



THE LOST EXPLORER  
**LOST IN  
THE WILD**



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# HOW WOULD YOU SURVIVE?

Picture this - you're left to fend for yourself, exposed to the elements, without all the luxuries that you take for granted. In this team-building activity, you and your colleagues will learn core survival techniques while taking part in fun challenges. From fire and navigation skills, shelter building and knot tying, work as a team as you complete various zones. A fun and rewarding event that requires quick-thinking and initiative.

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.

## Your teams will learn how to:

- Work as a team
- Communicate effectively
- Listen to one another
- Develop relationships
- Problem solve
- Work better under pressure

**All this - while having enormous fun.**





# HOW WILL IT WORK? THE VENUE?

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.

Teams will receive all the equipment and instruction they need to ensure a real life and safe experience for all abilities.

## **THE VENUE?**

You decide. Any suitable venue. All activities can be run on a grass lawn. Some activities can not be run inside.







**Half-day event** - three hours, choose 4 challenges.

**Full day event** - six hours, choose 8 challenges.

**Fire Skills** | Outdoors only

One of the most important elements of survival - how to make fire. Without this skill, you'll have little chance of surviving.

**Shelter Building** | Outdoors only

In the wild, you'll need somewhere to rest and sleep that will also give you shade from the sun. Working as a team, you'll learn to construct a basic shelter.

**Search and rescue skills** | Outdoors only

You'll be taught how to search large areas of land to find a missing person. However, this is only the start. Upon finding the missing person, your team will have to create a stretcher to carry the person back to safety.

**CHOOSE YOUR  
CHALLENGES**



**Navigation** | Outdoors only

Equipped with the knowledge and understanding of how to use a compass, will you be able to navigate your way back to safety? Navigation is one of the key skills when it comes to exploring the wild and could decide your fate.

**Snake Pit challenge** | Outdoors and indoors

Team members will have to negotiate a set path that is littered with rubber snakes. However, you'll also be blindfolded so it's up to your team to provide you with directions on where to tread

**Water Source challenge** | Outdoors and indoors

Using the materials supplied, you and your colleagues have to build a free-standing structure. Use bamboo, ropes, guttering and more. The ultimate test will be whether you can get water flow from point A to B.



**CHOOSE YOUR  
CHALLENGES**



**Knot tying skills** | Outdoors and indoors

Watch as your instructor demonstrates a number of emergency rescue knots. Look easy? Your creativity and ability will be put to the test as you're asked to replicate each knot at speed, whilst blindfolded. We didn't say survival was easy.

**Plane Crash** | Outdoors and indoors

Working as part of a team in this plane crash scenario, you and your colleagues will have to prioritise items that you have managed to salvage from an aircraft for your survival. Requiring decision-making skills as well as strong negotiation tactics, will your team agree on specific items?

**Quicksand challenge** | Outdoors and indoors

Whilst exploring you find yourself having to work out a safe walking route through the quicksand. Using the team's memory, a safe route will have to be found.



**CHOOSE YOUR  
CHALLENGES**



**Bush Tucker Banquet** | Outdoors and indoors

Feeling peckish? This challenge requires guts and a strong stomach! Teams will go head to head in a bug eating challenge. Finish your plate and you'll receive points. Fail to open your mouth and you'll pay the price when it comes to the score sheets.

**Survival box retrieval** | Outdoors and indoors

Your team will have work out how to retrieve essential survival equipment in a boxed area using only limited items which are available to them. Quick thinking and improvisation is the key to this challenge.

**Memory Map** | Outdoors and indoors


Your team has searched the local area for resources. You must then replicate what you have seen and make an improvised relief map from memory.



**CHOOSE YOUR  
CHALLENGES**



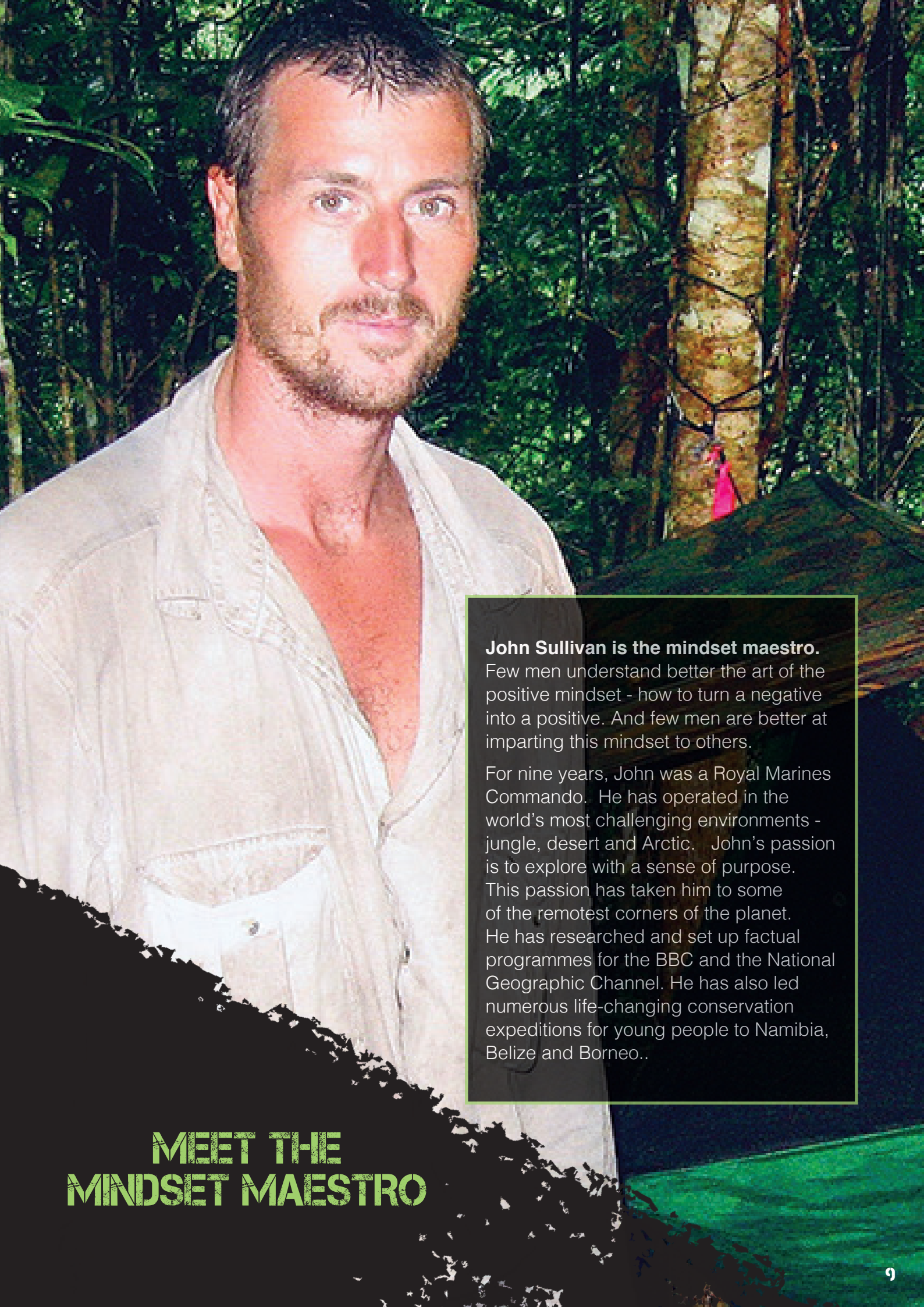
# FINAL CHALLENGE



The event concludes with a search and rescue mission. Your team will have to use every skill which has been learnt throughout the day in order to complete the challenge. Use navigation skills to find the casualty, treat the injured person with correct first aid, stretcher the casualty back to a safe area, build a shelter and finally make an emergency rescue fire. Teams will be awarded for first, second and third place.

## SEARCH & RESCUE





**John Sullivan is the mindset maestro.** Few men understand better the art of the positive mindset - how to turn a negative into a positive. And few men are better at imparting this mindset to others.

For nine years, John was a Royal Marines Commando. He has operated in the world's most challenging environments - jungle, desert and Arctic. John's passion is to explore with a sense of purpose. This passion has taken him to some of the remotest corners of the planet. He has researched and set up factual programmes for the BBC and the National Geographic Channel. He has also led numerous life-changing conservation expeditions for young people to Namibia, Belize and Borneo..

## MEET THE MINDSET MAESTRO