



UK Training Courses and Content



Commando Survival Course 24 hrs

An adrenaline packed day of survival training in the beautiful Northamptonshire woodlands. Test your ability to survive! You will learn the skills needed to find water, make fire to keep warm, and construct a basic shelter from things around you. You will have to work as a team to get your survival kit, locate your campsite and build a shelter.

You will receive professional training that develops your ability to survive in the wild, using elements of the natural environment and your own resourcefulness.

Finally when training time is up you are off on your own, or in a buddy pair, to a new piece of the woodland where for the next night you must do everything yourself. With little more than a survival kit and the clothes you wear, you will have to put all your new found skills to the test. It's down to your wits and will to survive now. Can you cope?!

Course content

- Survival tin - how to maximise its use.
- Fire - make fire without matches or a lighter.
- Water - where to find it and purification methods.
- Shelter - Improvised / natural.
- Food - what is edible in the forest.
- Cooking - underground ovens.
- Navigation - with and without a compass.
- Traps-snares, spring traps dead fall traps.
- Skinning game.

- Survival psychology.
- Knots.
- Observation - maximise your chances of being found.
- Camp layout

What is included?

Full professional instruction and supervision throughout.

What should I wear?

Comfortable outdoor clothing and suitable footwear.

What do I need to bring?

A full kit list will be sent to you in advance.

Where does this activity take place?

The training course is run in Salcey Forest within Northamptonshire.

Are there any restrictions?

This is a non physical event so it is suitable to all ages and abilities.

What will I be eating?

Food will provided throughout. For the evening meal you be given fresh vegetables, rice and tinned meat. It is up your self to cook it over an open fire. Army rations can be supplied if available.

Who will be teaching us on the course?

You will receive training from a certified professional. Former Royal Marine John Sullivan has trained in the Jungle, Desert and Arctic and has also worked with the BBC on programmes such as ‘Last Man Standing’ and ‘Extreme Dreams’.



Other Training Modules & Courses:

1. Medical Training

S2Si has an in-house Medical Director and Trainer, and provides a 24/7 “reach-back” service where appropriate. We can arrange wilderness medical training courses lasting 1 – 4 days; however in addition to this we can introduce basic first aid skills into the UK training package, depending on clients needs.

2. Technical skills training

Depending on the environment you are going to, S2Si is able to provide technical training and expertise for your course. Examples include: Ropework for multi-pitch climbing and confidence roping, IRATA, Waterborne activities such as Kayaking and Canoeing, River crossings and Ziplines

3. Specific Environment Training

With over 20 years' combined expedition experience, S2Si now offers 7 – 14 day specialist courses overseas for the Jungle and Desert Environments. Courses take place in the desert sands of the Sinai Peninsular and the humid rainforest of the Borneo Jungle. These are in-depth courses where you will be taught by experienced expedition leaders, medics and locals alike. You will learn the practical art of survival in these environments as well as learn how to respect them and operate safely within remote areas.

These are specific courses that can also be tailored, so if interested, please call Sky2Sea International on 0207 1939 664. www.S2Sitraining.com



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