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LEVEL 3 EXTREME SURVIVAL COURSE GALLOWAY FOREST - SCOTLAND

DAYS AND TIMES	9am Monday to 3pm Friday
CONTACT TELEPHONE NUMBER	07786 436518
COURSE LEADER	JONNY CROCKETT

DIRECTIONS FROM THE SOUTH	Turn left at Gretna Green. Follow the A75 until you get to Crocketford. Turn right onto the A712. Turn right onto the A713 to Ayr. Turn left at Dalmellington on the B741 and head for Straiton. In the middle of Straiton you'll find a pub called the Black Bull. We'll see you there.
DIRECTIONS FROM THE NORTH	Take the A77 down the west coast of Scotland. At Maybole, turn left on to the A7023 to Straiton. We'll meet you at the pub in Straiton called the Black Bull.
TRAIN	Ayr Station

This Wayfarer's Course will be conducted on the Galloway Forest area in South West Scotland near Loch Bradan.

You should aim to arrive at the Black Bull at 7pm. Please ensure that you have eaten before you arrive. Please be aware that you will probably be very tired at the end of the course. Survival School and the owners of the estate are working together to provide fun and safe days out for your course. We will be covering the following skills: Food and water from nature, cooking techniques, camp craft, navigation, first aid, use of natural resources, fire lighting techniques and spoon carving

You will be escorted from the Black Bull to the course area by one of the instructors who will guide you through until you get back the following Friday. We will all drive in convoy to the course area.

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 bought 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.

The Estate area is very precious. Please leave it as you found it. Nothing should be taken 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. Phone reception is almost non-existent but EE seems to be best.

If you have any further questions regarding these joining instructions, please do not hesitate to contact us on Tel: 01453 752220.

This survival course will be conducted from Loch Bradan between 6:00pm Sunday, and 3:00pm Friday.

Kit List

Suitable outdoor clothing (see below)
 Sleeping bag
 Bivi bag (this is essential, if you don't have one please contact us for advice on where to buy one)
 Insulated sleeping mat
 Basha/Tarp and hammock if you have one
 Spoon, mug and bowl
 Water bottle (1 litre min)
 Head Torch with fresh batteries & 2 spare sets and spare bulb if possible
 Wash kit & towel
 Personal toiletries & medication
 Antibacterial Wipes / Soap
 Small first aid kit (plasters, bandages, headache pills etc.)
 Spare change of clothing
 Whistle
 Walking Boots and gaiters
 Fire Steel
 Tough gardening gloves
 Billy Can
 Emergency Rations (Chocolate, Kendal Mint Cake, Nuts & Raisons etc)
 Sheath Knife (you will need your own knife, please contact us if you do not have one) Laplander
 Folding Saw or similar.
 Rucksack + waterproof liner
 Roll of plastic freezer bags and 2 x bin liners
 Waterproof coat and trousers
 Tea / Coffee / whitener / to last the course

Extra Kit

You will be living rough for 5 nights. You may wish to have some clean clothes to change into for your return home. Please note that the whole course is run in the wilderness and so no showers are available. There are showers available at the Service Stations on the M6.

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, especially red deer and roe deer.

Feedback and Complaints

Any feedback from you 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 QBE and the certificate number is QBE19436/Y072953QBE0112A.

If you have any questions about this course, please do not hesitate to get in touch.

Survival School Survey

Please take a few minutes to fill in this survey. The information you give will help us to improve future courses. There is no need to give your name.

Name of Course: Date:

What do you think about the following aspects of your course?

	1	2	3	4	n/a
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A. Start of the Course

- | | | | | | |
|---|-----|-----|-----|-----|---|
| A1. The usefulness of website for information about courses | 1 ☺ | 2 ○ | 3 ○ | 4 ☹ | ○ |
| A2. The helpfulness of any pre-enrolment advice & guidance you received | 1 ☺ | 2 ○ | 3 ○ | 4 ☹ | ○ |
| A3. The ease and simplicity of the signing up to the course | 1 ☺ | 2 ○ | 3 ○ | 4 ☹ | ○ |

B. Course Organisation

- | | | | | | |
|---|-----|-----|-----|-----|---|
| B1. The way in which the course was organised and delivered | 1 ☺ | 2 ○ | 3 ○ | 4 ☹ | ○ |
| B2. The information you were given about any changes to the programme | 1 ☺ | 2 ○ | 3 ○ | 4 ☹ | ○ |

C. Training and Learning on the Course

- | | | | | | |
|---|-----|-----|-----|-----|---|
| C1. The content of the course in relation to your job /career / leisure needs | 1 ☺ | 2 ○ | 3 ○ | 4 ☹ | ○ |
| C2. How well prepared and organised the classes have been | 1 ☺ | 2 ○ | 3 ○ | 4 ☹ | ○ |
| C3. The variety of teaching and learning methods used in the course | 1 ☺ | 2 ○ | 3 ○ | 4 ☹ | ○ |
| C4. The clarity & usefulness of the learning materials (incl. handouts) | 1 ☺ | 2 ○ | 3 ○ | 4 ☹ | ○ |
| C5. How clearly any assessments were set out and explained | 1 ☺ | 2 ○ | 3 ○ | 4 ☹ | ○ |
| C6. How helpful the written feedback & reviews of your progress were | 1 ☺ | 2 ○ | 3 ○ | 4 ☹ | ○ |
| C7. The help and support provided by the tutors | 1 ☺ | 2 ○ | 3 ○ | 4 ☹ | ○ |
| C8. The standard of the learning environment (woodland) and the facilities | 1 ☺ | 2 ○ | 3 ○ | 4 ☹ | ○ |
| C9. The overall quality of the instruction you received | 1 ☺ | 2 ○ | 3 ○ | 4 ☹ | ○ |

D1. Overall, how satisfied are you with your course? 1 ☺ 2 ○ 3 ○ 4 ☹ ○

E1. Are you getting good advice on what to do next? 1 ☺ 2 ○ 3 ○ 4 ☹ ○

F. Further Comments

Please add any final comments either to explain your views or to make any other points you think may be of use to improve your course for participants in the future. Comments in this section are often the most helpful.

What do you think about the following aspects of your course? Please fill in the appropriate answer circle using the following scale: 1 = outstanding, 2 = good, 3 = satisfactory, 4 = inadequate. Please respond to all the statements, marking the 'n/a' (not applicable) column if it is not relevant to you.