



Registered Office:  
Survival School  
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Tel: 0871 222 7304  
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Email: [info@survivalschool.co.uk](mailto:info@survivalschool.co.uk)

## 2 FAMILY BUSHCRAFT COURSE ESCOT PARK - DEVON

<b>DAYS AND TIMES</b>	7pm FRIDAY to SUNDAY 12pm
<b>CONTACT TELEPHONE NUMBER</b>	07786 436518
<b>COURSE LEADER</b>	JONNY CROCKETT

<b>DIRECTIONS FROM EXETER</b>	From Exeter, take junction 29 on the M5 and head towards Honiton on the A30. About 8 miles from Junction 29 you will see a brown road sign showing the turning for Escot. Turn left off the dual carriage way, turn right off the slip road, turn right after you pass under the dual carriage way, take the second turning on the left following signs for Fairmile (do not go back onto the dual carriage way). Turn right opposite the Fairmile Inn. Drive into Escot (between the stone pillars) and then take the left hand fork to the restaurant car park.
<b>DIRECTIONS FROM THE EAST</b>	Follow the A303 to the A30. Drive past Honiton. When you leave the built up area of Honiton, take the first slip road off the A30. Escot is marked on a brown road sign. Turn left at the end of the slip road. Keep going until you drive past a Memorial. Take the next left following signs for Fairmile (do not go back onto the dual carriage way). Turn right opposite the Fairmile Inn. Drive into Escot (between the stone pillars) and then take the left hand fork to the restaurant car park.
<b>SATNAV POSTCODE</b>	EX11 1LU

The course will start as soon as you arrive at Escot Country Park car park at 19:00 pm. You will be escorted from the car park to the course area by a one of the instructors who will guide you through until you get back to the car park at 12:00pm two days later.

Whilst every effort has been taken to ensure the safety of those who come to our courses, we would like to the following rules to be adhered to:

1. Instructors' directions are to be obeyed at all times.
2. No fires are to be lit unless supervised.
3. Only food brought with participants or provided by Survival School is to be consumed by visitors.
4. No litter to be dropped.

5. Safety should be the first concern of all participants.
6. Conservation should be the second concern of all visitors.
7. Where safety is an issue, the instructors' word is final.

Escot Country Park is still a family home. Please leave it as you found it. Nothing should be taken to Escot Country Park that is not taken away and nothing should be taken away except fond memories. We cannot control the weather and so if you bring everything on the Survival School Kit List, it will add to your survival experience.

## **Kit List**

You do not need much for a Survival School course. Please save your money and do not buy expensive kit. The more you know, the less you need to carry.

### **IF YOU NEED TO BUY KIT, PLEASE LET US KNOW.**

Suitable outdoor clothing (see below)  
Sleeping bag  
Insulated sleeping mat  
Knife, fork, spoon, mug, bowl and plate  
Water bottle (1 litre mineral water bottle will do)  
Torch with fresh batteries & 2 spare sets  
Wash kit & towel  
Whistle  
Personal toiletries & medication (to include toilet paper, sunscreen, insect repellent and lip salve)  
Antibacterial wipes/soap  
Tea or Coffee + whitener  
Small first aid kit (plasters, bandages, headache pills etc.)  
Spare change of clothing  
Camera + Notebook + pen (optional)

## **Outdoor clothing**

Outdoor clothing should be tough and comfortable. Wearing several thin layers is better than a few thick layers. A waterproof jacket and several sweatshirts underneath are sufficient. Jeans should not be worn, as they are slow to dry, clinging and cold. Natural colours or camouflage will give you a better chance of spotting wildlife. Walking boots are ideal, but wellies in wet weather and trainers in dry weather will suffice.

Please pack your torch, antibacterial wipes/soap and insect repellent at the top of your bag.

## **Food**

You will be fed on Friday night, three meals on Saturday and Sunday breakfast. Alcohol is not permitted on this course.

## **Itinerary**

The Course will start with a safety brief and introduction. After a short walk you will be guided around the camp. You will be shown safe cutting techniques before preparing your evening meal and setting up your shelters. The next day will start at around 7:30am with breakfast and then making natural shelters. After lunch you will either do a foraging route or fire lighting (depending on the weather) and prepare your evening meal. That afternoon you will also learn about traps and snares, water preparation and natural cordage. The day usually finishes around 7pm. The next day you will be introduced to knife law, knife sharpening and either foraging or fire lighting (depending on the weather). The course finishes with a woodland sauna. The itinerary is flexible so that we make the most of the good weather, resources and day light. Timings are also flexible to accommodate everyone on the course.

## **Feedback and Complaints**

Any feedback from your course is always welcome. If you have a complaint it should first be raised with the instructor running the course. If you are still not happy, please contact us in writing at the address above. We will always strive to amend our courses for the best experience for all concerned.

## **Insurance**

Our public liability insurance is with Inter Hannover and the certificate number is 1104WW0226.



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## **Survival School Emergency Details & Consent Form For Adults**

**(Please return this form to us as soon as possible. Thank you.)**

Full name: .....

Address: .....

..... Postcode: .....

Telephone number: .....Email.....

Date of Birth..... Vehicle Registration Number .....

**Dates of Course.....**

### **I UNDERSTAND THAT**

The survival course can be physically and mentally demanding and may require excessive exertion and that I will not bring any alcohol or non-prescription or over the counter drugs. The possibility of personal injury to me and others exists. The course may expose me to hazards (fire making and cutting instruments, cold and/or heat).

### **I CONFIRM AND AGREE**

I am aware of the risks to myself and others whilst attending a Survival School survival course and agree to abide by the rules at all times. I am physically fit and mentally able to partake in the survival course. If I feel unwell to continue I shall alert a member of staff immediately. I agree to comply with the rules as given to me by Survival School staff, to use all equipment as instructed and to obey all directions given by Survival School staff.

### **MEDICAL QUESTIONS**

Do you suffer from the following?

Please tick	YES	NO		YES	NO
Asthma	<input type="checkbox"/>	<input type="checkbox"/>	Heart trouble	<input type="checkbox"/>	<input type="checkbox"/>
Epilepsy	<input type="checkbox"/>	<input type="checkbox"/>	Anaphylactic shock	<input type="checkbox"/>	<input type="checkbox"/>
Diabetes	<input type="checkbox"/>	<input type="checkbox"/>	Dermatitis	<input type="checkbox"/>	<input type="checkbox"/>
Haemophilia	<input type="checkbox"/>	<input type="checkbox"/>	Hay fever	<input type="checkbox"/>	<input type="checkbox"/>
Arthritis	<input type="checkbox"/>	<input type="checkbox"/>	Migraine	<input type="checkbox"/>	<input type="checkbox"/>
Allergies (please specify)	<input type="checkbox"/>	<input type="checkbox"/>	Dietary Restrictions	<input type="checkbox"/>	<input type="checkbox"/>

(Please specify).....

Do you have a history of any other illness or learning difficulty not mentioned above? If so, please state illness below:

Are you under any medication at the moment? If so please state current medication. Please give details:

### **EMERGENCY CONTACT (PLEASE PRINT CLEARLY IN CAPITALS)**

Full name: .....Relationship:.....

Address: .....

Telephone Number: .....