave it! The clear plastic acts like a greenhouse. The water in the soil evaporates as it heats up. When it hits the plastic it runs down to the point and drips off into the container.

4. Pour your collected water into a container and bring to a boil over a small expedition type stove or over a campfire.

**Safety tip**

*You need to bring the water to a full, rolling boil for at least five minutes to be safe. Let the water cool for two minutes before drinking.*

**Top tips**

*Use edible leaves when you boil your water to make a herb tea! Mint, lemon balm and summer savoury are good but make sure you can identify the leaves properly. DO NOT eat anything unless you are sure what it is. Eating or drinking unknown plants can make you feel very ill. If in doubt, do not use.*
I will survive with a map

Make sure you always know where you’re going: try out these activities to sharpen up your navigation skills.

Finding north

If you know where north is you’re never lost… But how can you find north if you don’t have a compass to hand? Don’t panic: there are many different ways to find north. Why not give these three methods a try?

Method 1
You will need
- An analogue wristwatch (a digital one won’t work)
- A blade of grass or a small stick

What to do
1. Head outside and find a blade of grass or a short thin stick to use as a pointer.
2. Hold your watch level with the ground and position the hour hand in the direction of the sun.
3. Lay the blade of grass or stick across the middle of your watch, halfway between the hour hand and the 12.
4. The pointer will then be pointing south. Turn around 180° to find north!

Method 2

What to do
1. This works best on a really sunny day. In the morning, the sun rises in the east.
2. To find north (roughly), turn your right shoulder towards the early morning sun – you’re now facing north!
3. In the afternoon, the sun is in the west.
4. Turn your left shoulder towards the sun. You’re now facing north.

Method 3
You will need
- A picture of the Plough constellation

What to do
1. Head outside at night with a picture of the Plough constellation (see page 11); see if you can find it in the sky. Depending on the time of year, you might need to hold the picture upside down. The Plough is sometimes called the Big Dipper or the Saucepan as it looks like a bowl with a long handle.
2. Find the two stars on the opposite side of the ‘saucepan’ from the handle. Imagine a line extending upwards from those two stars. Follow the line until you come to a bright star. This is Polaris, the North Star. Although all the other stars appear to move around in different areas of the night sky, the North Star always stays above true north.
Make your own compass

You won’t be able to try this in the middle of nowhere, but with these general household items you could soon make your own compass to find north with.

You will need
- Piece of plain paper
- Sticky tape
- Compass
- Pencil
- Ruler
- Magnet
- Large sewing needle
- Length of cotton

What to do
1. Tape the piece of paper to a table. Using the compass, mark a correct north to south line on the paper. Make sure you keep the magnet well away from the compass while you do this.
2. Use the magnet to stroke the needle in one direction until it is magnetised (at least 20 strokes).
3. Put the magnet well out of the way when you have finished.
4. Suspend the needle on a length of cotton. Try not to handle it too much or it could lose its magnetism.
5. Hold the suspended needle over the piece of paper. The needle should align itself in a north to south position.

Now you can use the magnetised needle to find north. Can you work out which direction your meeting place faces, or which direction your home or school is in?
Take it further
Lay a trail for another Patrol to follow in the dark! Show them how to find north and then give them a set of instructions to follow – for example, take two paces north, three paces west, four paces north and so on.

Tracking
This fun activity challenges you to learn the different tracking signs and follow a trail.

You will need
- Selection of small sticks or stones
- Pictures of tracking signs (search in your local library or online for these)

Safety tip
Always check with an adult before heading out. Make sure your Leader knows your plans, such as where you are going and what time you will be back.

What to do
1. Split your Patrol in half. The first group takes the sticks or stones and the pictures of the tracking signs and heads out to lay a trail.
2. At certain points along the trail, check the pictures of tracking signs and choose which one you need. Make the appropriate tracking sign and leave it in an easy-to-spot place for the other group to follow.
3. After ten minutes the second group should set off and see if they can follow the trail you have laid.
4. Once finished, switch over so that both groups have a chance to lay and follow the tracks.

Bearing necessities
Try a different way of using a compass: walking on a bearing. This method is useful when you can initially see your destination but conditions might change – for example it could get dark or misty. If you can no longer see where you are heading to, a compass bearing can help you get there. Practise this useful skill with your Patrol.

You will need
- Large grassy area
- Small flat object not easily seen from a distance
- Hand-held compass (orienteering compass)
What to do
1. Place the small flat object on the ground at your feet.
2. Set the compass at 60° in any direction and turn your body to face this bearing.
3. Walk ten paces forward along this bearing and stop. It is important to keep your paces regular in size.
4. Now add 120° to your present bearing so that the compass reads 180° on the dial. Turn your body to face this bearing, walk another ten paces in the new direction and stop.
5. Again add 120° to your last bearing so that the compass dial now reads 300°. Walk ten paces at this new bearing.
6. What shape have you just walked in? If you have been really accurate the small flat object will be at your feet when you completed the last part.
7. If not, don’t worry, it takes practice! Try again and remember your paces should be regular and in a straight line along the bearings. Check to see that you are reading the bearings on the compass dial and using the compass correctly.

Take it further
What other shapes can you come up with?

Hidden message
Practise finding grid references on a map and then use them to send hidden messages to each other.

You will need
- An Ordnance Survey map (of any area)
- Pencil
- Paper

What to do
1. An Ordnance Survey map is divided into squares called a grid. Each square represents 1km² in the actual landscape.
2. If you look along the bottom of the map you’ll find the ‘eastings’: numbers that go from east to west and get higher with each kilometre.
3. Now look along the left-hand side of the map. Here you will find the ‘northings’; these numbers go from north to south and again get higher with each kilometre.
4. A grid reference is a set of four or six numbers (the easting followed by the northing) and will help you pinpoint where exactly on a map something is.
5. A good rule to remember when trying to find a grid reference is ‘head along the corridor and up the stairs’. This means that you should always work across then up when looking for a grid reference.

Four-figure grid reference
1. Where an easting line and a northing line meet, those two numbers will give you a four-figure grid reference.
2. In the diagram on page 14, what is the four-figure grid reference for the grid square with the star in?
Your answer should be 12 21.

**Six-figure grid reference**

1. When using maps, sometimes we need to be more accurate and will need a six-figure grid reference. Each grid square can be divided into ten to give the exact place of something within the grid square.

2. The first two numbers give us the grid square on the easting line. The third number tells us how far along that square we need to be if it had been divided into ten. So 1 would be only a little way along, 5 would be halfway and so on. You then need to work out the same for the northing line. So the first two numbers tell you which grid square and the last number tells you how high within that square you need to be.

3. Where these two numbers meet is the point that your grid reference relates to! For example; the diagram below shows a star at grid reference 122 215.

![Diagram of grid reference]

**Challenge**

1. Practise finding different points on your map and working out what the grid references are for each.

2. When you are all happy with finding grid references, think of a message that you would like to send to another member of your Patrol.

3. Using the place names on the Ordnance Survey map, work out the grid references for each letter you need. For instance if you were looking at a map of London, you could use the grid references for the letter G from the word Buckingham, the U from Fulham, the I from Victoria, the D from Covent Garden, and the E from Chelsea to spell the word ‘Guide’.

4. Give the list of grid references to another member of your Patrol along with the map that you used. Can she decipher your hidden message?

**Take it further**

Why not take a local map outside and see if you can find the grid reference for where you are standing? Or set up a trail of grid references for another Patrol to find buried treasure.
Map symbols
The aim of this activity is to look at the symbols used on a map and create some of your own.

You will need
- Ordnance Survey map of your local area
- Pencil
- Paper
- Glue

What to do
1. Have a look at a map of your local area. What map symbols are there nearby? Try using the key (referred to on a map as a ‘legend’) on the side of the map to identify what the symbols mean.
2. Is there a symbol for your house? What about your meeting place?
3. Create a new list of symbols that could be used to identify the places you know and use. As a Patrol, decide which ones you like best and draw them onto a piece of paper, making them as small as possible.
4. Cut them out and glue them to your map (or on a separate piece of paper if the map belongs to someone else). Attach a new legend to the side to explain what the new symbols mean.
I will survive in the countryside

Being prepared
If you are out walking or camping it’s always wise to be prepared. A great way to make sure you haven’t forgotten anything important is to make a checklist.

You will need
- Pen
- Paper
- The list below
- Spare clothes
- Candle
- Magnet
- Teddy bear
- Needle and thread
- Camping chair
- Water purifying tablets
- Whistle
- Camera
- E-Reader
- Playing cards
- Rucksack
- Tent
- Video camera
- Compass
- Pencil and paper
- Mobile
- Waterproof matches
- Map
- Audio player
- Lightweight stove
- Hot water bottle
- Emergency food
- Torch and spare batteries
- First aid kit

What to do
1. Check out the list above and decide as a Patrol what items you think you should include in an outdoors kit.
2. Show your Leader the order you have chosen. Explain why you would choose those items. Why not some of the others?
3. Why not try creating a list for these situations and compare the differences.
   - Day trip hiking in a National Park.
   - Climbing up Mount Snowdon.
   - Duke of Edinburgh’s Award Bronze expedition.
   - Guide camp.
   - Guided tour around a city.

Take it further
Why not put together an outdoors kit and plan a Patrol hike? Don’t forget to ask your Leader to help you plan a route and ensure they know when and where you are going and how long you will be. Why not invite the rest of your unit along too?
Match makers
Keeping warm is an important part of outdoor survival – this can mean wearing the right clothes and keeping dry, but also having a heat source, like a fire. The quickest way to make a fire is to use matches, but what happens if your matches get wet? Before you set off on a trip, use this technique to keep your matches nice and dry so that you can use them at any time.

You will need
- Matches
- Old candle
- Candle holder

Safety tips
*Keep sleeves and long hair out of the way when lighting matches. Let an adult know what you are doing.*

What to do
1. Place the candle into the holder.
2. Light a match by pulling the match head along the strike board. Apply slight pressure and move the match quite quickly. Ensure that you pull the match away from your body.
3. Light the candle. Make sure the area you are using is clear of anything that might touch the candle or fall over near to it. You will also need to make sure that you are not sitting in a draught.
4. Let the candle burn for few minutes to allow time for a puddle of melted wax to appear.
5. Take an unlit match from the box and blow out the candle.
6. Dip the match head into the wax, ensuring that it is fully coated.
7. Place to one side to harden. Repeat with the rest of the matches.
8. When you are ready to use the matches, scratch off the wax before striking.

Take it further
Use your matches for the ‘Keeping warm’ activity on page 19.
Turn up the heat

So what if you haven’t got matches? There are plenty of other ways to light a fire…

You will need

- Magnifying glass
- Paper
- Flint and steel set (available from outdoor shops)
- Some punk, which is a selection of dead leaves, dried bark from a birch tree, dried grass, dried wood chippings, dried pine cones

Safety tip

*Before you get started on this activity, speak to your Leader about your plans. Make sure you read and follow the fire safety guidelines on page 5.*

Method 1

1. Set up your punk in a small pile in a safe place. Try to use a campfire circle to avoid damaging property.

2. Using a magnifying glass, focus the sun’s rays to form a small spot of light on your punk or a piece of paper.

3. Hold the glass steady until the spot of light starts to glow. You will need to be patient - this can take some time.

4. Blow on the spot gently to get it very hot. Be very careful of your fingers here. When it gets hot enough, the paper or punk should start to burn.

Method 2

1. Hold the flint between your thumb and forefinger, keeping it close to your punk on the ground.

2. Holding the back of the steel striker, strike the steel against the flint several times.

3. Sparks from the steel will fly off and land on the punk, causing a glow.

4. Gently blow on it to start a flame.
Keeping warm

The best way to keep warm is to build a fire. Have a go at these different methods.

You will need

- Matches
- Bucket of water
- Kindling (small sticks/twigs about the thickness of a matchstick)
- Punk, which is a selection of dead leaves, dried bark from a birch tree, dried grass, dried wood chippings, dried pine cones
- Fuel (sticks ranging in size from finger width to the thickness of your forearm)

Safety tip

*Before you get started on this activity, speak to your Leader about your plans. Make sure you read and follow the fire safety guidelines on page 5.*

Tepee method

1. Make a small pile of kindling.
2. Build a tepee shape with some of the longer sticks.
3. Gently, without disturbing the tepee, place some of your punk inside the tepee within the kindling and carefully light it with a match. Don’t forget to place the used match on the fire.
4. As the flames start to catch the wood, carefully add more sticks. As the sticks burn they will turn into hot embers. Keep increasing the sticks in size until you get a good fire going that will keep you warm.

A-frame method

1. Take three of your medium-sized sticks and arrange in your fire area in the shape of a capital A.
2. Place a row of kindling along the cross bar of the A.
3. Carefully place some punk underneath the kindling by pushing it in from the triangle part of the A.
4. Light a match and use it to light the punk in different places.
5. As the flames start to catch the wood, carefully place more along the cross bar, beginning to increase the size of the sticks as the fire burns and turns to embers.

Take it further

- When you’ve had a chance to practise these skills, why not challenge your Patrol to light a fire in a heatproof saucer – smallest fire wins!
- See if someone can light a fire using only one match and keep it going!
- When your fire is lit, try cooking some of the tasty backwoods recipes from the ‘I will survive with food’ section (see page 5).
Weather watch

It is important to be able to recognise when the weather is about to change. Storms can sometimes seem to appear out of nowhere, but knowing what signs to look for can make a big difference in being able to find shelter quickly. See if your Patrol can match the clouds with their descriptions.

You will need
* The images below

What to do

Try to match the descriptions of clouds with the pictures. Then check the answers on page 27.

Cloud types

1. **Stratus** clouds form a greyish layer that can cover the whole sky. They can produce rain.
2. **Nimbostratus** clouds are dark grey rain clouds.
3. **Cirrus** clouds are wispy clouds that can be seen very high in the sky. They usually mean good weather.
4. **Cirrostratus** clouds are thin, high clouds and look like a sheet covering the sky.
5. **Cirrocumulus** clouds are high, white and rounded. These clouds often mean good weather.
6. **Cumulus** clouds look like cotton wall balls fairly low in the sky.
7. **Cumulonimbus** clouds are thunderstorm clouds. Their dark bases are usually very low to the ground with huge tops that stretch up very high.
8. **Altocumulus** clouds are grey and puffy. In summer, they often mean that a thunderstorm is coming.
9. **Altostratus** clouds form a thin blue-grey sheet. You can often see these clouds before rain storms.
Take it further

Using the pictures, see if you can predict the type of weather you might see outside your meeting place later on during the day. Or why not try your hands at becoming weather reporters and see if you can make a prediction for the week ahead.
Give me shelter
Shelter is needed to protect you from the weather and to keep you warm. Have a go at making these shelters with your Patrol.

You will need
- A large sheet of plastic or a groundsheet
- Some rope
- Two poles or trees
- Large stones (heavy books will work if you are practising)
- Two pieces of sacking

What to do
Using the materials above, try to recreate the shelters shown below.

Take it further
Why not spend the night outside in your shelter? Don't forget to talk through your plans with your Leader first, ensuring that any consent forms are completed and the location you choose is suitable for spending the night. You may also need to ensure that you have a dry shelter nearby in case the weather gets bad.

All tied up
Being able to tie knots is a great survival skill. Make a miniature raft using four useful knots – you could even challenge another Patrol to a race.

You will need
- Selection of similar-sized sticks
- String
- Teddy bear
- Pond or paddling pool of water
- Length of thin rope
What to do

1. Attach four of the sticks together with clove hitches to create a rough square/rectangle.

2. Using snake lashing, create a platform by lashing the ends of the remaining sticks to the top bar of the square/rectangle. Use the reef knot if you cut the string too short.

3. Repeat at the bottom of the square/rectangle with the other end of the sticks.

4. Now you’re ready to see if your raft can support a teddy bear! Don’t forget to check with your Leader before you launch your raft on water.

5. The bowline knot is often used in rescue situations. The loop formed can drop down over someone’s head and shoulders so they can be pulled back to shore. Using a length of rope, tie a bowline and see which of your Patrol can rescue the bear from the furthest distance without dropping it in the water.

Reef knot
Joins two ropes of equal thickness.

1. Place the left end (A) over the right end (B) and tuck under.

2. Place A over B and tuck under. Pull both ends firmly.

Clove hitch
Attaches a rope to a pole. Will not slip under strain if the pull is straight.

1. Make two identical loops. Pass A in front of B.

2. Place over end of pole.

3. Pull both ends.

Bowline
Makes a loop that will not slip.

1. Form a loop. Hold it at X.

2. Pass B through the loop, making a larger loop. Then take B behind A and back through the first loop.

3. Tighten the knot.

Snake lashing
Secures several short poles to a long one.

1. Tie a clove hitch in the middle of the rope round one end of the long pole.

2. Bring both ends over the shorter pole and cross behind the long pole.

3. Keeping the rope tight, repeat step 2 over all the short poles.

4. Wind the ends round the long pole and finish with a reef knot.
I will survive in the city

Survival isn’t just about looking after yourself out in the wild – you need to be street smart too. Check out the activities in this section to help you build your skills for city life, and learn about surviving in the urban jungle.

A to Z skills

Knowing how to read an Ordnance Survey map is great in the countryside – but what if you’re lost in a town or city? Knowing how to read an A to Z road map could really help you find your way around. Try these activity ideas to test your skill on using an A to Z map.

You will need

♦ A road map of your area – this could be a hard copy or downloaded from the internet
♦ Pens and paper

What to do

1. Find where your meeting place is on the map. To help you, look for local landmarks, main roads or community buildings as these are usually clearly labelled.

2. Now try to find each girl’s home. Work out a route you could take to visit all of your Patrol before heading to your meeting place. Try to find the shortest journey possible. Don’t forget to look at the key, referred to as a legend on a map, to find out what the different symbols mean.

3. Using the map and legend, find where the nearest A & E hospital is located. What route could you take from your meeting place to get there in the quickest time? What happens if there is a traffic jam en route – can you find a different route to take?

4. Each pick a start and end point of a journey, without telling anyone else what they are. Write down a set of directions for the journey, for example: ‘Start at Chloe’s house, take the first street on the left, then the second right, straight on at the roundabout, left again, right again and go as far as the bend - where are you?’ All swap directions and take it in turns to trace the route on the map. Do you end up in the right place?

5. One Guide shuts her eyes and describes a route from memory, such as from her house to the library. The others trace it on the map and see if she directs them correctly.

6. Take turns round the circle to find roads that start with successive letters of the alphabet, like Acacia Drive, Burns Road and so on. How fast can you do it and how far through the alphabet can you get?

How far can you get on £5?

Being able to stretch your money is a great skill to have. Travel can be expensive in cities and towns – so why not see how far your Patrol can travel from your meeting place with just £5 each to spend?

You will need

♦ Bus routes and fares information for your area
♦ Train routes and fares information for your area
♦ Coach travel information for your area
A map of your local area and a map of the UK or country you live in

**What to do**
1. Calculate as a Patrol how much money you have to spend.
2. Look at the different ways to travel and compare the prices of each.
3. How far will each mode of transport take you?
4. Can you combine ways of travel to get further?
5. Look at the distances you may travel. How long will it take you to get there?
6. Present your findings to your Leader or another Patrol.

**Take it further**
Carry out your plans and see how far your Patrol can travel on just £5 each. Make sure you tell your Leader about your plans and that you get your parents’ permission before setting off. Depending on how far you wish to travel, you may need to consider food and water for your trip. Will this affect how far you can get if you need to spend some of your money on this? And finally - don’t forget to plan for getting home as well!

**Urban first aid**
Knowing how to help someone who has hurt themselves is a very practical skill to learn. First aid is the initial treatment given to someone before expert help arrives. When we are out and about, whether in the city or in the countryside, we may need to give first aid. Why not play this fun fact game to test your knowledge!

**You will need**
- The statements below
- Pen and paper

**Safety tip**
*It's really important to tell an adult if a member of your Patrol is hurt, even if you have treated the initial injury.*

**What to do**
1. As a Patrol, discuss how first aid can be useful in helping to deal with minor injuries. Why not share some of your experiences about when you might have received first aid and what the treatment was?
2. Choose one member of the Patrol to read out the different statements listed below. The rest should line up at one edge of the room.
3. Listen to the statements. If you think the answer should be ‘yes’, take three steps forward. If the answer is ‘no’ or you think it is something you shouldn’t do, take one step forward. If you get the answer wrong, then you head back to the start. The Patrol member who gets the furthest is the winner.
1. When someone first starts choking, you should stand by and encourage them to cough. (Yes)

2. The first thing you do for an unconscious person is to check to see if they are breathing. (No – you go for help.)

3. If someone is cold you should put them in a hot bath to warm them up. (No – a lukewarm bath.)

4. To treat frostbite, you should get out of the cold and warm up the affected area with body heat. (Yes)

5. You lose the most heat from your head. (Yes)

6. You should clean animal bites with soap and warm water. (Yes)

7. To treat severe bleeding, apply a very tight tourniquet to cut off circulation. (No – tourniquets should not be used. Direct pressure should be applied.)

8. You should always pop a blister. (No – blisters are nature’s plasters.)

9. To treat a small cut, clean it with soap and water and apply a plaster. (Yes)

10. To treat a sunburn, you should apply an after sun lotion or take a cool bath. (Yes)

11. When cleaning a wound, always wipe around and across the edges of the wound. (No – wipe away from the edges of the wound to keep the dirt out of it.)

12. To prevent heat exhaustion, drink plenty of water and wear a hat. (Yes)

13. Some people have life-threatening allergies to spider and insect bites and use an epipen if they get bitten. (Yes)

14. Fainting is a short period of unconsciousness usually lasting a few seconds. (Yes)

15. Poisons can be inhaled, injected, ingested or act on contact. (Yes)

16. You should always make someone who has swallowed a poison vomit. (No – if it burned when it went down it will burn coming up.)

17. Regardless of the type of injury you should always treat for shock. (Yes)

Take it further

♦ Complete the First aid badge as a Patrol.
♦ Plan an incident hike for another Patrol to follow, with emergency situations for them to deal with.

Outside in the box

There are many reasons why people might find themselves sleeping outdoors. In an emergency situation you might not be able to get home easily and could need to spend the night under the stars. As a Patrol, see how much sleep you can get with this activity.

You will need

♦ A variety of cardboard boxes
♦ Sleeping bag
♦ Warm clothes

What to do

1. Arrange with your Leader to run an overnight either at a local campsite, at your
meeting place or in a Guide’s back garden. You will need to get parents’ permission for everyone in the Patrol to attend.

2. Make a collection of boxes and distribute them among the Patrol.

3. Discuss ways in which you can keep warm overnight. How will you arrange your boxes for maximum protection?

4. Try to get some sleep!

5. In the morning, think about how effective the cardboard boxes were. What would you do differently next time? Which Patrol member got the most sleep?

**Take it further**

There are many charities which support homeless people across the country. Why not find out about one and see what your Patrol can do to help?

**Answers**

*International signs of distress (page 3)*

1. *a)* 3 flashes  
2. *b)* Once a minute  
3. *b)* 3 flashes  
4. *b)* 3  
5. *b)* 3  
6. *a)* Orange  
7. *b)* Red  
8. *c)* 3 blasts

*Weather watch (page 20)*

1. E  
2. D  
3. C  
4. F  
5. I  
6. A  
7. G  
8. H  
9. B
Take it further
If you enjoyed working toward this Go For It! why not try working on:

- Survival badge
- Outdoor cook badge
- Camper badge
- Finding your way badge
- Outdoor pursuits badge
- Go For It! Camp out
- Go For It! Life wise.

Notes for Leaders
A balanced programme
One of your responsibilities is to ensure that your Guides experience a balanced and varied programme. Chat to the Patrol and find out what their plans are – encourage them to choose a variety of different activities.

Remember you can ensure a balance by doing unit activities, games and so on in addition to Go For Its!

Safety
Ensure the Guides are safe. You should always adhere to the rules within The Guiding Manual and, depending on the girls’ ages and abilities, you may need to give extra support with:

- going outside the normal meeting place
- inviting members of the public into the meeting place
- staying away from home in unfamiliar surroundings
- the use of specialist equipment, such as tents, knives and cooking appliances
- personal and food hygiene
- allergies and what to do in the event of an allergic reaction.