

Sea Country Survivor

Take a few friends to the beach for a day or more and survive using what you can find. Choose your own level of risk. Take the as little as you dare. Stay safe by taking fresh water and anything else that is essential.

Three Lockhart girls spent a day at the beach. They made a shelter, found water, caught a fish, made a fire, ate their catch and felt really good about themselves.

The most basic human needs are water, food and shelter.

Families and Community Groups

Find as many different foods as you can. Only eat those you know are safe. If you are not sure, take some back home and ask the old people about it.

Find fresh water to drink. Try to find your own in as many ways as possible. Keep your emergency supply safe.

Build yourself a shelter. It should be shady during the day and dry if it rained. Make sure it does not blow away if the wind gets up. Which way should you face the shelter to stop the wind blowing through it?

When you are home, tell some old people where you have been and ask them what food they would look for there.

When you get back, ask the old people how they used to find water.

Back home, ask others how they would build a shelter that is shady and dry. Collect ideas for making a better shelter.

Do it again. Longer or better this time.

Essential safety precautions

Take at least 3 litres of water per person per day in cool weather. Take 5 litres per person per day in hot weather.

Take matches or a torch for signalling at night if you are in trouble.

Tell a responsible adult where you are going and stay in that area. Tell them when you should be back (eg early afternoon) and when to come and look for you if you are not back (before dark).

If staying overnight, aim to be home by lunch on the second day to give searchers time to find you before dark if you have trouble.

Look out for crocs!

Sea Country Guardian Messages

Developing and showing respect
Walking on Country - getting to know yourself and where you belong
Caring for country to know it and sustain it
Using resources wisely
Look, Listen and Learn
Sustaining hunting and resource knowledge and skills