

2D1N Survival Trip Exercise - A typical itinerary



A useful knot to know

Day 1

- 7.30am - Pick-up from your hotel, drive 45 mins to trek start
- 8.15am - Arrive at trek start, safety briefing, then trek 1 hr to Survival Camp, learning about the flora & fauna along the way
- 9.15am - Camp safety briefing, plan for the day, a quick refreshment, put up our hammocks
- 11am - BREAK
- 11.15am - How to find/make drinking **WATER**
- 12pm - LUNCH
- 1pm - Making a **FIRE** using everything from the jungle (and no lighter), choosing the best fire spot, sourcing the correct materials, starting the fire, keeping a fire alive, etc
- 2.30pm - BREAK
- 2.45pm - **FOOD** foraging (short trek), then cooking/boiling food using utensils from the jungle
- 5pm - Time to wash up and swim in the river (*water level permitting*)
- 6.30pm - DINNER
- 7.30pm - Survival Technique - *Frog hunting*
- 9pm - Hammock time under the jungle canopy

Day 2

- 6.30am - Wake up to the sound of the jungle
- 7.30am - BREAKFAST
- 8.30am - We build a **SHELTER**
- 10.30am - We make a fish/animal trap
- 12pm - LUNCH
- 1pm - Time again for a swim in the river
- 2pm - Pack up, clean up camp, trek 20 mins to our bus
- 2.30pm - Transfer back to KK
- 3.30pm - Arrive KK

Please contact us for more information.