



The Survival Experience

The course title says it all – this course is about sampling a little of what a survival experience really feels like. The reason – to give you not only the knowledge about skills, techniques and strategies, but also to give your body a physiological experience which you can learn from and which will prepare you for future challenges. Should the worst ever happen, you can be putting your plan into action, while others are still struggling to cope with the situation!

We operate this course from a base camp in the Brecon Beacons National Park. Skills training will take place at the base, and there will be an exercise in the surrounding countryside where you can put your skills to the test. You need only your enthusiasm and a change of 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. Please note that we actively discourage the wearing of military clothing because it can cause confusion when we are on the exercise. Country clothing or your normal outdoor clothing is fine.

What you will learn:

- 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
 - shelter building, bashas, using natural protection,
 - Clothing, Improvised clothing, repairs,.
- Water – how to find it, collect it and make it safe for use
- Energy requirements
 - Fire – building, lighting and maintenance of fires.
 - Food
- Outdoor cooking
- Stay or go decisions
- Attracting attention
- Navigation

Course structure – 4 day course

Meeting at 1200 Day 1

Finish around 1300 Day 4

Day 1 and 2 Training from a base camp

Day 3 and 4 Survival Exercise and return to base.