



QUEST Survival: The Human Body in Extreme Environments

If you enjoyed viewing QUEST *Survival*, you may want to participate in activities and events or look for further information about our surroundings in northern New England

White Pine Programs

■ Learn how to build a winter snow shelter! You'll spend the afternoon learning about and making quinzees (a combination igloo & snow cave) and insulating them with local materials. After a warm, hearty dinner, you'll retire into your shelter for a relatively warm night's sleep. White Pine offers many interesting nature-based programs for adults and youth. Check out their Web site for a complete list.

When: Sat – Sun, February 5 – 6 (12 pm Sat – 9am Sun)
Where: Cape Neddick, Maine
Cost: \$85 / two for \$150 (includes hearty, hot dinner & breakfast)

For more information, contact:

White Pine Programs, 330 Mountain Road, Cape Neddick, ME 03902
 (207) 361-1911 / info@whitepineprograms.org / www.whitepineprograms.org



AMC Outdoor Adventures

■ The Appalachian Mountain Club (AMC) invites you to bring the whole family for two days of learning and fun in the snow. The AMC staff will guide you into the woods on snowshoes to investigate how animals adapt to winter; learn tracking signs and then search the hillside looking for actual animal sign. You'll learn how to build a snow shelter like those used by Athabaskan tribes and explore the winter forest.

When: February 12 – 13, 2005
Where: Gorham, New Hampshire
Cost: Includes snowshoes, one night's lodging, meals and two days of instruction
 AMC Member adult: \$165, non-member, \$185
 AMC Member child: \$ 59, non-member, \$ 66

For more information, contact:

AMC Outdoor Adventures, Pinkham Notch Visitor Center, Route 16,
 PO Box 298, Gorham, NH 03581
 (603) 466-2727 / information@outdoors.org / www.outdoors.org

Outward Bound Family Winter Backpacking & Ice Climbing

■ A family backpacking trip in the snowy Maine woods gives you the chance to work closely with your child or parent, as well as with other families, to achieve common goals. This winter camping course helps families master the survival skills needed to travel, eat, and sleep comfortably in the wilds of a winter landscape. For youth 14 years and up.



When: February 13 – 17, 2005
Where: Newry, Maine
Cost: \$895

For more information contact:

Hurricane Island Outward Bound School, 75 Mechanic Street, Rockland, ME 04841
 (207) 594-5548 / admissions@hurricaneisland.org / www.hurricaneisland.org



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Maine Primitive Skills School

■ Earth Living I: This survival course includes a basic introduction to a variety of wilderness skills. You'll learn about earth shelters, finding and purifying water; how to start a fire, edible, medicinal and utilitarian uses of wild plants, food gathering, tracking, movement, awareness and more.

When: April 29 – May 1, June 24 – 26, July 22 – 24
Where: Augusta, Maine
Cost: \$120

For more information contact:

The Maine Primitive Skills School, 716 Church Hill Road, Augusta, ME 04330
(207) 623-7298 / info@primitiveskills.com / www.primitiveskills.com



Vermont Wilderness School

■ Learning self-awareness and survival skills are just two of the unique experiences offered through the different youth programs at Vermont Wilderness School. Available for children and teens, programs such as Wilderness Girls and Bobcat Boys, are offered several times a year. Or experience wilderness living adventures and activities at one of the summer camp sessions.



When: Varies by program
Where: Brattleboro, Vermont
Cost: Varies by program

For more information, contact:

The Vermont Wilderness School, 67 Main Street, Suite 13, Brattleboro, VT 05301
(802) 257-8570 / steve@VermontWildernessSchool.org / www.vermontwildernessschool.org

A Kid's Wilderness Survival Primer

■ In almost any emergency, but especially in a survival situation, it is beneficial for children to know about S.T.O.P. – “S” is for STOP, “T” is for THINK, “O” is for OBSERVE and “P” is for PLAN. To view and download this very informative wilderness survival guide, visit the Equipped to Survive Web site.

Where: www.equipped.org/kidprimr.htm

Survival Skills for Kids @ BAM! Body and Mind

■ BAM! Body and Mind is an online destination for kids created by the Centers for Disease Control and Prevention (CDC), an agency of the U.S. Department of Health and Human Services. Designed for kids 9-13 years old, BAM! Body and Mind gives them the information they need to make healthy lifestyle choices.

Where: www.bam.gov

Hiking Safety Tips on the Web

■ Visit the Safe Hikes site for a complete checklist on how to prepare for a hiking experience in any weather condition.

Who: New Hampshire Fish & Game Department
Where: www.safehikes.com

