



# BASIC

## SURVIVAL Course

### *Training course information*

#### **Basic survival skills you will learn on this course ...**

- The principles of survival
- What a human need to survive in the outdoors
- What to pack in a survival bag
- How to select and safely use a survival knife
- The types of ropes and how to make rope from natural materials
- Outdoor shelters and how to sleep out in the wild
- Fire making techniques including friction fire demonstration
- How to find and make water safe to drink in the outdoors
- How to find safe food in the wild
- Traps and snares
- Campfire cooking
- Outdoor navigation techniques using nature signs to navigate
- How to signal effectively to get rescued

#### **What is the duration and times of this course ?**

- This 2-day and 1 night practical training course starts at 09h00 on day 1 and finish at 12h00 on day 2

#### **Can anyone do this course and how old do I need to be ?**

- This course is open to anyone regardless of age or ability and no previous experience is needed. Kids under 18 years of age need to be accompanied by a paying adult

#### **Do I need any equipment for this course ?**

- You will need some basic outdoor items for this course like a knife, firesteel, water bottle and a sleeping bag.
- You will receive a kit list of items to bring when making your booking.

#### **What will I eat on this course ?**

- All food are provided for this course and you will receive a ration pack with food. You will not be expected to eat any insects or weird food if you do not want to.

#### **Where will I sleep on this course ?**

- We provide waterproof survival shelters and the sleeping experience on this course is a great experience that you will cherish forever.

#### **Where can I do this course ?**

- This course is available at our Western Cape, Gauteng, Kwazulu-Natal, North-West and Eastern Cape training branches.

#### **How do I BOOK for this course ?**

- Simply e-mail us at [enquiries@boswa.co.za](mailto:enquiries@boswa.co.za) or complete the enquiry form on the course page of our website. We will send you a booking form and invoice and get you BOOKED in !

[www.boswa.co.za](http://www.boswa.co.za)

