



SURVIVAL ADVENTURE DAY

events@beargryllssurvivalacademy.com | +44 (0) 1483 424 438



SURVIVAL ADVENTURE DAY

Brief	Survival Adventure Day (10:00 – 17:00)
Group	MAX 16 Participants
BGSA Contact	Rachel Hill rachel@beargryllssurvivalacademy.com
Venue	Cowdray Estate, Cowdray Park, Midhurst, West Sussex, GU29 0AJ
Dates	TBA
Costs	£2,750.00 + VAT

A compact introduction into wilderness survival, this experience has been designed to incorporate the essential survival skills and techniques from Bear's own arsenal while creating fun and long-lasting memories together.

Dive into the adventure, learning about camouflage and concealment and how to navigate using the natural elements around you from our team of highly skilled BGSA Instructors.

It's an opportunity to bring your team together in nature.





TEAM BUILDING OVERVIEW

Do you and your team have what it takes to survive together? Training courses can be forgettable, but our outdoor team building and group activity has the power to inspire people who not only remember the learning but transfer it to the workplace or group dynamic. Learn from our team of highly trained, experienced and knowledgeable instructors how to make the most of teamwork & leadership skills whilst facing real life challenges. We have recreated some of the unique scenarios seen on Bear's TV programs. You can be confident that we will create the perfect experience for any occasion.

BRIEF

What we do

Our outdoor group events foster the main dynamics of any team dynamic performance such as communication, development, motivation, leadership, trust and integrity. The dynamics can be subtly integrated or used as a specific platform to draw out real talents to create high performing teams. The most important element, which is always the backbone of any team building event, is fun! It's the core ingredient to any successful experience especially with modern day teams of mixed age, gender and ability.

Our Inspiration - Bear Grylls OBE

- Former SAS soldier
- Was an Honorary Colonel to the Royal Marine Commandos
- No.1 bestselling author, his latest book The Greatest Story Ever Told went straight in at Number One in the Bestseller List
- BAFTA winner, multiple
- Hosts more extreme adventure TV shows across more global networks than anyone else in the world
- Was the youngest ever UK Chief Scout, and Chief Ambassador to the World Scout Organization, representing a global family of some fifty five million Scouts.





THE ADVENTURE



Introduction, safety brief and outline of the event

The day will be facilitated by our BGSA lead instructors who will take you on an amazing survival journey and introduce your team to extreme survival skills used not only by Bear himself in some of the most extreme and wild environments on the planet, but also utilized by some of the most inspirational adventurers of the last 200 years such as Ernest Shackleton, Douglas Mawson, Hugh Glass, Robert Falcon Scott, Joe Simpson and Aron Ralston. The lead instructor will then give a short welcome, explain the journey and give an event safety brief before leading the team out to start the adventure.

Bear Attack/Situational Awareness System

Learn from our expert instructors how to hone your flinch responses and react more effectively to the dangers in a potentially harming or extreme environment. Then convert that flinch response in order to potentially save yourself from a surprise 'bear' attack.

Camouflage and Concealment

Learn how to move in the wild as one with nature to avoid being seen, how to camouflage yourself to blend in with your environment and be as quiet and invisible as possible. A short task used as an energiser and a bit of fun. Pair up with the boss if you can and cover them in mud...

Gross Eat Challenge

You have seen Bear over the years literally eat anything in order to survive. Would you have what it takes to survive? It's mind over matter when you might be faced with mealworms, crickets, giant water beetles and other nasties. Experience what it's like to be Bear and try some. High in nutritional content and calories for much needed energy... if you can stomach it!



THE EXPERIENCE

This fast-paced, action-packed adventure is best way to enjoy the outdoors with a group of your choosing!

A compact introduction into wilderness survival, this experience has been designed to incorporate the essential survival skills and techniques from Bear's own arsenal while creating fun and long-lasting memories together.

Dive into the adventure, learning about camouflage and concealment and how to navigate using the natural elements around you from our team of highly skilled BGSA Instructors.

Learn how to tie a variety of survival knots, how to build an emergency shelter and create a fire that will keep you alive. Although only a one-day experience, this is a fast and dynamic, jam-packed day. You will also learn about First Aid and casualty evacuation.

Learning from some of Bear's 'Priorities of Survival' and Self-Rescue techniques, these are just some of the activities you can expect to cover on your experience:

- Emergency shelter builds
- Natural Navigation techniques
- Survival knife skills and fire lighting
- Learn how to camouflage and conceal yourself
- Signal fires
- Improvised Wilderness First Aid

Please note - all activities are weather dependent and may be affected by other factors beyond our control. The course schedule and content may be rearranged or amended at short notice and cannot be guaranteed.





THE ITINERARY

No	Subject	Time	Duration
1	Introduction/Safety Brief/Issue/pack Gear	1000	30
2	Priorities of Survival	1030	30
3	Camouflage/ SAS/Team Games	1100	15
4	Natural Navigation	1115	30
5	Knots	1145	25
6	Knives	1210	25
7	Water Purification	1235	20
8	Shelter Build	1255	35
9	Lunch – Ration Packs	1330	45
10	Fire Lighting	1415	45
11	Axe Throwing	1500	45
12	First Aid and Stretcher Exfil	1545	45
13	Signal Fires	1630	25
14	Gross Eats	1655	10
15	Prizes	1705	5
16	End	1710	0





These items will all help you to survive! Please note, all the clothing and equipment that you bring must be appropriate to the environment and the time of year. This is just a guide, and you may not require all the kit. Your instructors will let you know what to take out into the wilderness on arrival - any extra kit can be secured at base camp.

- 1 pair of robust walking boots/shoes or similar, preferably with ankle support
- Trousers - outdoor/active (lightweight)
- Base layer, mid layer and outer (light weight)
- Thick fleece or duvet jacket
- Hat (Woolly or Sunhat)
- Gloves - 1 x thin (active)
- Waterproof trousers and jacket
- Sunglasses, Sunhat and Sunscreen (weather dependent)
- Casual clothes (spares, including footwear for once the course has ended)
- Wash bag & towel (to freshen up after the course ends)
- Personal medication
- Camera/phone (in a waterproof bag)
- Mosquito/Insect repellent
- ...and a bag full of positive attitude!

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Provided for you:

The following kit will be issued to participants by the Academy, to use for the duration of the course (and therefore you do not need to bring):

- Ruck sack
- Mug & spoon
- Water bottle
- Bear Grylls survival knife

KIT LIST





THE LOCATION

NOTE: Please arrive at the Cowdray Estate at 09:30am for a prompt 10:00am start. If you make your way towards the Café & Farm Shop off the main road (A272), take the first left onto a dirt track which runs alongside the main car park. Go through the gate and you will be at the exact meeting point.

If you driving to the locations, you are welcome to leave your car at Cowdray Estate for the duration of your course. Vehicles are left at owners' own risk. BGSA and Cowdray Estate cannot accept responsibility for loss or damage to vehicles or property.

Location: Cowdray Estate, Cowdray Park, Midhurst, West Sussex, GU29 0AJ





TERMS AND CONDITIONS





CONFIRMED EVENT TERMS & CONDITIONS

Payments, Changes & Cancellations

- A 25% non-refundable deposit will be requested in order to secure your reservation outside of 60 days of the event.
- Full payment is required 60 days inside of the event date.
- After confirmation has been issued, requests for changes must be sent to us in writing - Administration fees apply.
- Loss of deposit if cancelled outside of 60 days prior to event.
- 50% of total fee if cancellation less than 59-30 days prior to event.
- 100% of total fee if cancellation less than 29 days prior to event.
- If the above payment schedule is not met, we shall cancel your arrangements. If the balance is not paid in time, we shall retain your already paid fees.

What to have in place prior to the event

- Confirmed number of delegates (as per the agreed booking form)
- Event Date & Start Time/Length of event
- Completed register & special dietary requests/medical disclosure for delegates
- Completed/signed indemnity forms for all delegates (this is a condition of running the event)
- Contact details for the organiser(s) to be contacted prior to arrival.

Recommend Kit List

- Sturdy outdoor footwear/trainers
- Outdoor active/comfortable trousers
- Comfortable T-Shirt or Sweatshirt
- Warm base layer & fleece (weather dependent)
- Waterproof jacket (weather dependent)
- Any personal items i.e. medication, hat, sun cream

Ts & Cs

