

Major's
Survival Boot Camp 2022

Itinerary:

Day 1. Arrival 8am

Cars Parked: Backpack hike to base camp 30 mins

1. Orientation- Safety- sign Waivers/Toilets, Wash Area, Camp Rules 30 mins
2. Lesson 1. Tent setup and improvised shelter Discussion/ verbal training 45 mins
3. Wood gathering and natural Fire Starters/ Dugout fire pit area, move grass etc 1 hr
4. Description of why you will need fire, wood prep and wood covering techniques 30mins
5. Food Prep- lunch how to cook on the fire in the wild- User Items 45mins
6. Tents and improvised shelter users complete 1.5hrs
7. Hand to hand Combat training redman suit/ Striking- Blocks- Kicks-Take Downs 4 hrs
8. Washup - improvised shower or wipes- 1hr
9. Site Security Detail- each participant does a patrol through the night. 1 hr intervals Keep Fire Going. Fire is life when outdoors.
10. Sleep Session

Day 2. Wakeup 6am

1. Warm-up exercise 30 Mins
2. Quick chow 30 mins
3. Basic Firearms Training Safety and - Self Defense Training 4hrs
4. Obstacle Course - Let's Go Run-Jump, Crawl and Power through it! 3hrs
5. Shower down, cleanup change clothes- Break- Time 1hr
6. Chow Time- open Fire- Users use items packed to cook over fire 1.5
7. Final Information on Survival Tactics- Instructor led overview 45 mins
8. Hike Out. Back to vehicle area

Session Complete

There will be detailed information given on each subject by the instructors over that section of the training.

Additional Questions: Contact Major Gardner 954.837.6169
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