



Information about Winter Survival Overnight

Packing list:

- Backpack
- Clothes suitable for the weather and season
- Sturdy footwear
- Outdoor clothing with warm beanie, scarf, gloves
- Rain jacket/trousers
- Sleepingbag
- Isomat
- Knife (a knife with a fixed blade is recommended)
- Flashlight
- Fire Rod (if you have one)
- Waterbottle
- Tick and mosquito repellent
- Tweezers to remove ticks
- Note material
- Toothbrush and toothpaste, personal medication
- Own food and drink with plate and cutlery you need
- Optional: moskitonet, seat pad, work-gloves

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

Sleeping bags, sleeping mats, and tarps/sheets are available for rent in limited quantities. Please let us know in advance if you require them. (Rental price upon request)

If you need help choosing and buying equipment or have any questions about the packing list, please don't hesitate to call us. We 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:

Recordings are permitted as long as the persons in the recording have given their permission.

Course duration:

Winter Survival Overnight: Saturday from 10:00 a.m. to Sunday approx. 09:00 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.

We look forward to an interesting experience with you.

See you soon in the forest.

Your survival guides and hosts in the nearby wilderness 😊

Best regards

Nabil & Richy

info@survival-skills.ch

Mobile Nabil: [+41 79 512 79 02](tel:+41795127902)

Mobile Richy: [+41 79 356 50 00](tel:+41793565000)