



Essential Survival

Essential Survival gives you the basic knowledge to deal effectively with almost any survival situation. The course takes a realistic approach, and we teach you in a way which is easy to remember when you need to.

Because this is often people's first experience of survival skills, we make sure the course is fun and easy to get involved in, whilst always prioritizing your safety and learning. The course is suitable for all ages and special courses can be arranged for groups. You will at all times have an instructor available to offer assistance or explain things further.

We have sites in the Brecon Beacons National Park and in the National Forest and each one, on private land, is a fantastic and unique area for learning about survival skills. All have running water and mixed woodland areas and there is abundant wildlife.

In terms of equipment and prior experience, all you need is your enthusiasm and a willingness to have fun learning, a change of clothes, waterproofs, and sleeping bag plus items of a personal nature. If you already have other equipment and a knife, hand axe etc then by all means bring it along although we will provide everything else you need.

What you will learn:

- The principles of survival
 - priorities
 - equipment vs improvisation
 - states of mind
- The importance of environmental awareness and appropriate action
- Stabilizing a situation - looking after casualties and protecting against further harm
 - Safe use of equipment
- Protection from weather – shelter building, bashers, using natural protection
- Water – how to find it, collect it and make it safe for use
- Fire – building, lighting and maintenance of fires.
- Food and outdoor cooking
 - Getting the energy balance right
- Stay or go decisions
 - Attracting attention of rescuers
 - The fundamentals of navigation
 - Moving on – strategies for movement

Course structure

These courses are dynamic and involve a lot of group participation, and so will tend to move along at the speed of the group therefore we can't give exact timings for each module however the start time is:
1000 Saturday

Courses go through to early afternoon on the Sunday. It's our experience that this is the optimum time for making an enjoyable weekend learning experience and also giving people time to get home on the Sunday We hope you will never need to use these skills except in practice, but if the worst should happen and you find yourself affected by forest fire, flood, hurricane, crash, shipwreck, act of war or the like, then you may be glad of the time you spend learning now.