

SOUTH WEST SURVIVAL

COMMANDO FOUNDATION SURVIVAL COURSE

Congratulations – You have successfully registered for the Commando Expedition Course, hosted by South West Survival.

This document is to confirm your booking and to give you all the information you need to help you prepare for your course. You will find mandatory kit lists and an example bergen packing for your information only along with a basic itinerary.

If you have any further questions or enquiries, then please contact us on southwestsurvival@outlook.com



WELCOME PACK

Directions

Registration & Itinerary

Mandatory Kit Lists

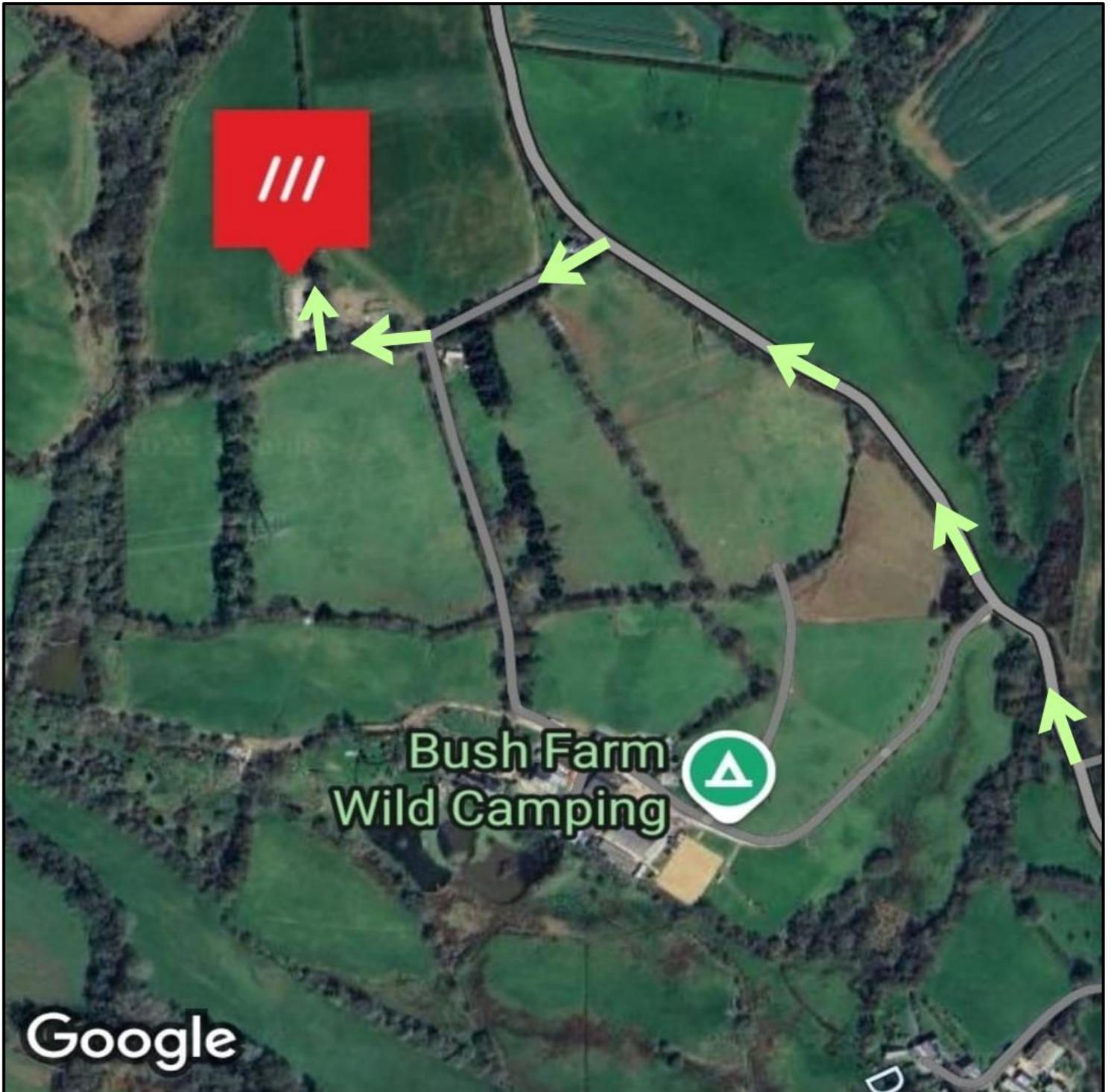
Bergen Packing List

Other Events

Further Info



SOUTH WEST SURVIVAL



What 3 Words

<https://w3w.co/rapport.excavated.hinted>

SOUTH WEST SURVIVAL

REGISTRATION AND ITINERARY

****Please ensure you bring photo ID with your ticket****

REGISTRATION TIME	0900hrs Saturday **Remember Photo ID**
FACILITIES	Additional camping is available on the evening before. This will be at an extra cost of £20 per tent. Toilets are available.
COURSE ITINERARY	A full itinerary will be given upon the morning brief prior to the course commencing.
COURSE START	The course will start after the administration brief. Any questions about the course should be aired in the time.
PREREQUISITES	There are no prerequisites for the Survival Course.



SOUTH WEST SURVIVAL

WHAT TO EXPECT



- You are about to learn Commando Survival techniques that are usually reserved for Commando forces.
- The world of SURVIVAL
- You are guaranteed to explore and learn new life lessons that are normally reserved for Commando soldiers. We will equip you with the essential know how tools to arm you with confidence and ability to survive in the wild with minimum resources and equipment. The skills you learn will transcend around the world and prepare you and alter your mindset
- This South West Survival Course is like no other available to date. Our instructors are handpicked for their expertise in the field and are qualified instructors.
- You will be taught how to survive with minimal kit and equipment. The weekend will give you the knowledge to survive and thrive with the basics. You'll learn how to source water, food, prepare a fire, shelter from the elements, navigate yourself or your team out of danger or to an extraction point. This isn't bush craft this is survival!
- We will not disclose the full itinerary in here; you will have to wait until you arrive given the sensitive nature of this course. You'll meet our instructors at 0900hrs on the first morning and be fully immersed into the environment.

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MANDATORY KIT LIST

You will be issued with some kit. Below is what we expect you to bring.



- Day sack/bergen (tabbing is not expected but you may be required to transport your kit around)
- Suitable outdoor clothing (layers)
- Appropriate outdoor footwear
- Waterproof jacket
- Hat and gloves
- Tent (only if camping)
- Sleeping bag/Gore-Tex liner
- Spare, dry clothing
- Warm winter type jacket/fleece
- Head torch and spare batteries
- Survival tin
- Basic first aid kit
- Compass
- Small pen knife/camp knife
- Wash kit
- Spare snacks if required
- Cooking stove/cook ware (pans, mess tins, cutlery)
- Mug/flask
- Plate/bowls

PLEASE NOTE: Military equipment/clothing is not mandatory for this course – Adequate general outdoor equipment is perfectly acceptable.

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WHY NOT TRY ANOTHER EVENT!



ARCTIC WINTER SURVIVAL EXPEDITION

Northern Sweden

CONTACT US FOR MORE INFORMATION
southwestsurvival@outlook.com

SOUTH WEST SURVIVAL

MERCHANDISE

Check out our coffee blends online – www.southwestsurvival.co.uk/shop

COFFEE

AVAILABLE TO PURCHASE AS BEANS OR GROUND



KINDLING

Sweet, velvety body with stone fruit aromas



BUSHCRAFT

100% Arabica speciality blend with smooth notes of caramel & dark chocolate



FUEL

Bold flavours with dark chocolate notes, add milk to enhance the nougat sweetness



TINDER

Smooth easy drink coffee with natural sweetness



WILDERNESS

Decaffeinated medium bodied coffee with toasty nutty notes



PRIMITIVE

Maple syrup sweetness with hints of pecan