

Bear Grylls Survival Academy

Information Pack & Joining Instructions

SOUTH DOWNS



**WILD
CAMP**

South Downs, UK

18hrs



Survival Academy



Bear Grylls

**WILD CAMP SURVIVAL COURSE
SOUTH DOWNS**



THE EXPERIENCE

The BGSA "Wild Camp" Survival Course is a great introduction to learn wilderness survival skills and has been designed to whet your appetite for our 24Hr courses in the [Brecon Beacons](#) and [South Downs](#) or one of our extreme courses in either [Dartmoor](#) or [Scotland](#)

This overnight course teaches Bear's tried and tested survival techniques and is lead by his expert, knowledgeable and experienced instructors. Learn how to set traps & snares and identify animal runs, 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, lots is packed in, its fast and dynamic. You will move through the terrain fast and efficiently and learn how to naturally navigate.

For your evening meal, and cooked over an open fire, you'll prepare wild game such as fish, rabbit and pheasant. By night you will learn more skills with astro navigation techniques and employing night vision goggles on a stalking exercise.

Day two will rise early with some situational awareness training and self defence followed by a casualty evacuation exercise.

Put all your new found skills to practice to get your fellow survivalists safely back to civilisation!

- Learn how to identify animal runs and lay traps and snares
- Build an emergency survival shelter
- Make a signal fire
- Learn useful and lifesaving knots.
- Learn how to camouflage and conceal yourself from wild animals.
- Navigation techniques
- Wild food preparation.
- Astro navigation
- Forage for wild edible food.

Please note – all activities are weather dependent.



WILD CAMP SURVIVAL COURSE SOUTH DOWNS

SAT NAV USERS

Please use postcode **GU29 0AJ**

BY AIR

The nearest airports to Cowdray Estate are either London Gatwick or London Heathrow. Both are Approximately 1 hours drive.

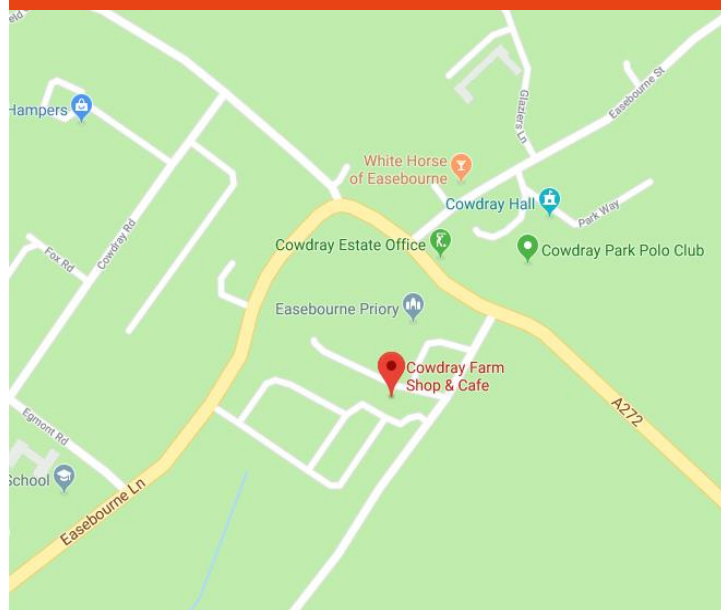
BY TRAIN

The nearest station is Liphook Station (LIP) or Haslemere Station (HSL). (15 mins drive) Both stations Are approximately a 1 hour journey from London Waterloo. Please visit National Rail www.nationalrail.co.uk for updated travel information.

TAXI SERVICES

C&C Midhurst Taxis – Barry
TEL: 07930 370 222

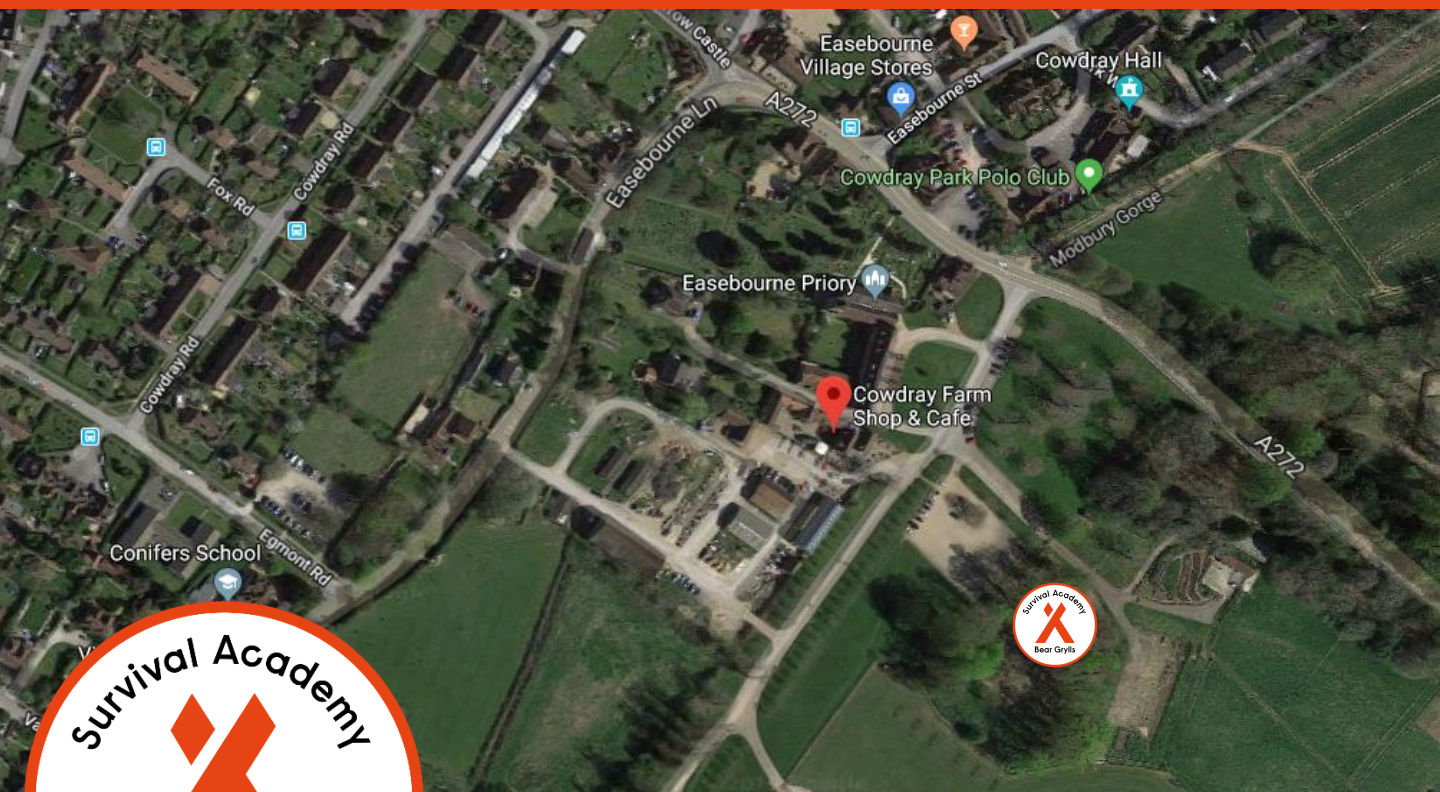
HOW TO FIND US.....



NOTE: Please arrive at the Cowdray Estate at 2:30pm for a prompt 3pm start.

If you make your way to the Café & Farm Shop entrance, off the main road, the car park is located on your left. The exact meeting point is located behind the car park across the track opposite to the Café (there is a track with a gate, BGSA clients can park here) – why not enjoy a refreshment at the Café before your course starts.

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



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HEALTH & FITNESS

As you would expect, the Bear Grylls Survival Academy is challenging both mentally and physically.

So, in order to get the most out of the course, applicants should be reasonably fit and healthy.

If you have any questions about Health and Fitness for this course, please contact our friendly BGSA team – for any pre existing injuries or allergies, please let the team know in advance.

KIT LIST

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

These items will all help you to survive! Please note, all of 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 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.



WILD CAMP SURVIVAL COURSE SOUTH DOWNS



ABOUT BEAR GRYLLS

Bear Grylls has become known worldwide as one of the most recognised faces of survival and outdoor adventure. His journey started as a young boy on the Isle of Wight, where his late father taught him to climb and sail.

Trained from a young age in martial arts, Grylls went on to spend three years as a soldier in the British Special Forces, as part of 21 SAS Regiment. It was here that he perfected many of the survival skills that his fans all over the world enjoy, as he pits himself against the worst of Mother Nature.

Despite a free-fall parachuting accident in Africa, where he broke his back in three places and endured many months in and out of military rehabilitation, Grylls recovered and went on to become one of the youngest climbers ever to reach the summit of Mount Everest.

He then went on to star in seven seasons of the Discovery Channel's Emmy Award-nominated "Man vs. Wild" TV series, which became one of the most-watched shows on the planet, reaching an estimated 1.2 billion viewers.

Since then he has gone on to host more extreme adventure TV shows across more global networks than anyone else in the world, including five seasons of the BAFTA award-winning The Island with Bear Grylls, the hit TV show Running Wild, Hostile Planet for National Geographic and "You Vs Wild" for Netflix.

Running Wild now playing on National Geographic has featured Bear taking some of the world's best known stars on incredible adventures. These include President Obama, Julia Roberts, Roger Federer, Will Ferrell, Zac Efron, Channing Tatum, Kate Winslet, to name but a few.

His autobiography Mud Sweat and Tears spent 15 weeks at Number 1 in the Sunday Times Bestseller list and he has written over 85 books, selling in excess of 15 million copies worldwide.

He is an Honorary Colonel to the Royal Marines Commandos, the youngest ever UK Chief Scout and the first ever Chief Ambassador to the World Scout Movement, representing a global family of some fifty million Scouts.

He is married to Shara and together they have three young boys who also love adventure. They live between a houseboat on the Thames and a private island off the Welsh coast.

Bear's life motto is simple: **courage and kindness... and never give up!**



WILD CAMP SURVIVAL COURSE SOUTH DOWNS



BOOKINGS & ENQUIRIES

Email: enquiries@beargryllssurvivalacademy.com

Phone: +44 (0) 1483 424438

Phone: +1-877-742-2925

Fax: +44 (0) 1483 860391

Website: www.beargryllssurvivalacademy.com

To be eligible for the academy you need to be 18yrs+

INCLUSIONS

- Overnight Accommodation (shelter)
- Food & Water
- Various kit (see provided kit list)
- All fieldwork & lectures
- On completion of the course participants will receive a Bear Grylls Survival Academy badge and certificate

EXCLUDES

- Flights and any other means of transportation not mentioned
- Transfers
- Travel/personal Insurance

INFORMATION

- Full payment is required to confirm your booking
- Your placement will be confirmed to you in writing by the Bear Grylls Survival Academy

Please Note: Bear Grylls Survival Academy reserves the right to amend dates of courses or cancel courses if our minimum attendance numbers are not met. Participants should check that adequate travel insurance covers them for cancellation of any flights that may have been booked. It is the client's responsibility to provide accurate and true information to the company. Proof of identity and age will be required, before the client may join the course.

In the event of any of the information supplied by the client proving to be incorrect or untrue and preventing the client joining the course, the full amount paid by the client will be retained to cover administration costs and there will be no refund due to the client.



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enquiries@beargryllssurvivalacademy.com

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