



## X Adventure Activities

### Bushcraft and Survival

#### *Info Sheet*

#### Where

X Adventure Activities Development Centre, Bramley Lakes, Dog Lane, Horsford, Norwich, Norfolk, NR10 3DH.

Directions: Please turn onto Dog Lane, continue along the lane past the housing for about 1 mile, you will see a wishing well sign on your right showing X Adventure Development Centre, turn right and continue down the lane to the end. On arrival please wait in the car park and X Adventure staff will be there to meet you at 09:15 for the morning session and 13:15 for the afternoon session. Please be aware that you park your car at your own risk; X Adventure Activities takes no responsibility for any vehicles left in the car park.

If you have any problems on arrival or will be late please contact us on 01603 893200.

#### What to bring

Please come prepared for the weather as we will be outside for the duration of the session. A waterproof would be essential and clothing to suit the conditions. Please wear trousers and closed toe footwear (no shorts or sandals). Please be aware that working around campfires will make clothing smell of smoke.

Please bring any medication you require for the day. It is essential that you bring inhalers if you suffer from asthma as we will be working in smokey areas.

PLEASE BRING YOUR WOWCHER OR Groupon VOUCHER WITH YOU AS WE NEED TO RECEIVE THIS PRIOR THE START OF THE DAY AND YOU WILL NOT BE ABLE TO TAKE PART ON THE DAY WITHOUT IT

#### What to expect

The day will consist of a variety of activities focused on Bushcraft and survival. We will be covering some of the following (the exact topics depend on the day); fire making, cooking on campfires, shelter building using tarps and debris, use of bush craft knives, wild food or wood craft.

We can also cover survival skills such as water sills, SOS signals, smoke signal fires and navigation using natures signs.

Some of the skills will be self learnt and some will be taught by the bush craft instructors. Come with a sense of fun and we will give you some challenges along the way.

#### Times:

Morning session 09:30 - 12:30

Afternoon session 13:30 - 16:30

If you have any questions or concerns about the day please contact us on 01603 893200 or email on [Info@xadventureactivities.co.uk](mailto:Info@xadventureactivities.co.uk)