Bear Grylls Survival Academy
Information Pack & Joining Instructions
SOUTH DOWNS

Primal Survival Course
South Downs
“Some of my toughest times have lasted for less than 24 hours, yet have had the greatest impact on me.”

Bear Grylls

Have you got what it takes to survive for 24 hours until rescue? In this intense 24-hour survival experience, you’ll learn practical life-saving skills, attitudes such as resourcefulness and calm under pressure, and push yourself farther than ever before. From hour one, when you arrive in the wilderness with no tent, and limited water and food rations, the pressure is on to source food and water locally from streams and pools. Guided by Bear’s team of highly trained experts, you’ll be taught to identify animal runs, lay traps, skin and gut your quarry, and forage to supplement your diet. You’ll acquire survival knife skills, wilderness first aid, fire lighting, and rope skills like knots and harnesses, then use these skills to navigate difficult terrain such as rivers, lakes and steep ground by day and night. You’ll also learn to build emergency shelters and protect yourself in the wild from attack.

Much more than a bush craft course, this exclusive experience is limited up to 16 adult participants, who must be physically fit and active. It’s the perfect preparation for enthusiasts considering any of the Bear Grylls Extreme 4 or 5 Day Survival Courses worldwide.

PLEASE NOTE: Please arrive at the Cowdray Estate at 11:30am for a prompt 12:00pm start. Here you will be met by your team of BGSA instructors. Full joining instructions are listed on page 4.
THE EXPERIENCE

Bear’s team of highly trained expert Survival Instructors will facilitate learning, offer advice and guide participants through this taster survival experience compressed into a 24 hour course. Learn to forage, identify animal runs and lay traps, skin and gut, navigate by day and night, build emergency shelters, learn to protect yourself in the wild from attack, wilderness first aid, tie knots and move like Bear in order to safely cross difficult terrain such as rivers, lakes and steep ground by any means.

This is not a military boot camp and it’s much, much more than a bush craft course. This is an exclusive course where places are limited up to only 16 participants who must be physically fit and active. From hour one you will be lead into the wilderness and during the course you will receive limited food and water. You will then have to forage for anything else that may supplement your diet and use your skills to self rescue within the 24hrs!

These are just some of the many activities you may partake in during the 24Hr Primal Adult Survival Course with the Bear Grylls Survival Academy:

• Dynamic river runs and/or lake crossings
• Improvised wilderness first aid
• Emergency shelter builds
• Navigate harsh terrain by day and night
• Rope skills – crossing difficult terrain
• Survival knife skills and fire lighting using a bow and hand drill
• Foraging for food, setting snares & traps
• Dynamic Self Rescue Techniques
• Axe throwing
• Spear making

Have you got what it takes to survive for 24 hours until rescue?

Please note – all activities are weather dependent.
Primal Survival Course
South Downs

SAT NAV USERS
Please use postcode GU29 0AJ

BY AIR
The nearest airports to Cowdray Estate are either London Gatwick or London Heathrow both are approximately 1 hour’s drive.

BY TRAIN
The nearest station is Liphook Station {LIP} or Haslemere Station (HSL). (15 mins drive) Both stations are approximately a 1 hour journey from London Waterloo. Please visit National Rail www.nationalrail.co.uk for updated travel information.

TAXI SERVICES
C&C Midhurst Taxis – Barry
Tel: 07930 370 222

NOTE: Please arrive at the Cowdray Estate at 11:30am for a prompt 12:00pm start. If you make your way to the Café & Farm Shop entrance, off the main road, the car park is located on your left. The exact meeting point is located behind the car park across the track opposite to the Café (there is a track with a gate, BGSA clients can park here) – why not enjoy a refreshment at the Café before your course starts.

LOCATION: Cowdray Estate, Cowdray Park, Midhurst, West Sussex, GU29 0AQ
**HEALTH & FITNESS**

As you would expect, the Bear Grylls Survival Academy is challenging both mentally and physically. So, in order to get the most out of the course, applicants should be reasonably fit and healthy.

If you have any questions about Health and Fitness for this course, please contact our friendly BGSA team.

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**KIT LIST**

Provided for you:
The following kit will be issued to participants by the Academy, to use for the duration of the course (and therefore you do not need to bring):

- Sleeping bag and liner
- Head torch
- Ruck sack and waterproof liner
- Sleeping mat
- Metal mug & spoon
- Water bottle
- Bear Grylls survival knife

These items will all help you to survive! Please note, all of the clothing and equipment that you bring must be appropriate to the environment and the time of year. This is just a guide and you may not require all the kit. Your instructors will let you know what to take out into the wilderness on arrival—any extra kit can be secured at base camp.

- 1 pair of robust walking boots/shoes or similar, preferably with ankle support
- Trousers - outdoor/active (lightweight)
- Base layer, mid layer and outer (light weight)
- Thick fleece or duvet jacket
- Hat (Woolly)
- Gloves - 1 x thin (active)
- Waterproof trousers and jacket
- Sunglasses, Sunhat and Sun cream (weather dependent)
- Casual clothes (spares, including footwear for once the course has ended)
- Wash bag & towel (to freshen up after the course ends)
- Personal medication
- Camera/phone (in a waterproof bag)
- Mosquito/Insect repellent

…and a bag full of positive attitude!

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**Please note** - all activities are weather dependent and may be affected by other factors beyond our control. The course schedule and content may be rearranged or amended at short notice and cannot be guaranteed.
ABOUT BEAR GRYLLS

Bear Grylls has become known worldwide as one of the most recognised faces of survival and outdoor adventure. His journey started as a young boy on the Isle of Wight, where his late father taught him to climb and sail. Trained from a young age in martial arts, Grylls went on to spend three years as a soldier in the British Special Forces, as part of 21 SAS Regiment. It was here that he perfected many of the survival skills that his fans all over the world enjoy, as he pits himself against the worst of Mother Nature. Despite a free-fall parachuting accident in Africa, where he broke his back in three places and endured many months in and out of military rehabilitation, Grylls recovered and went on to become one of the youngest climbers ever to reach the summit of Mount Everest.

He then went on to star in seven seasons of the Discovery Channel’s Emmy Award-nominated “Man vs. Wild” TV series, which became one of the most-watched shows on the planet, reaching an estimated 1.2 billion viewers. Since then he has gone on to host more extreme adventure TV shows across more global networks than anyone else in the world, including five seasons of the BAFTA award-winning The Island with Bear Grylls and the US hit TV show Running Wild. Running Wild has featured Bear taking some of the world’s best known stars on incredible adventures. These include President Obama, Julia Roberts, Roger Federer, Will Ferrell, Zac Efron, Channing Tatum, Kate Winslet, to name but a few. His autobiography Mud Sweat and Tears spent 15 weeks at Number 1 in the Sunday Times Best seller list and he has written over 90 books, selling in excess of 15 million copies worldwide.

He is an Honorary Colonel to the Royal Marines Commandos and the youngest-ever Chief Scout, and inspiration to over fifty million Scouts worldwide. He is married to Shara and together they have three young boys who also love adventure. They live between a house boat on the Thames and a private island off the Welsh coast.

Bear’s life motto is simple: courage and kindness...and never give up!
BOOKINGS & ENQUIRIES

Email: enquiries@beargryllssurvivalacademy.com
Phone: +44 (0) 1483 424438
Phone: +1-877-742-2925
Fax: +44 (0) 1483 860391
Website: www.beargryllssurvivalacademy.com

INCLUSIONS

• Overnight Accommodation (shelter)
• Food & water
• Various kit (see provided kit list)
• All fieldwork & lectures

EXCLUDES

• Flights and any other means of transportation not mentioned
• Transfers
• Travel/personal Insurance

BONDING

Bear Grylls Survival Academy is a fully bonded tour operator and all participants booked to travel with us have protection by bonding, as required by ABTA and ATOL (through the civil aviation authority). We are also a fully licensed IATA agent.

• Full payment is required to confirm your booking
• Your placement will then be confirmed to you in writing by the Bear Grylls Survival Academy

Please Note: Bear Grylls Survival Academy reserves the right to amend dates of courses or cancel courses if our minimum attendance numbers are not met. Participants should check that adequate travel insurance covers them for cancellation of any flights that may have been booked. It is the client's responsibility to be provide accurate and true information to the company. Proof of identity and age will be required, before the client may join the course.

In the event of any of the information supplied by the client proving to be incorrect or untrue and preventing the client joining the course, the full amount paid by the client will be retained to cover administration costs and there will be no refund due to the client.