



Registered Office:
Survival School
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Tel: 0871 222 7304
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LEVEL 3 APPLIED WILDERNESS SKILLS 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, between 7:00pm 23rd November, and 3:00 pm 28th November.

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, building shelters, camp craft, axe techniques and fire lighting techniques, spoon carving and fish trap weaving.

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 Vodafone 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 Dalwhinnie between 9:00am 1 June, and 3:00pm 5 June. Briefings and preparation will be at the car park next to the Bunkhouse near the station.

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. (Please let us know if you do not have a hammock)

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.



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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:

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? 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.

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

A. Start of the Course

- | | 1 | 2 | 3 | 4 | n/a |
|---|---|-------------------------|-------------------------|---|-----------------------|
| A1. The usefulness of website for information about courses | 1 | 2 <input type="radio"/> | 3 <input type="radio"/> | 4 | <input type="radio"/> |
| A2. The helpfulness of any pre-enrolment advice & guidance you received | 1 | 2 <input type="radio"/> | 3 <input type="radio"/> | 4 | <input type="radio"/> |
| A3. The ease and simplicity of the signing up to the course | 1 | 2 <input type="radio"/> | 3 <input type="radio"/> | 4 | <input type="radio"/> |

B. Course Organisation

- | | | | | | |
|---|---|-------------------------|-------------------------|---|-----------------------|
| B1. The way in which the course was organised and delivered | 1 | 2 <input type="radio"/> | 3 <input type="radio"/> | 4 | <input type="radio"/> |
| B2. The information you were given about any changes to the programme | 1 | 2 <input type="radio"/> | 3 <input type="radio"/> | 4 | <input type="radio"/> |

C. Training and Learning on the Course

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

D1. Overall, how satisfied are you with your course?

- | | | | | | |
|--|---|-------------------------|-------------------------|---|-----------------------|
| | 1 | 2 <input type="radio"/> | 3 <input type="radio"/> | 4 | <input type="radio"/> |
|--|---|-------------------------|-------------------------|---|-----------------------|

E1. Are you getting good advice on what to do next?

- | | | | | | |
|--|---|-------------------------|-------------------------|---|-----------------------|
| | 1 | 2 <input type="radio"/> | 3 <input type="radio"/> | 4 | <input type="radio"/> |
|--|---|-------------------------|-------------------------|---|-----------------------|

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.