



Survival Experience

S.Wales

It's important to have knowledge and to master the practical skills, techniques and strategies of survival, but how would you react if you suddenly had to 'do it for real'?

Our courses go further; allowing you to explore the physiological and psychological effects of survival within a supervised and structured environment.

Together, this becomes experience; necessary to prepare you for the worst case scenario.

Because you will have trained properly, you will be less disoriented, and could be putting your plan into action, while others are still recovering from the shock of the situation!

Your chief instructor will be Duncan Clark assisted by other instructors from North Ridge Adventure. Duncan has a unique approach to survival teaching, cutting away the myths and focussing on reality – the very essence of survival is you and the confidence and attitude you carry within yourself. We will practice the essential skills and practice being flexible, adaptable and resilient, and whilst we take your safety and learning very seriously we also aim to have some fun and enjoy a memorable experience...

The Teaching Approach

Throughout the course we recognise that people learn in different ways and so the general format will be for you to HEAR, SEE, and DO.

This means in practice that we will clearly describe what we want to do, we will demonstrate it for you, and then it will be your turn to do. We use handouts, display boards and practical demonstrations to show ideas, all our trainers are picked for their ability to communicate well with all sorts of people, and we will work individually, in pairs or groups for the practice sessions.

We operate this course from a woodland base camp in the Brecon Beacons National Park. Skills training will take place at the base, and there will be exercises in the surrounding mountains and forests where you can put your skills to the test.

Equipment

You need only your enthusiasm and a change of warm clothes, waterproofs, and sleeping bag and personal items. 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.



The Course structure

Days 1 & 2 – Location: Training Base Camp

- The principles of survival - getting clear about priorities
- 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
 - bashas, benders, parachutes, tarps, turf, snow, using natural protection, etc.
 - Clothing, Improvised clothing, repairs,.
- Water – how to find it, collect it, make it safe for use & transport it if necessary
- Energy requirements
 - Fire – building, lighting and maintenance of fires.
 - Food
- Outdoor cooking
- Stay or go decisions
 - Attracting rescue
 - Methods for attracting attention
- Navigation
 - Map reading & compass instruction
 - Solar and Astral Navigation
 - Route finding

Days 3 & 4 – Location: Brecon Beacons National Park

- Briefing for survival exercise & Issue of equipment
- Transportation to remote location and start exercise
- Trainees will make progress according to an agreed route, and will RV with staff at pre determined locations for further instructions
- Trainees will make arrangements to spend the night in the open, using available resources to provide shelter etc.
- Various tasks will be accomplished to demonstrate skills learned
- Exercise will end when trainees successfully make it to a 'place of safety' or are picked up by staff en-route.
- Return to base camp
- Debrief
- Group meal
- Break camp and close course.

Caveat

Be aware that survival training involves risk. By coming on a course you are accepting this risk and are responsible for your own actions. Reckless or dangerous behaviour may result in the immediate termination of the course

Course timings – 4 day course (approximate)

Meeting at 1000 Day 1
Finish at 1400 Day 4