

INTO THE

WILD

LOST IN THE WOODS HOW DO YOU SURVIVE?



elite
SURVIVAL
TRAINING

Join us - **ELITE SURVIVAL** - on our unforgettable **Woodland Survival Course**.

Picture the scene. You're miles from home, surrounded by remote woodland. You have no shelter, nowhere to lay your head, no mobile phone and limited food and water. The weather doesn't look great and you're getting scared.

Can you survive?

With our full day or half day Woodland Survival Course, you'll learn all the survival basics - and have fun along the way.







How would you survive life without the luxuries we take for granted?

This is an event taking you back to basics! Experience our **INTO THE WILD** survival course in a venue of your choice.

This is a practical course and is designed to teach realistic and useful skills that can be put into practice in a survival situation, and guaranteed to be great fun!

Equipment will be provided to ensure a real life and safe experience for all ages and abilities. Instructors on the day will be former military survival experts with experience of all conditions from Arctic to Jungle and everything in between, all of whom have been there and done it for real.

How will it work?

Groups will be divided into teams of equal number. Challenge zones will be set up in which each team must rotate around until all challenges have been completed.

The aim of the day is for teams to successfully complete all the tasks given to them by the survival instructor. Completing tasks earns Jungle Dollars, with the team earning the most Dollars being declared Survival Champions.

Venue: Any suitable outdoor venue, preferably with woodland. Most activities can be run on a grass lawn.

Duration: Each training event will be customised to maximise the time available. This can be for a half day to a full day experience.

Half day experience: duration 3 hours

Full day experience: duration 6 hours and 30 minutes

Subjects covered: You can pick and choose subjects of your choice for an event.

SUBJECTS COVERED

Subject 1 – Fire Skills

Duration: Thirty minutes to one hour

Clients will learn the most effective way to light a fire - using different local materials. This could be silver birch bark, dried grass, any number of natural materials.



SUBJECTS COVERED

Subject 2 - Shelter Building

Duration: Thirty minutes to one hour

Clients will work in small teams to build a variety of emergency shelters using a combination of natural and man-made materials. They'll learn how to pick both the right spot and the right materials to make a shelter that is both secure and weather-proof.



SUBJECTS COVERED

Subject 3 - Signalling for help and search and rescue skills

Duration: Thirty minutes to one hour

Clients will learn several methods of signalling for help - using a mirror, space blankets and signal fire to name just a few. Following on they will learn how to search a large area of land to find a missing person. On finding them, they will have to make a stretcher and carry that person back to safety.



SUBJECTS COVERED

Subject 4 - Navigation

Duration: Thirty minutes to one hour

Clients will be taught the fundamental basics on how to navigate using a silva compass.



Subject 5 - Hammock and basha set up

Duration: Thirty minutes to one hour

Clients will learn how to put up a jungle hammock and overhead basha sheet.



SUBJECTS COVERED

Subject 6 - Camouflage and concealment deer hide challenge

*Duration: Thirty
minutes to one hour*

Clients will learn essential skills when trying to conceal themselves in the wild by building a secret wildlife hide.



Subject 7 - Stalking and tracking skills

Duration: Thirty minutes to one hour

Clients will learn how tune into nature to identify signs left by animals and humans. They will also learn how to cover ground quietly so as not to be heard.



SUBJECTS COVERED

Subject 8 - Self defence, urban survival

*Duration:
Thirty minutes
to one hour*

Clients will be taught essential life saving self defence techniques in case they were to find themselves in confrontational situation.



Subject 9 - Knot tying skills

Duration: Thirty minutes

Clients will learn several emergency rescue knots. After tuition clients will have to replicate the knots at speed whilst blindfolded.



SUBJECTS COVERED

Subject 10 - Water source challenge

Duration:

Thirty minutes

Clients will have to build a free standing structure using bamboo and guttering so water can flow from point A to B.



Subject 11 - Snake pit challenge

Duration: Thirty minutes

Clients will have to negotiate a set path that is littered with rubber snakes. Whilst doing so they will be blindfolded in which they will have to listen to their team mate for safe directions on where to tread.



SUBJECTS COVERED

Subject 12 - Survival Psychology and Kit/Equipment Demonstration

Duration: Thirty minutes

Clients will receive a lesson showing the importance of a positive mental attitude when lost using previous case studies. Along with this items will be shown that are useful when out walking / exploring remote parts of the world. The session will end with a team practical challenge in the form of a memory game.



SUBJECTS COVERED



Subject 13 - Bush tucker banquet

Duration: Thirty minutes

Clients will go head to head in a bug eating challenge. Alternatively the losing team of the day will have to pay the price of being last on the score sheet.

Subject 14 - Plane crash exercise

Duration: Thirty minutes

With the scenario of being in a plane crash the team will have to prioritise items they have managed to salvage from an aircraft for their survival.



SUBJECTS COVERED

Subject 15 - Keep in mind tracking lane challenge

*Duration: Thirty
minutes*

Clients will walk down a set path and will have to spot and identify objects that are partially hidden. They will then have to recall the items at the end of path.



FINAL CHALLENGE - Search and rescue exercise

Duration: Thirty minutes

Teams will have to successfully complete a search and rescue exercise. This will involve putting into practise all the skills that were previously taught. For instance they will have to find the casualty using the correct compass bearing, treat with the correct first aid, stretch the casualty back to a safe area, build a shelter and make an emergency rescue fire. Teams will be awarded for first, second and third place.



ELITE SURVIVAL TEAM

Who are the instructors?

All our instructors are ex-military personal or current expedition leaders with extensive experience in surviving in extreme conditions from the Arctic , Desert and Jungle.

Our aim is to inspire people of all ages and from all backgrounds to learn the art of survival in unfamiliar surroundings.

Our philosophy is simple -

**WE INFORM. WE ENCOURAGE.
WE ENTHUSE.**

Through lively demonstrations and plenty of hands-on practice, you will learn the principles of survival, along with an appreciation of the environment and the earth's natural resources.

Most important of all, you will have fun.

Whatever package you choose it will be tailor-made to match your requirements.



Lead Instructor and Director of Elite Survival Training

John Sullivan is a former Royal Marines Commando of nine years-experience. He has operated in some of the world's most challenging jungle, desert and arctic environments. He began his survival training career by teaching basic skills to young adults with learning and behavioural difficulties as well as leading school and college groups on life-changing expeditions to Namibia, Belize and Borneo.

In 2007 John moved on to freelance consultancy, using his first-hand knowledge and a rare network of in-country contacts to advise media organisations and expedition leaders on how best to experience the cultures and natural environments of the countries they wished to explore.

He became an invaluable adviser to countless expeditions and was selected by the BBC to make all in-country arrangements for their programmes filming 'Last Man Standing' in 2007 and 'Extreme Dreams' in 2007. Channel 5 too has utilised his incredible local knowledge for their programme 'Unbreakables' filmed in 2008. In 2010 John set up from scratch the documentary 'Eating with Cannibals' filmed in Papua New Guinea for the National Geographic Channel.

Most recently he assisted with the making of 'The Island', where he provided invaluable survival training to enable contestants to survive on an uninhabited

island for one month armed with little but a knife and machete. His media work continues with projects currently in preparation.

John's remaining time is spent in the UK passing on his enthusiasm for the natural world, and his insight into surviving in its wildest regions. He is a regular feature at Duke of Edinburgh Gold Presentations which take place annually at St James' Palace.



SUGGESTED WOODLAND ITINERARY

Half Day Experience.

Duration: 3 hours

Zone	Half day - 3 hours of tuition
Zone one	Fire and navigation. One hour
Zone two	Shelter building and Knot tying skills. One hour
Zone three	Water source challenge and Snake pit challenge. One hour

Full Day Experience.

Duration: 6 hours and 30 minutes

Zone	Full day - 6 hours and 30 minutes of tuition
Zone one	Fire. One hour
Zone two	Shelter building / hammock set up. One hour
Zone three	Water source challenge and Snake pit challenge. One hour
Zone four	Self defence - urban survival. One hour
Zone five	Search and rescue skills. One hour
Zone six	Navigation and Knot tying skills. One hour
All teams to complete together.	Search and rescue exercise. Thirty minutes



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