

Time	Lesson	Location
08:00 08:15 08:30 08:45	Preparation for opening brief	Pilgrim Fitness
09:00 09:15 09:30 09:45	Opening brief, Things we would take with us, Simple things we would look for, Bergun packing, Issue Rations, Kit check.	Pilgrim Fitness
10:00 10:15 10:30 10:45 11:00	Beach Walk	Beach



Pilgrim Fitness
 START YOUR JOURNEY

11:15		
11:30	Beach foraging (depending on tides), Possible wet and dry routine?	Beach
11:45		
12:00		
12:15	Lunch, intro to ration packs, if you don't like what we catch. But don't worry you won't be living of worms all weekend, its about living comfortable with what nature provides and it provides more than worms.	Beach?
12:30		
12:45		
13:00		
13:00	Move to area, Intro to shelter building, home for the night	Area
13:15		
13:30		
13:45		
14:00		
14:15	Water Collecting	Area
14:30		
14:45	Fire Lighting	Area
15:00		
15:15	Traps and snares	Area
15:30		
15:45	Skinning and gutting	Area
16:00		
16:15		
16:30	Practical shelter building, Fire Lighting (in pairs)	Area
16:45		
17:00		
17:15		



Pilgrim Fitness
 START YOUR JOURNEY

17:15		
17:30	Evening meal	Area
17:45		
18:00		
18:15		
18:30	Finish shelters	Area
18:45		
19:00		
19:15		
19:30	Talk about whats in that local area and how you can use them.	Area
19:45		
20:00		
20:15	Pilgrim Fitness START YOUR JOURNEY	
20:30	Questions and answers (well hopefully the answers)	Area
20:45		
21:00		
06:00		
06:15		
06:30	Reveille, Breakfast	Area
06:45		
07:00		

07:15

07:15

07:30		
07:45		
08:00	Walk Back to Pilgrim HQ	Foot Move
08:15		
08:30		

08:45

09:00		
09:15		
09:30		
09:45	Shower / Sauna	Pilgrim HQ
10:00	Pilgrim Fitness <i>START YOUR JOURNEY</i>	
10:15		
10:30		

10:45

11:00		
11:15		
11:30		
11:45	Q&A Tea Coffee	Pilgrim HQ
12:00		
12:15		
12:30		
12:45		