



Information about Survival Basics with optional overnight stay

Packing list:

- Backpack
- Clothes suitable for the weather and season
- Sturdy footwear
- Outdoor clothing
- Rain jacket/trousers
- Sleepingbag
- Isomat
- Knife (a knife with a fixed blade is recommended)
- Flashlight
- Fire steel/lighter
- Waterbottle
- Tick and mosquito repellent
- Tweezers to remove ticks
- Note material
- Own food and drink
- Toothbrush and toothpaste, personal medication
- Optional: seat pad, gloves

More equipment is not necessary, but also not forbidden. Knives with a fixed blade can be hired on site. (5.-CHF)

If you need help choosing and buying equipment or have any questions about the packing list, please don't hesitate to call me. I will be happy to answer any questions and give advice.

Mobile phone:

Mobile phones are silent, in flight mode or switched off during the course. Exceptions can be made if you absolutely need to be reachable. Phone calls can be made during breaks. However, this must not disrupt the course in any way.

Clothing:

For your safety, only wear long trousers and sleeves. To minimise the risk of being injured in the undergrowth or being bitten by a tick.

Catering:

Please bring your own food. Sufficient water and fire will be provided.

Photo-, video- und sound recordings:

It is forbidden to make video and sound recordings. Photos are permitted as long as the persons in the photo have given their permission.

Course duration:

Survival Basics with overnight stay: Course day from 10:00 a.m. to approx. 08:00 a.m.

The course takes place in all weathers.

Meeting point:

Meeting point will be communicated one week before the course starts. The location will be in the Zurich area.

Please arrive on time. If you are late, please let me know by phone. The programme is tight and we will otherwise start without you.

I look forward to an interesting experience with you.

See you soon in the forest.

Your survival guide and host in the nearby wilderness 😊