

# Feel Safe in the Wild



*'A great learning adventure, starting with proper mindset, importance of the will to survive in the wilderness and what happens to your mind, body and spirit ..'*

**A Get Lost in the Wild Program with Sälens Vandrarhem at Gråsheden in Dalarna**

**2012**



**Stage One Foundation knowledge and skills - 3 days**  
 Course overview, mindset of survival, foundation skills and tools -

including navigation, plants for survival, basic fire making, cooking the stone age way, learning how to make knots, staying warm and building shelters ..  
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**Stage Two Intermediate level skills - 3 days**  
 Making snares and traps, different shelters, more tricks to stay warm,

building different kinds of fires and learning how to manufacture things without the use of modern tools..

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**Stage Three Advanced level - Reality Training - 6 days**  
 Applying the first two stages of the program -

Participants are dropped off into a remote location with an experienced wilderness guide to experience and survive a realistic lost/survival situation ..  
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## Learn from people who have spent long periods in the wild and are trained properly

Stefan Forsman, lead guide with Get Lost in the Wild, has spent a lifetime surviving for weeks at a time in the wilderness, also in the middle of winter. He trained as a commando for arctic conditions with the Swedish military and has a great deal of knowledge to share with people who would like to feel more confident when exploring in the wild. A student on a course with Stefan in 2011 explains a little about his experience and what he learnt ...

*Again, our highly experienced wilderness guide from Dalarna led a training weekend in the forest. About 30 of us underwent further learning about wilderness living and also enjoyed*



**Experience is the greatest form of education. Online information about wilderness skills can take you only so far. A good education in survival is hands on and engaging people in the real thing.**

*a weekend in beautiful natural environment with good friends.*

*After breakfast together on Saturday, our party, which consisted of both men and women, and some dogs, set off into the northern wilderness of Dalarna. First, we learned some more about navigation, both with and without a compass. Then the instructor went on to teach more about the different ways to set up camp and make a fire, which later was put into practice by the participants.*

*Together we walked through the forest, crossing swamps and deep creeks, and finally we found a place to camp. Throughout the trek we also learned other things, including how best to adapt our clothing and equipment for different conditions and purposes. Arriving at a small lake, we put into practice again how to set up a camp and arrange our beds for the night.*

*Late into the evening, participants sat by a crackling fire and learned even more about how to not only survive in the wilderness, but also - with the right skills and equipment - how to really have an enjoyable experience.*

*On Sunday morning, in the preparation for breakfast, participants learnt more about cooking with the help of what nature has to offer. We broke camp at noon and walked home, making several stops along the way to continue our education.*

*Once back in civilization, we ate dinner together and it was clear that everyone really appreciated the weekend course with all the new things we had learned.*

*/ Patrik - september, 2011*



**Stage one - Psychology of Survival**



**Introduction to survival and key, foundation skills**

Foundation program - 3 days

- Feel safe in the wild program overview.
- The mindset & psychology of survival.
- Learning about the effects of sleep and food deprivation.
- Navigation.
- Plants for survival.
- Basic fire making
- Cooking food the stone age way.
- Shelters and how to stay warm.
- Knot making skills.

Thursday, March 29 - Sunday, April 1  
or Thursday, May 3 - Sunday, May 6

Plats: Sä lens Vandrarhem, Gråsheden

Price: 4500 kr minimum age 15

Package includes: 3 nights at Sä lens Vandrarhem, all meals and equipment provided.

**Stage two - Making Useful Objects from Nature**



**More knowledge & practice**

Intermediate program- 3 days

- More on shelter construction.
- Ongoing navigation methods.
- Variations in fire making techniques and different kinds of fires.
- Finding food, including protein and fats for survival.
- Constructing different kinds of animal and bird traps and snares.
- Instruction to prepare caught animals and birds for food and other by products.
- Making and building things for survival, without the use of modern tools and using found or naturally occurring materials.

Thursday, May 24 - Sunday, May 27

Plats: Sä lens Vandrarhem, Gråsheden

Price: 4500 kr minimum age 15

Package includes: 3 nights at Sä lens Vandrarhem, all meals and equipment provided.

**Stage three - Realistic Survival Experience**



**Putting learnt survival skills and knowledge to the test**

Advanced program - 7 days

- Arrival Sunday at Sä lens Vandrarhem, dinner and sleep.
- Monday, participants are driven to a distant and remote location with an experienced Get Lost in the Wild guide and begin a survival journey for the next 6 days.
- Participants must be prepared for anything to happen in their survival quest and goal to return to Sä lens Vandrarhem by the following Saturday for some home cooked food and bed.
- Debrief & reflection Sunday.

Sunday, July 1 - Sunday, July 8

Plats: Sä lens Vandrarhem, Gråsheden

Price: 8500 kr minimum age 15

Package includes: 2 nights at Sä lens Vandrarhem plus all meals/food supplies.

\*It is mandatory to have attended the first two programs to participate in this final stage of the survival program.