

# Solitude

## Into the wild

### Weekend Survival Experience

**No phone**

**No watch**

**No wifi**

**Just the bare minimum of kit**

Imagine the scene. You're alone in the wild. Night is closing in and rain is on its way. Your smart phone is lost and your watch is broken. How will you survive? You need to find water and food. You need to make a fire and build a shelter. All you have to help you is what nature has provided. Have you got what it takes?

**Your challenge** is about going back to basics and re-connecting with nature.

How tough you make the challenge is down to you. We'll give you a list of items you can have with you - a knife, fire lighting kit, a water bottle, a cooking pot etc. It's your choice what you take. We'll offer you three degrees of difficulty –

Gold - 3 items

Silver - 6 items

Bronze - 9 items

You will be given limited food. This doesn't count as an item.

Before you join us, think hard about which level is best for you and have your items ready.

The evening before your challenge, we'll give you professional training to develop your basic survival skills. We'll show you how to maximise both the elements of nature around you, as well as your own inner resources.

The following morning, you'll be on your own, or in a buddy pair, alone in the woods. You'll have no more than your chosen survival kit and the clothes you're standing in. This will be your chance to put your new found skills to the test. For the next 24 hours you will be the master of your destiny. Success will be down to your wits and your will to survive. This will be an experience like no other.

We run this Survival Experience on a private estate in Surrey. We have access to over 300 acres of private land, criss-crossed with streams. The terrain is undulating and the woodland is, in part, barely penetrable. You will feel that you are truly alone in the wild.

Of course, the experience isn't about putting you through physical discomfort or danger. We want you to enjoy your time with us – to take pleasure in re-connecting with nature; to enjoy the satisfaction of using your own inner resources to overcome the challenges of solitude.

This experience is open to all abilities and ages.

**Survival items for solitude experience**

**Gold level - 3 items**

**Silver level - 6 items**

**Bronze level- 9 items**

**Please bring you own kit.**

<b>Fire kit</b>	<b>Shelter materials</b>	<b>Food</b>	<b>Water</b>	<b>Other items</b>
<b>Lighter</b>	<b>Space blanket</b>	<b>Emergency food</b>	<b>Water-purification tablets</b>	<b>Torch</b>
<b>Waterproof matches</b>	<b>Gortex bivvy bag</b>	<b>Salt</b>	<b>Water bottle</b>	<b>Head torch</b>
<b>Plastic tubing</b>	<b>Sleeping bag</b>	<b>Energy bars</b>	<b>Water filter</b>	<b>Signal mirror</b>
<b>Candle</b>	<b>Roll matt</b>	<b>Energy drink</b>	<b>Metal mug</b>	<b>Multitool</b>
<b>Tinder for fire starting</b>	<b>Orange survival bag</b>		<b>Flask</b>	<b>Pocket knife</b>
<b>Portable stove</b>	<b>String ( 20m)</b>		<b>Camel pack</b>	<b>Wire saw</b>
<b>Magnesium fire starter</b>	<b>Over head poncho</b>			<b>Wide rim hat</b>
<b>Cotton wool ( small pack)</b>	<b>Hammock</b>			<b>Warm hat</b>
<b>Vaseline</b>	<b>Blanket</b>			<b>Folding saw</b>
				<b>Cooking pot</b>
				<b>Insect repellent</b>
				<b>Binoculars</b>