

Elandsheim RETREAT



Elandsheim Retreat

Elandsheim Survival Camp

Survival Camp

Learn how to survive if stranded in the bush, make fire, collect water, build shelter & cook food in groups to build team skills. This includes a sleep out under the stars.



What do they need?

Group may take along the following:

- ✘ Sleeping bag
- ✘ 500ml water bottle/drinking cup
- ✘ Cutlery
- ✘ Plate
- ✘ Jacket
- ✘ Sun block
- ✘ Hat
- ✘ Walking shoes
- ✘ Socks



Survival Camp Program

- × 7am: breakfast

Daytime Activities

- × Water – 3 ways to collect
- × Fire – 3 ways to create
- × Shelter – different materials
- × Food – what can you eat? Signs to identify edibles?
- × Medicinal uses of plants – toothbrush, sore tooth, head ache, burns, stomach ache etc...
- × Put into practice what you've learnt... Make fire, find water, make shelter, find food. As well as Hike to sleep out in Game Reserve (no dangerous game)

- × Challenges through the day to win food items for your dinner as students only supplied with a pot, oil, onions, tomatoes & potatoes with water

- × Win – Meat
- × Win – Soup & Juice mix
- × Win – Vegetables
- × Win – Marshmallows, Marie's & chocolate

Evening activities

- × Sleep under the stars – astronomy lesson
- × listen to & identify sounds of the bush
- × Campfire skit

Contact Details

If you would like to know more or want to book your next Youth tour please contact us on.

Tel – 072 819 5686

Email - info@elandsheim.co.za

Contact person – Kristie Paine