

# County PL & APL Camp

2<sup>nd</sup> – 4<sup>th</sup> November 2018

Primrose Hill Campsite

## Programme

<b>Friday</b>	19:00	Arrive at site and pitch tents
	21:00	Ice Breaker games. Supper (centrally prepared)
	23:00	Bed
<b>Saturday</b>	7:30	Rise and shine!
	8:45	Breakfast (centrally prepared)
	9:30	Basic knife or multi-tool skills including safety and sharpening Survival first aid treatment How to construct different kinds of shelter Build a fire and basic lighting techniques Burning qualities of different woods
	12:30	Lunch
	13:00	Build shelters, set up fires, collect firewood etc
	16:00	Cook tea – minimum utensils and to include if possible chicken, rabbit or fish.
	18:00	Tea
	19:30	What to do in a survival situation (hygiene, distress signals and how to create them)
	20:30	Free time
	21:15	Supper (on open fire)
	23:00	Bed – Shelter or Tent
<b>Sunday</b>	7:30	Rise and shine!
	7:45	Light fires
	9:00	Breakfast (on open fire)
	10:00	Dismantle shelters and survival areas
	11:00	Make personal survival kit
	12:30	Lunch
	13:30	Strike tents
	14:30	Debrief
	15:00	Home