



## **ULTIMATE ENDURANCE - 'THE LONG DRAG'**

(Walking in the footsteps of the SAS)

North Ridge Adventure are proud to offer you this unique opportunity. If you have ever wondered what does it feel like to be a potential SAS trooper, and just what sort of reserves of energy and determination you could call on, then this is an experience not to be missed.

Only a tiny percentage of recruits ever make it to the end of the endurance phase of Special Forces selection, and even fewer will eventually wear the famous sand coloured beret and winged dagger of the Special Air Service Regiment.

This course, too, has high standards and you should be prepared. It will be run according to the standards of the British Mountaineering Council and the Mountain Leader Training Association with the highest priority afforded to safety whilst still enabling suitable contestants to severely tested in the hills. Because of this we will vary the conditions under which we operate, according to the weather and group. Special Forces candidates march alone but you may be required to walk in groups and / or be accompanied for part of the way.

The Directing Staff's decision on all matters will be final

***Expect to have to walk for a very long time, carrying a heavy load.***

If this sounds vague it is because uncertainty is partly what makes Selection so difficult – you never know whether the next checkpoint is the end, or whether you have to go up that next hill, stop and get a brew or wade through the river and go on into the rain and darkness. Doing it for real you could be marching all day and night, carrying a Bergen of 55lbs (or more!) webbing, ammunition and weapon. Obviously on this civilian experience there will be no weapons, and the weight you carry is for you to decide. 35lbs is suggested as a reasonably heavy sac, and 55 is a realistic weight! You could start with a few rocks which can be jettisoned if required. *Please be sensible and take good care of your back and knees.*

Start point will be communicated prior to course commencement  
Starting times and detailed instructions will be given on the day

And please remember the old adage when you get wet and tired.....

**'If you can't take a joke, you shouldn't have joined!'**



## **Minimum Equipment required (at all times of year)**

Good boots suitable for 3 season Hill walking in all conditions  
Full Waterproofs with hood  
Fleece Jacket, Walking trousers or combats (no jeans), Warm Hat and Gloves  
**Compass – preferably Silva Type 4 'Expedition'**  
Head torch or other torch powerful enough for walking by + spare batteries (2 sets)  
1st aid kit and any personal medicines etc you may need.  
Survival bag Orange plastic type  
Map – ORDNANCE SURVEY LANDRANGER Sheet 160 (Scale 1:50:000)  
Waterproof Map Case  
Whistle.  
Food – approximately 1kg of food will give you > 3000Kcal. Do not skimp on food.  
Water bottle. Min 2 Litres

### **IMPORTANT:**

Dress for this event is civvies as the course runs over ground regularly used by the Army. Military bergens (rucksack) are recommended however. Second hand bergens are available from Army Surplus stores alternatively we stock the robust and well priced Web-TEX range of bergens.

## **Course Outline**

This is an endurance event which will take place over rough hill terrain and which may be up to 20 hours duration. It involves no element of tuition however we are happy to provide generous discounts if you require additional training prior to the event.

The event will start from approximately 0900 on Day 1.

Candidates will be started individually at intervals if we are convinced you have the experience necessary to go alone. Those candidates with less experience will be started in groups. An instructor may accompany you for some or all of the way, in a safety capacity only.

You will carry sufficient equipment to safely camp out, if required by the interests of safety.

## **Cost**

**The cost for this unique and professionally run experience is only £185 per person. You are strongly advised to take out personal insurance before entering this event**

**Note. As this is an individual endurance event, the onus is on the participant to turn up fit and with the necessary map reading/ hill walking experience. As stated, our staff will act in the interests of safety and if you are asked to withdraw, for any reason including failure to make the necessary timings you are expected to do so in a sporting manner. No refunds will be given for reasons of withdrawal. Additionally, participants should be aware that withdrawal does not necessarily mean immediate transportation back to their car but may require you to camp out for the duration of the event using the safety equipment in your bergen.**