

DESERT ISLAND SURVIVAL

www.facebook.com/pages/Bushmasters
<http://www.youtube.com/user/bushmastersamazon>



Maximum Participants: 10

In 2018 we move from Belize to Panama for the Desert Island Survival course. Both the Caribbean and Pacific side of Panama are dotted with small islands or cayes where some of the most well know survival style shows have been made – such as Bear Grylls, Ed Stafford and the “Survivor” show. On small islands, covered with palms, mangrove and sandy beaches surrounded by clear blue sea we’ll see if you have what it takes to survive in this stunning, but extremely harsh environment?

On the islands, on the sea and under it we’ll show you all about your environment and help you learn how to use what it has to offer to help you survive if you are ever marooned within it. With the Bushmasters ex UK Special Forces Survival Instructor, local fisherman and staff who have lived their whole lives on the sea we will take you through all you will need to know to survive. We concentrate on things that work, not that look fancy.



You will learn how to find water from an ocean of nothing but salt water, set a fire without a match or lighter, build a shelter, catch food and use what meagre resources you can find to ensure you survive til rescue comes.

After having gone through these basics comes the reality. For several days in a small group you will be placed in a simulated survival situation, though you will have communications throughout for safety reasons, you are; on your own! With nothing but basic kit, your skills, knowledge and what you can gather, you’ll have to bond and work as a team to survive. We call this isolation, where there is not only the practical problems of daily existence to cope with, but also the psychological difficulties of not having those modern luxuries, of being in a strange environment, of searing heat, of bugs, of lack of sleep.....can you cope?

ITINERARY

Day	Event	Remarks
Wed	<p>Meet up day. Please plan your arrival flight to be available to meet with the rest of the course members today at about 6pm We'll send the exact location of where to meet once we know everyone's flight details.</p> <p>Today we will also check you have all the right equipment for the trip and go through the itinerary in detail and answer any queries you have.</p>	Accommodation will be in a local hotel with en-suite shared rooms. Whilst here meals are not included. We'll suggest a range of places to eat, ranging from hotels to restaurants to sports bars
Thurs	<p>Prep day. We check all the gear, issue you with the likes of machetes, tents, snorkel kit and get the sailboat ready to depart. We will also spend an afternoon close by on the reef snorkelling, to check all the kit.</p>	Accommodation will be in a local hotel with en-suite shared rooms. Whilst here meals are not included. We'll suggest a range of places to eat, ranging from hotels to restaurants to sports bars
Fri Sat Sun Mon Tue	<p>Today we head by sail boat out onto the small islands where we will be based throughout.</p> <p>For the next several days we get used to this new and very harsh, though beautiful environment. We'll explore the sea by boat, the islands, the reef and the life under the sea. We'll show you how to improvise all you need from very little and give you a sense of what it really would be like to be LOST on a desert island</p> <p>We will go through all the main skills of survival on a desert island. These fall into a series of main headings:</p> <ul style="list-style-type: none"> • Psychological • Water • Shelter • Food • Fire <p>Though the reality of each priority can be very difficult. How do you get water to drink when surrounded by an ocean of salt water for example?</p>	Accommodation is in small tents and the meals are cooked by you.

<p>Wed Thur</p>	<p>The training is over. Today you leave all your comforts behind you and head off into an isolation exercise</p> <p>This is not just about sitting around and waiting for help, because that could be a very long wait! You must work at it and you will be exhausted both physically and mentally.</p>	<p>Accommodation and food is what you make/ provide for your self!!</p>
<p>Fri</p>	<p>At last there is light at the end of the tunnel. A local rescue team finds you. We leave the island behind and head back to the city, where we can wash off the trail, eat some fresh food, drink a few beers and swap stories of your adventure.</p>	<p>Accommodation will be in a local hotel with en-suite shared rooms. Whilst here meals are not included. We'll suggest a range of places to eat, ranging from hotels to restaurants to sports bars</p>
<p>Sat</p>	<p>Please arrange your departure from Panama for any time after a 09.00 check in today.</p>	