



WILD CAMP - OVERNIGHTER

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WILD CAMP

Brief	Wild Camp (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	£3,950.00 + VAT

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

This over night, 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, eat grubs, water purification, building a shelter, axe throwing, and the best ways to use a knife for survival.

Survive the night and follow 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

This tailored overnight adventure is a great introduction to learn wilderness survival skills with your group. It teaches Bear's tried and tested survival techniques and is lead by his expert, knowledgeable and experienced instructors. Learn how to forage for wild edible food to supplement your diet, how to build your emergency survival shelter and create a fire that will keep you alive. Although only an overnight course, a lot is packed in, and it's fast and dynamic.

You will move through the terrain fast and efficiently and learn how to navigate without a compass. For your evening meal, cooked over an open fire, you'll prepare wild game such as fish, rabbit or pigeon/pheasant.

By night you will learn more skills with astro-navigation techniques and preparing your camp to keep everyone safe overnight.

In the morning, rise early with some situation awareness training and self defence followed by a casualty evacuation exercise. Put all your new-found skills to practice to get your whole group safely back to civilisation.

- Build an emergency survival shelter
- Make a signal fire
- Learn useful and lifesaving knots.
- Learn how to camouflage and conceal yourself
- Navigation techniques
- Wild food preparation.
- Astro navigation
- Axe Throwing

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.





DAY 1

No	Subject	Duration	Time
1	Introduction/Safety Brief/Issue/pack Gear	30	1500
2	Priorities of Survival and Camouflage	30	1530
3	Team Building Training Games	10	1600
4	Natural Navigation and Pacing (crossing ground)	30	1610
5	Knots	20	1640
6	Knives	20	1700
7	Fire	40	1720
8	Water Purification	20	1800
9	Shelter Building	45	1820
10	Axe Throwing Competition	45	1905
11	Skinning, Gutting & Food Prep - Dinner	120	1950
12	Astro Nav and Stalking	30	2150
13	Survival story	20	2220
14	Bed Down		2240

DAY 2

No	Subject	Duration	Time
1	Wake Up	0	0700
2	Morning PT and SAS Circuit	30	0730
3	Breakfast/Boil in the Bag	35	0805
4	Dismantle Camp	25	0830
5	Leave Camp/Cross Difficult Ground	15	0845
6	Survival Test 1 - Emergency Signal Fire	30	0915
7	Survival Test 2 - First Aid Stretcher Race	30	0945
8	Feedback and Prizes	15	1000
9	Endex		1015





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!

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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):

- 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 14:30am for a prompt 15:00pm 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

