Get Lost!

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Dave Brigham (brigham@msu.edu)

The rules when you are lost: **STOP** **S**top **T**hink **O**bserve **P**lan

Wilderness Survival Laws of Three:

1.	**w/o food**	**3 weeks**
2.	**w/o water**	**3 days**
3.	**w/o shelter**	**3 hr (depending on conditions)**
4.	**w/o air**	**3 minutes**
5.	**w/o common sense**	**3 sec**

International call of distress: 3 of anything. e.g. whistles, Xs in the snow, fires, etc.

Procedure: (REMEMBER: YOU WANT TO BE FOUND IF YOU ARE LOST)

- Have two students (with a whistle) walk a short distance (200 yds) into the woods to hide out of sight from the group.
- After about 5 minutes, they will blow whistle 3 times at 2-minute intervals (no voices are used until they see rescuers to save voice).
- Rescuers will search while calling out the name of the individuals (who respond with whistle 3x)
- Continue until the 'lost' students are found.
- Discuss what was noticed and what was difficult.

I LOST It!!

Have you ever lost an item? It is hard to remember where it was. It is even harder in the woods. You have to be observant and look for connections in an area where you are not familiar.

Procedure:

- Give each student an item to 'lose' in the woods.
- Have them spread out about 15 feet apart at the edge of the woods.
- Have them take 25 steps into the woods
- They will place their item on the forest floor and observe their surroundings.
- They will return to the teacher at the whistle (once per minute until all students have returned)
- Then they will return to the 'lost item spot' to retrieve their item
- Give them about 5 minutes to find the item and return
- Discuss the difficulties and how to alleviate them (what would you do differently next time?).

Educational rationale

- Increases observational skills
- Orients students to the natural habitat and surroundings of the nature center
- Eases disquiet from being in the natural environment
- Increases self-confidence in a novel location
- Verbalizing problem-solving strategies