



PRIMAL SURVIVAL

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PRIMAL SURVIVAL

Brief	Primal Survival Course + Team Building Activities (see full itinerary)
Client	Up to 16 Delegates
Client Contact	TBA
BGSA Contact	Rachel Hill rachel@beargryllssurvivalacademy.com
Venue	Cowdray Estate, Cowdray Park, Midhurst, West Sussex, GU29 0AJ
Dates	TBA
Costs	£5,950.00 + VAT

A combination of survival skills and adventure tasks that will put your team to the test!

This 2 day, outdoor adventure has been created by Bear Grylls and our team of expert instructors.

You will learn Bear's famous survival techniques: how to build and light a fire, foraging for food, eat grubs, water purification, building a shelter, river crossings, and the best ways to use a knife for survival.

On day two, you'll put these skills into action, following Bear's ethos of self-rescue, by crossing difficult terrain back to civilisation.

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 ITINERARY



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

The winning or losing team will take part in the classic BGSA 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

Bear's team of highly trained experts will facilitate learning, offer advice and guide participants through this survival experience, compressed into an overnight course.

Learn to forage for wild food, identify animal runs and lay traps, navigate naturally, build emergency shelters, stalking, how to protect yourself in the wild from attack, tie knots and move like Bear in order to safely cross difficult terrain such as rivers, lakes and steep ground by any means.

This is not a military boot camp and it's much, much more than a bush craft course. This is an exclusive course. From hour one you will be lead into the wilderness and during the course you will receive limited food and water. You will have to forage for anything else that may supplement your diet and use your skills to self rescue within the allotted time.

These are just some of the many activities you may undertake during the Primal Survival Group Adventure with the Bear Grylls Survival Academy:

- Dynamic river runs and/or lake crossings
- Emergency Shelter builds
- Rope skills – crossing difficult terrain
- Survival knife skills and fire lighting
- Foraging for food
- Dynamic Self Rescue techniques
- Axe or Spear throwing
- Stalking

Please note – all activities are weather dependent.





DAY 1

No	Subject	Duration	Time
1	Introduction/Safety Brief/Issue/pack Gear	30	1200
2	Priorities of Survival and Camouflage	30	1230
3	Team Building Training	10	1240
4	Natural Navigation and Pacing	30	1310
5	Knots	20	1330
6	Knives/Spear making	20	1350
7	Fire	40	1430
8	Commando Crawl	30	1500
9	Water Purification	20	1520
10	Gross Eat/Wild Edibles	30	1550
11	Quick Break	10	1600
12	Traps and Snares	30	1630
13	Axe Throwing Competition	30	1700
14	Shelter Building	60	1800
15	Skinning and Gutting/Food prep and Dinner	120	2000
16	Astro Nav and Night Nav-ex	120	2200
17	Survival Story/Bed	30	2230

DAY 2

No	Subject	Duration	Time
0	Wake Up	0	0730
1	Morning PT and SAS Circuit	30	0800
2	Breakfast/Boil in the Bag	45	0845
3	Lost at Sea – Team Build	45	0930
4	Dismantle Camp	25	0955
5	Raise the Flag – Team Build	45	1040
6	Rifle Shooting Competition	45	1125
7	Leave Camp/Cross Difficult Ground	15	1140
8	Survival Test 1 – First Aid Stretcher Race	30	1210
9	Survival Test 2 - Emergency Signal Fire	30	1240
10	Snack Break	20	1300
11	River Run	20	1320
12	River Crossing – Raft Build	45	1405
13	Survival Test 3 – Transit Water	5	1410
14	Yomp/Speed March	5	1415
15	Rope swing into river	15	1430
16	Woodland Yomp Back	5	1435
17	Rescue Certificates	10	1445
18	Feedback and Awards	5	1450
19	Endex	10	1500





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)
- Gloves - 1 x thin (active)
- Waterproof trousers and jacket
- Sunglasses, Sunhat and Sun cream (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!

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

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):

- Sleeping bag and liner
- Head torch
- Ruck sack and waterproof liner
- Sleeping mat
- Metal mug & spoon
- Water bottle
- Bear Grylls survival knife

KIT LIST





THE LOCATION

NOTE: Please arrive at the Cowdray Estate at 11:30am for a prompt 12:00pm 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

