

Learning to Hunt

Hosting a hunting-
based outdoor skills
event in your
community



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Now, What Did I Forget?

Planning and packing for the hunting trip

Participants learn what key pieces of equipment to include on a hunting trip.



Station

7

Now, What Did I Forget?

Learning to Hunt

Objectives

Participants shall:

determine what equipment is needed for a hunt.

prepare for a hunt with all the necessary equipment.

insure that the proper care and maintenance is given to equipment.

explain what hypothermia is and describe its symptoms.

discuss the ways heat is lost from the body.

explain the concept of dressing in layers.

state the 3 Ps of survival and what the acronym S.T.O.P. means.

Equipment

Day pack, camouflage or blaze orange

Shirts and pants, camouflage or blaze orange

Underwear, long underwear

Socks, boots

Hat, camouflage or blaze orange

Down vest, wool jacket

Rain gear

First-aid kit

Survival kit

Flashlight

Hunting knife

Binoculars

Variety of hunting accessories

Wisconsin Waterfowl Hunting Regulations pamphlets

Hunting license

Hunting permits/tags/stamps

Examples of high-energy food

(provide enough peanuts, raisins, M&Ms candies and resealable plastic bags to make GORP/Trail Mix for each participant)

Water bottles/thermos containers

Cookware

Toilet paper

Matches

Map of hunting area

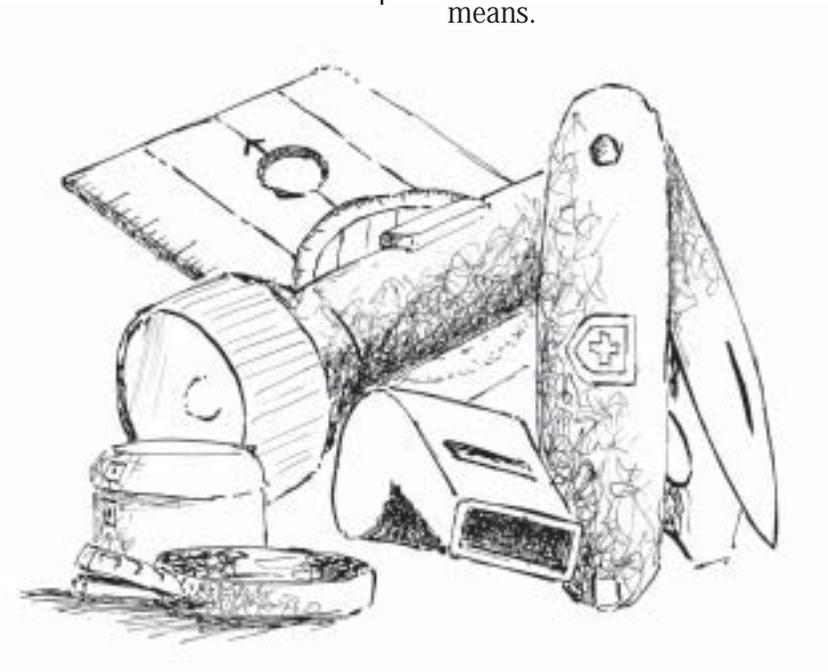
Compass

Small bone saw

Whistle

Small file

Various firearms and ammunition and associated equipment



Archery equipment
 Paper and pencils
 Copies of “**Hunter’s Check List**” on pages 84-85.

Station Setup

This activity can be done indoors or outside at picnic tables. Arrange paper and pencils for your participants to use. Have on hand a stack of the “Hunter’s Check List” to hand out later in the session. Arrange the equipment on several tables so that you can reach them when discussing the various pieces.



some of the steps in preparing for a successful hunt:

Background Information

Planning Your Hunt

As hunting season approaches, hunters eagerly anticipate opening day. They think about the upcoming hunt, buying a new rifle, reloading special ammunition, camping gear, or maybe a trip to a new hunting grounds. Hunting like any other activity involving people and equipment, requires thorough planning to be carried out safely and successfully. Advance preparation is the key to a more rewarding and enjoyable hunting trip. The experienced hunter realizes it is important to make some pre-hunt plans for the many phases of the hunt. Here are

Study the Wildlife. Reading and studying about wildlife will enrich your experiences with wildlife in the field. Learn the habits of wild animals, their food preferences and daily movements, the ways they hide and evade people, and the identifying markings of the animals you hunt. Also, learn about the other animals in your hunting area, especially those that may appear similar. Learn to tell the difference between these animals before you go hunting.

Study the Regulations. Responsible hunters always read and study the regulations before they set foot in the woods. Most of the rules that

you need to know are listed in the hunting regulations pamphlet. Yet, ignorance of the law is no excuse. Be a responsible and ethical hunter and obey the laws while hunting.

Gain Permission to Hunt.

Over 80% of huntable land is owned by private landowners. You must have permission to hunt private land. It is your responsibility to find a place to hunt and to obtain permission before hunting private property. County plat books provide the names of rural landowners. These plat books can be purchased at the office of your county clerk or agriculture agent. Once you find out who owns the land on which you'd like to hunt, contact the landowner far in advance of hunting seasons to ask permission to hunt. If the landowner grants you permission, then you will have adequate time to scout the area and to help the landowner with the harvest or other chores. If permission is denied, be courteous. Landowners have every right to deny hunters access to their land. Respect their right to do so. You might want to ask if you can "earn" the privilege of hunting by helping out. Don't

assume that permission for you to hunt means permission for all your buddies to hunt as well. Always keep in mind that you are an invited guest of the landowner. Appreciate it and act accordingly.

Know the Boundaries. Ask the landowner to help you understand the boundaries of the private property. Stay within those boundaries or gain permission from adjacent landowners, also. You should find out if you may cross property lines to retrieve downed or critically wounded wildlife you shoot.

Obtain Maps. In addition to plat maps, mentioned above, topographic maps are an excellent aid in planning your hunt. You can study the terrain without covering all of it and you can pinpoint the best potential hunting areas. You can also draw any wildlife trails, feeding grounds and bedding areas on the map for future reference. See Station #22: Sense of Place for more information on topographic maps.

Scout the Area. Visit and study the area prior to the hunting season. Study the wildlife, their habitats, travel routes and potential escape routes.

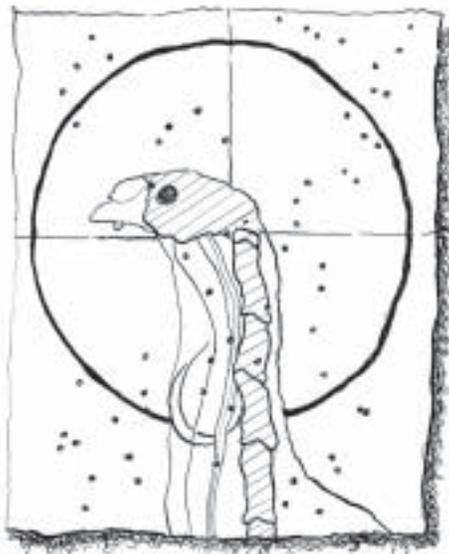
Prepare your Equipment.

Check your firearms and ammunition, test your compass for correct operation, sharpen your hunting knife, waterproof your boots and prepare all your other hunting gear. Every hunter accumulates a different set of tools, spare parts, and gadgets depending on previous hunting trips. You will need to answer several questions before you pack. What type of hunt will you be conducting? Will it be a day hunt or one that will last for several days? Will it be a big game, upland bird or waterfowl hunt? Will you camp or is a cabin available? Will you use a firearm or bow? To prevent forgetting to take an essential item, it's a good idea to make up a convenient equipment checklist. Your checklist will vary according to the answers to the questions just asked. When you're ready to go hunting, your checklist will make it easy to ensure you have everything you need at home and on a hunting trip. (See **Hunter's Checklist** at end of this activity).

Sight in your Rifle. Before a big game hunt, "target" your rifle for expected average shooting distances you may encounter during your hunt. Practice shooting in various hunting positions, using

support when it is available. Practice dry-fire swinging on moving targets and squeezing the trigger as your sight swings across the target.

Pattern and Practice with your Shotgun. Make sure your shotgun is hitting where you aim. Pattern it by shooting at a 30" circle, drawn on paper or cardboard, from a distance of 40 yards. About 65% of the shot should be within the circle. Practice shooting clay birds at trap, skeet or sporting clay ranges. Or practice with hand-thrown clay birds at a safe and suitable location. To properly hit the moving targets, keep both eyes open and focused on the target, point the shotgun instead of aiming it like a rifle, and pull the trigger instead of squeezing it.



Set Realistic Hunting Goals.

It is totally unrealistic to expect that you will fill your bag limit every time you hunt. In fact, with steadily declining habitat, you may experience more and more hunts with less and less game bagged. Think of hunting as a challenging and rewarding outdoor adventure by itself and think of bagging game as a bonus. Test your outdoor skills against the finely honed survival instincts of wild animals. Hunt for the sake of hunting and each trip will be memorable. You will always be a winner, even if you go home empty-handed.

Plan your Group Hunt. If you are hunting with others, make sure that everyone understands his or her role. Discuss and determine the route of each hunter. Use a map to depict the plan. Promote teamwork to help assure success as well as safety. Check everyone's compass and synchronize watches to aid in staying on the planned course and time schedule. If a last-minute change in plans occurs, the hunt leader should make sure everyone understands how it affects them. While hunting, do not depend on every hunting partner following the plan and staying at the stand or traveling the designated routes. Be aware that they

may move or take an alternate for many reasons. Because of that, be doubly sure every shot is made with complete safety.

Think Safety, Act Safely.

Establish your "safe zone of fire" in your mind when on a stand, drive or while still-hunting. Pick out trees, hills or other natural landmarks on both sides of your "safe zone," and then abide by those boundaries no matter where game runs or flies. Go an extra step toward being a responsible hunter. Not only be sure of your target and what's beyond, but if you have even a slight doubt in your mind about the legality of the target, do not shoot!

Understand the Dangers.

To adequately plan for a hunt, you must first understand some of the life-threatening situations you can encounter in an outdoor setting. In particular, understand the dangers of hypothermia.

Hypothermia

When hunting, particularly in late fall, winter or early spring, you may experience temperatures that are often below 60 °F. Many times, the days are windy and wet. During these times, one of the biggest threats to your survival is losing body heat. **Hypothermia**, the number one killer of outdoor recreationists, is a condition in which your body loses heat faster than it can produce it. Your body's core temperature rapidly falls below its normal 98.6 °F. It is a rapid, progressive collapse of your mental and physical capabilities accompanied by the chilling of your body's inner core. It is caused by exposure to cold and aggravated by wind, by being wet and being exhausted. It is especially dangerous because you may not always be aware that it is happening to you until it is too late to recover.

The signs of hypothermia are:

1. Uncontrollable fits of shivering.
2. Vague, slow, slurred speech.
3. Memory lapses or incoherence
4. Immobile, fumbling hands
5. Frequent stumbling
6. Drowsiness
7. Apparent exhaustion. Inability to get up after a rest.

Most cases of hypothermia develop when temperatures are between 30 and 50 degrees. Many outdoor recreationists cannot believe that such apparently mild temperatures can be so dangerous. They sometimes fatally underestimate the danger of being wet when the temps are so mild. Hypothermia can strike when you least expect it and is sometimes called “the killer of the unprepared.”

Now, What Did I Forget?



Five Ways Your Body Loses Heat

Convection: Heat is transferred away from your body to the air or water when colder air or water moves over your body. Even the slightest bare skin much faster than still air. Wind can drive cold air under and through clothing. Clothes with extremely tight weave can protect you from wind and reduce the amount of heat your body loses by convection. Wind refrigerates wet clothes by evaporating moisture from the surface. A duck hunter who unexpectedly falls into the water or stays out in the rain, without appropriate clothing, can develop hypothermia. Clothing that is waterproof or water repellent will help keep you dry.

Conduction: Heat is lost by your body being in direct contact with a colder object, such as the ground. The colder the surface you touch, the more heat that is lost. Bare skin touching cold metal such as gun barrels or tent stakes can quickly cause frostbite. Directly sitting on snow can cause loss of body heat by conduction and can also make your clothes wet, thus increasing your chances for hypothermia. Clothing that insulates your body heat helps

reduce conduction. Sitting on cushions, sleeping on closed-cell insulating pads and wearing hat and gloves insulates your body from cold surfaces.

Radiation: Heat is lost by electromagnetic waves escaping from your body to the surrounding, colder environment. The largest loss of heat by radiation occurs from your head, neck, hands, wrist and ankles. Up to 75% of heat loss can occur through the head and neck. Keep these areas covered with appropriate clothing, particularly at the first signs of shivering. An old saying is "When your feet get cold, put on your hat." You should wear loose, lightweight layers of dry clothes. If your clothes are too tight (like too many socks in your boots), you'll cut off circulation and increase heat loss. You should be able to wiggle your toes. Good outdoor clothing retains body heat and traps insulating air. Wear a wool hat and protect your neck. Goose down is a good material because it retains body heat very well and it is lighter in weight than wool. However, it loses its insulating qualities when it becomes wet. Newer polyester substances such as Thinsulate have heat retention values twice that of down, yet they will not absorb water.

Evaporation: You lose heat by sweating and by breathing (see respiration below). In the summer time, this is how your body keeps its core temperature from becoming too high (hyperthermic). But your body can sweat even in cold weather. Hunters need to be especially careful about being dressed too warm to walk into their stand. They can sweat on the walk in and then get chilled from being wet while they are still motionless on their hunting stand. Any time your body gets wet when it is cold, you are asking for trouble. In cold weather, it is a good rule of thumb to avoid perspiring during your hunting activities. You can control the amount of heat you lose by evaporation by wearing clothing that can be ventilated or taken off, that will not absorb water, but will breathe. One problem with many types of rain gear is that they do not allow moisture to escape, so your perspiration gets trapped and you get wet anyway. Clothes lose about 90% of their insulating value when they get wet. Wool, however, is a great traditional cloth because it has the valuable property of drying from the inside out, thus it helps to wick moisture away from your skin. Even when wool is wet it provides some insulation against the cold. Cotton, on

the other hand, is hard to dry and will freeze if it gets wet in cold weather. Wet down is worthless. Some modern materials such as Gore-Tex provide wind and water protection while still allowing body moisture to escape.

Respiration: Heat escapes each time you exhale. You breathe in the cold air and your body transfers heat from within its core to the air. You thus exhale warm air and lose body heat with each breath. You can reduce this heat loss by covering your mouth and nose area with a bandanna or a scarf made out of wool.



Now, What Did I Forget?

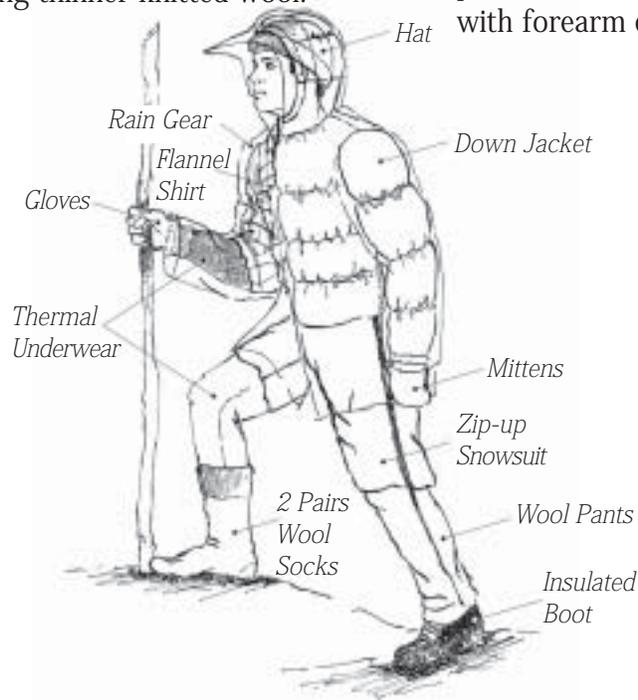
Dress like an Onion

Dress in layers. There are three basic layers:

Foundation Layer: This is the clothing immediately next to your skin. In mild weather, you can wear regular cotton underwear. In colder weather, you will need to wear suitable long underwear tops and bottoms, preferably two layers with the inner layer of silk. Wear two pairs of socks, with the thin, lightweight ones next to your feet. They should be wool, Orlon, or wool-Orlon mix. Don't wear cotton socks because they make your feet feel wet, cold, clammy and uncomfortable. They can even cause blisters. In extremely cold weather, wear two pairs of gloves with the inner layer being thinner knitted wool.

Insulating Layer: This is the layer that provides you extra warmth. It consists of the second pair of underwear (long johns over thin silk underwear), a second pair of gloves or mittens (mittens provide better insulation since your fingers touch and can warm each other), a second pair of socks (thick wool socks over thinner layer). Wool shirt, wool pants, insulated vest, insulated coat, warm knitted hat, extra thick wool inserts in hunting boots are other examples of the insulating layer.

Protective Layer: This layer protects you and your clothes from the elements: chaps or chap-pants to protect you from brambles, raingear, overshoes, parka with hood, over-mittens with forearm chaps.



Clothing not only has to be appropriate for the weather, it needs to be appropriate for the hunting experience and for safety. Camouflage clothing allows you to blend in with your environment so you are less visible to the animals you are hunting. The purpose of dressing in blaze orange is to help hunters see each other in the field.

Plan Your Water Supply

Water is essential for a healthy body and crucial to most body functions. A good majority of our body (50-70%) is made of water. A person can expect to live only about three days without drinking water. So control of water loss is critical. This is true in cold weather as well as hot. Dehydration is a problem you encounter regardless of the temperature. You lose, with normal activity, about 2 and ½ quarts of water per day...two quarts from excretions, one pint from respiration and one pint from perspiration. Both the weather conditions and your physical exertion while hunting will impact the amount of water you lose. Since you need to replace this water loss on a daily basis, you must arrange to have water while you are hunting. If you can't carry all the water you need, you should plan on packing necessary water purification systems, such as pans for boiling surface water, chemical treatments (such as bleach), or microfiltration devices.

Plan Your Meals

While you can live only about 3 days without water, your body can function for up to three or more weeks without food, if you remain inactive. Food produces the energy you need during your hunting trip. When planning your outdoor meals, you need to consider that different types of foods produce different amounts of energy. For instance, fats produce over twice as much energy as protein or carbohydrates. Therefore, your outdoor hunting expedition should include plenty of high-energy foods such as nuts, peanut butter, vegetable oils, butter or margarine. GORP (Good Old Raisins and Peanuts), or trail mix, is a good source of high energy for active hunters. The basic recipe calls for equal parts of peanuts, raisins and M&M candies. This can be carried in your hunting jacket to provide you with quick energy.



Include some high calorie foods in your meals.

Now, What Did I Forget?

The Three P's of Survival

When planning an outdoor experience away from home, you must consider your survival needs. You never know when an emergency may happen such as a swift change in the weather or an accident. You need to consider the three “**P**s” of survival:

Planning a hunting trip should take place well in advance of the outing.

Preparation means to know and practice survival skills before you may need to use them.

Prevention means to anticipate and avoid emergency situations.



Rules for Outdoor Survival

Give explicit directions to someone at home regarding where you will be hunting and then go there. If something happens to you, others will be able to find you.

Travel very slowly while hunting. You will see more wildlife, bag more game and avoid slipping and falling.

Learn to use a topographic map and compass and carry these with you. Set a course and be aware if you change directions. Check behind you for landmarks to find your way back.

Avoid streams that are deep and have steep banks. Stay off thin ice or slippery streambanks.

Respect all wildlife and do not disturb non-game wildlife. Take time to appreciate and learn about these animals by observing their behavior.

Make sure any animal you down is dead before handling it. If in doubt, poke it gently with a stick to be sure.

Carry a compact survival kit to prevent and treat injuries, start a fire and provide nourishment.

Hunt with the “buddy” system. Have a partner to stay in touch with. Watch over each other and share responsibilities, duties and successes.

Never tolerate unsafe practices by hunters in your party. Caution any hunter who is careless in handling a firearm.

Plan ahead for possible changes in the weather.

Do not exceed your physical ability or outdoor skills.

If you get lost, then. . .

S.T.O.P.!



Now, What Did I Forget?



S.T.O.P. !

Sit down and relax. Don't panic, but admit you're lost. Build a fire if night is drawing near. The fire will provide you with a source of warmth and comfort and can also act as a signal.

Think. Think about your situation. What needs to be done next?

Observe. Look for familiar landmarks. Consider the weather. Will it be changing? Look around for materials to provide you with shelter, fire, water and food.

Plan. After you sit down and have thought about the possibilities and observed your surroundings, plan what your next move will be. Many times it is a better idea to make a camp and wait for help to come to you rather than expend extra energy trying to walk out.

Procedure

Explain to your participants that they will be planning a hunt in this activity. Review the information discussed in the Background Information section above regarding planning for the hunt.

Discuss the three “P’s” of survival. Tell participants they need to follow the basic survival rules described in the Background Information section above. Also explain they should “S.T.O.P.” when they get lost.

Ask participants what they would wear if hunting in warm weather. In cold weather? Discuss the dangers of hypothermia. Define and describe the ways the body loses heat.

Discuss the benefits of dressing like an onion...that is, dressing in layers. Describe the three major layers of clothing. Show examples of each layer. Explain the need to keep hands and feet warm and dry. Stress the importance of layering socks and gloves and of bringing along extra pairs of socks and gloves. Also stress the importance of covering the head.

Next, discuss the advantages and disadvantages of different types of clothing materials, such as wool, cotton, goose down, polypropylene, Thermax™, Thinsulate™, Hollofil II, PolarGuard, and GoreTex™.

Discuss the use of camouflage versus blaze orange. Show examples of the different types of patterns (for example, leaf patterns, bark patterns, cattail patterns, blaze camouflage) and their uses.

Discuss the importance of providing for a reliable source of clean drinking water and what options are available if they can’t pack all their own water with them. Discuss the different water purification systems available.

Talk about the need for high-energy food during outdoor hunting expeditions. Explain the differences in the amount of energy produced by fats versus proteins and carbohydrates. Have your participants make GORP and take a small bag of this trail mix to eat as a snack during the rest of the day’s events.

Now reveal that the participants will make plans for a waterfowl hunt. Hand each participant the most recent Waterfowl Hunting Regulations pamphlet. Tell them that before any hunt, they should review the appropriate regulations. Ask them what’s new for the upcoming duck season.

Activity



Station

7

Now, What Did I Forget?

Learning to Hunt

Ask participants to work in groups to develop a checklist of all the equipment that they will need for their hunt. Handout the Hunter's Check List and compare their list to the list you provide them.

Next, work with participants to develop a plan of action for the actual hunt. Break your group into two teams. Have one team make a plan for a one-day trip, and the other team plan for a trip lasting one week. Tell them that for group hunts, the hunt plan should divide the responsibilities so all hunters are involved in preparing for the hunt. Have your participants consider the following:

Who will secure and pack the various camp gear needed?

If you will be hunting big game, who has a meat saw?

What kind of vehicle is needed to transport the group? Who will provide it?

How long will it take to travel to the site, and when will you leave?

Are there clear directions to the hunting area?

Are area maps available and how can they be obtained?

How will expenses be shared?

If planning a hunt on private land, who will contact the landowner?

How can the group be contacted in the event of an emergency?

Will you call home during the hunt?

Ask the teams to share their plans with each other.

Have different types of clothing, boots, firearms and ammunition, food and other equipment available for the students to compare. Explain the advantages and disadvantages of each piece of equipment.

Remind participants to always include a good first-aid kit with an appropriate First-Aid Handbook. The handbook should help them understand what to do for different emergencies. These kits may be purchased in a variety of sizes, but encourage them to consider making one of their own. They should know what is in the kit and how to use it. Have a good first-aid kit handy and show them the components of the kit, explaining how each piece is used.

Also stress the importance of taking along a small, pocket-sized personal survival kit in the event of an emergency. Have a survival kit on hand to demonstrate what equipment to include in the kit.

Remind participants that there's plenty of work to do after the hunt. Equipment should be checked, skillets greased, firearms cleaned, tents dried out, stoves and lanterns cleaned, and all equipment readied and stored for the next outing. Taking time to clean equipment ensures it will have a long life and will be ready for the next outing.



Hunter's Check List

✓ Firearms

- Firearm
- Gun case
- Ammunition
- Gun cleaning kit
- Hunting regulations
- Hunting license
- Permits, game tags, registration materials
- Spotting scope

✓ Archery Supplies

- Bow
- Extra bow string
- Hunting arrows
- Field arrows
- Spare broadheads
- Broadhead cement
- Broadhead
- Broadhead file
- Quiver
- Bow string silencers
- Brush deflectors
- Bow string wax
- Bow tip protector
- Armguard
- Shooting glove or tab
- Camouflage bow cover
- Camouflage outfit
- Archery regulations
- Archery license
- Permits, game tags, registration materials

✓ Hunting-related Equipment

- Appropriate decoys
- Appropriate calls
- Scent cover-ups
- Binoculars
- Compass
- Topographic map for remote areas
- Knife
- Whetstone
- Block and tackle
- Bone saw
- Meat sacks
- Bulk salt
- Plastic bags
- Rope and wire
- Waders or hip boots

✓ Clothing

- Thin inner pair of socks
- Heavy wool socks
- Extra pair of socks
- Boots
- Camp shoes
- Underwear
- Long underwear tops and bottoms
- Wool shirt
- Sweater
- Trousers (wool or canvas)
- Hunting jacket
- Vest
- Hunting hat
- Gloves or mittens
- Extra pair of gloves or mittens
- Rain Gear
- Silicone boot dressing
- Spare boot laces

✓ Toiletries

- Toilet paper
- Toothbrush
- Toothpaste
- Hand soap
- Towel
- Washcloth
- Comb
- Deodorant
- Prescription medication
- Razor and shaving cream
- Sewing kit

✓ Camping Gear

- Tent
- Tarp
- Sleeping bag
- Foam pad or air mattress
- Pillow
- Camp seats
- Camp stove and fuel
- Cooking utensils
- Matches, waterproof
- Cooler
- Water containers
- Food
- Water bottles or thermos containers
- Lantern & fuel
- Extra mantles
- Flashlights
- Flare gun and flares
- Ax
- Buckets
- Hammer and nails
- Camp shovel
- Tool kit

✓ Accessories

Duffel bag
Camera and film
Field guides
Sunglasses
Pencil
Notebook

✓ First-Aid Kit

First-Aid handbook
Emergency numbers for local area
Dozen assorted Band-Aids
4 x 4 inch sterile bandage
Roll of 1-inch gauze bandage
Roll of ½ inch adhesive tape
Petroleum gel
Antiseptic
Razor blade
Small scissors
Tweezers
Eye snare
Small mirror
Aspirin
Ibuprofen

✓ Survival Kit

Container (small, pocket-sized metal container such as empty pipe tobacco can)
Container lid (outside painted fluorescent orange, inside with a ground to air signal card taped to it)
Handles (drill holes and attach wire handles for cooking)
Matches (long-stemmed, strike-anywhere wooden matches or windproof matches with a striker)
Flint and steel
Fire starter tablet (burns approximately 6 minutes)
Absorbent cotton batting (for tinder)
Small pocket knife with two blades
Fishing equipment (lures, line, hooks, split shot, bobber)

Safety pins in four assorted sizes
Needle and thread
Nails in four assorted sizes
Pencil and paper
Snare wire (3 yards of copper or brass wire)
Chicken bouillon cubes (2)
Tea bags (1 or 2 small packages)
Salt in small packet
Signal mirror
Tape (tape lid to container with 18 inches of waterproof tape)



Now, What Did I Forget?



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