

One-Day Basic Wilderness Survival Course

Learn essential outdoor skills. Build confidence. Be better prepared for the unexpected.

Spending time in the mountains and forests is an incredible experience, but unexpected situations can happen: losing the trail, sudden changes in weather, an injury, darkness arriving earlier than expected, or simply finding yourself outdoors longer than planned.

This **one-day Basic Wilderness Survival Course** is designed to introduce participants to essential skills that can help them stay calm, make better decisions and manage an unexpected situation in a natural environment.

The course takes place in the **Dolomites** or **the Monte Baldo area**, depending on the selected date, weather conditions and group requirements.



Course Information:

Duration: approximately 6–8 hours

Location: Dolomites or Monte Baldo area

Participants: adults and children aged 10+

Level: beginner

Previous experience: not required

Format: practical outdoor training in a small group or private format

The programme is adapted to the participants, location and environmental conditions of the day.



What You Will Learn

FINDING & PURIFYING WATER

Water is one of the first priorities in an emergency situation.

We will learn how to look for possible water sources in a natural environment, how to evaluate them and how to reduce the risks associated with drinking untreated water.

Participants will practise different basic methods of **water collection and purification** and learn why apparently clean mountain water should not automatically be considered safe to drink.

FIRE

We will explore the basic principles of making and maintaining a fire safely in an outdoor environment.

Participants will learn how to select suitable natural materials, prepare tinder and kindling, understand the basic structure of a fire and practise different methods of ignition.

Particular attention will be given to **fire safety, environmental responsibility and local restrictions**.

BULDING AN EMERGENCY SHELTER

A simple shelter can provide essential protection from wind, rain and cold when spending an unexpected night outdoors.

We will learn how to choose an appropriate location and how to create a **basic emergency shelter** using available natural materials and/or equipment that hikers can realistically carry in their backpacks.

The objective is not to build the perfect shelter, but to understand how to protect yourself efficiently while conserving time and energy.

NAVIGATION IN THE FOREST

What happens if your phone has no signal, your battery is dead or you can no longer identify the trail?

We will practise the fundamentals of **orientation and navigation without relying exclusively on electronic devices**.

Participants will learn to observe the surrounding landscape, recognize useful natural and geographical references, understand basic directions and develop greater awareness of their position and surroundings.



A PRACTICAL OUTDOOR EXPERIENCE

This is not a classroom course.

Most of the day is spent outdoors learning through observation, demonstrations and practical exercises. Participants will have the opportunity to try the techniques themselves and understand not only **how** they work, but also **when and why** they may be useful.

The purpose of the course is not to turn participants into survival experts in a single day. Instead, it provides a solid introduction to some of the most important principles of outdoor safety and self-reliance.

WHO IS THE COURSE FOR?

The course is suitable for **adults and young participants from the age of 10** who are interested in nature and want to become more confident outdoors.

It can be particularly useful for hikers, families, travelers, outdoor enthusiasts and anyone who spends time in mountains, forests or other natural environments.

No previous survival experience or technical knowledge is required.

Participants should, however, be comfortable spending several hours outdoors and walking on natural terrain.

WHAT TO BRING

Participants will receive a detailed equipment list before the course.

In general, you should bring comfortable hiking footwear, outdoor clothing appropriate for the weather, a small backpack, sufficient food and drinking water for the day, and personal hiking equipment.

Some of the materials required for the practical exercises will be provided during the course.

SAFETY & ENVIRONMENTAL RESPONSIBILITY

All activities are carried out with particular attention to **participant safety and respect for the natural environment**.

The exact programme may be modified according to weather conditions, terrain, seasonal restrictions and other safety considerations.

Fire-making and other practical activities are carried out only where conditions and local regulations allow.

THE GOAL

At the end of the day, you should leave with something more valuable than a collection of survival tricks: a better understanding of how to **observe your environment, identify priorities, use available resources and make thoughtful decisions when something unexpected happens outdoors**.

Survival begins with knowledge, preparation and the ability to stay focused when plans change.

Duration: 6–8 hours | Dolomites or Monte Baldo | Adults & children aged 10+

