Bcadventure.com
http://www.bcadventure.com/adventure/wilderness/survival/basic.htm
This site is a site that offers a lot of information on anything to do with wilderness type adventures. The material I found most interesting was the basic survival, travel, food and water and first aid and health although there is also a lot of interesting material under the outdoors section. It has a really good section on animals (from bagers to wolverines including facts and tracks), birds, fish, wildflowers, trees, etc.

Wilderness survival
http://www.wilderness-survival.net/
This is another wlderness survival site that is very good. It covers some of the same material as the above site but offers other information as well. It has sections on: psychology of survival, cold weather survival, food and water procurement, shelters, dangerous animals, poisonous plants, fire craft, survival medicine, tools, water crossings, signaling techniques, etc.
The next section on this site is the Survival reference section. This is a wealth of information. The next section is a training network with fittness training and orienteering. The orienteering is really good. When checking it out be sure to follow through to all the material. For example: under orienteering you have The Sport and The Skills. Under the skills you have maps and under maps you have 4 sections that you can go to. All are good.

Wannalearn.com
http://www.wannalearn.com/Sports_and_Leisure/Outdoor_Activities/Wilderness_Survival/
This site lists 7 free instructional sites. They are all good but I especially like the survivalIQ site at http://www.survivaliq.com/ It has 3 sub categories: survival skills, land navigation and survival fittness. All are good. The other 6 sites are also good. Check them all out.