



## **2019 Alaska Field Course**

**AUGUST 2-9**  
**9am Day1-3pm Day 3**

### **Readiness & Requirements**

#### **Physical Preparedness:**

- A. We recommend consulting your physician before attending.
- B. We recommend a regular cardiovascular and resistance training program at least 3 days per week for 4 weeks before attending. It will make life MUCH easier on you.
- C. Show up hydrated and well nourished.

#### **Travel:**

- A. Anchorage International is the primary airport. We provide free pick up/drop off from Anchorage hotels to the training site. Students may not bring luggage on the course. We will store your day 1 sleeping gear only.
- B. Alaska is a wonderful place. If you want to arrive early and enjoy, we recommend checking out Denali National Park if you want to be sure to see Alaskan wildlife (Moose, Grizzly Bears, etc).
- C. Do not book a return flight for anytime prior to 5pm the final day.

#### **Clothing:**

Your clothing should protect you head to toe from; wind, rain, cold, and brush. We will be bushwhacking so absolutely no ultra-light outer layers. Tough and durable is the name of the game.

A. Base layer: wool and polypropylene (ECWS style from your local Army surplus) are your best options. You need warm layers that dry fast.

B. Socks: Wool or acrylic and thick.

C. Pants: We recommend nylon (not soft/brushed) hiking pants or “tactical” pants.

D. Shirt: We like the long sleeve “safari shirts” by Columbia Gear and Under Armour.

E. Beanie: You’ll want a thick beanie for cold evenings.

F. Boots: WATERPROOF.

G. Shell: Waterproof, breathable, and tough. Built for rain not snow.

H. Gloves: waterproof is fine but we like thick leather gloves as well. There are waterproof leather gloves available at stores like REI and Cabellas.

## **Gear**

A. We provide the knife.

B. An unlined food grade stainless steel water bottle for boiling in.

C. A small backpack. 25-45 liters will be just fine.

D. A headlamp, waterproof

E. Have sleeping gear and personal toiletries for the first night in camp. After the intro night we are 100% off the land.

There is no course like this available today. We are the nation's only year round/all-weather field school, and only Alaska field course.

This is not "survival camp". It is extremely challenging and some students WILL quit. Expect to suffer. Challenge yourself in a real and fundamental way. Train to survive.

## Course Goals

The purpose of these courses is to train the student to be able to survive a wide array of outdoor emergencies, and allow them to test their skills while being fully immersed in a rugged/austere outdoor environment. There will be suffering, it will challenge every bit of you both physically and mentally, but suffering is not the point of the course- it is a feature. Some students will quit, but it is what is going on inside their brain- not their body- that causes them to do so. Training will be diverse and intensive. Successful students will walk away with a greater sense of outdoor & emergency competence, and awareness of human perseverance. This kind of training is not for everyone.

## Course Curriculum

Students will receive one day of introductory training at a wilderness base camp, and then spend the remaining nights in the Alaskan forest.

There will be no outside food or water, only what the land provides. No blankets or man made shelter materials are brought- students will sleep by a reflective fire made with sticks for warmth and live off of the land.

Once in the field students will reside in primitive shelters or under the stars for the duration of the course. Travel will be anywhere from 7 miles a day to none while we train at camp.

There may be an isolation phase.

Cover the survival essentials; gathering wild foods, water purification, fire making, emergency shelter production, medicine/first-aid needs, and emergency signaling- all in the field.

Attempt to catch and process fish.

As these courses are intended to develop outdoor competence, students will train in wilderness first aid.

Basic map & compass training.

The rest of the course curriculum will be discovered out on the ground.  
Learn to be ready for the unexpected.

The final course day is recovery day.

[www.californiasurvivaltraining.com](http://www.californiasurvivaltraining.com)

Thank you for choosing us, and welcome to the adventure of a lifetime!