

# CAST AWAY ADVENTURE

Get marooned on an uninhabited Scottish island and learn what it takes to survive



1st–3rd September

## ITINERARY

### Day 1 · Take to the water

Meet your host at Largs Marina and hop aboard their 43-foot yacht. After a quick safety briefing, set sail up the Kyles of Bute to a wild and remote island – your base for the next few days. On the journey, you'll learn sailing skills and work on your knot game, as well as enjoy some of the best coastal scenery in Scotland. There's also a good chance of spotting charismatic marine mammals. Hop ashore on your island and spend the rest of the day exploring, building a camp on the shoreline and learning essential survival skills.

### Day 2 · Coastal survival training

After a seaside breakfast, get stuck into your survival training alongside your expert guide. Channel your inner Bear Grylls as you learn a range of essential skills, like foraging, building fires, finding fresh water, creating a shelter, fishing, setting traps and cooking over an open fire. Put your new found skills to the test as you search for dinner ingredients, prepare them over the campfire and end the day swapping stories and gazing up at the stars.

### Day 3 · Take the fast way home

Wake to the sound of lapping waves and take a moment to appreciate the sea air and awesome coastal views. Enjoy a last seaside breakfast, break camp and then simulate a real-life survival situation by building a signal fire and keeping watch for rescue. Help comes in the form of a high-speed rib boat, which will whisk you back to Largs Marina where you'll say goodbye to your guides and fellow travellers before heading back home..

## INCLUDED

- Experienced local guide
- Munch on tasty food throughout, with all your meals included
- 2 nights wild camping

## NOT INCLUDED

- Travel to and from the start point
- Travel insurance
- Some equipment



## COSTS

£150 Registration cost  
£1350 Fundraising target

## WHAT'S THE ACCOMMODATION LIKE?

You'll wild camp on the beach of a remote Scottish island. Waking up to the fresh sea breeze and the sound of the lapping waves is a memorable experience. Tarpaulin shelters will be built on day 1 as part of the survival course and there will also be a compost toilet in keeping with leaving no trace principles designed to keep this special place wild and clean. There is the option of sleeping in a hammock for those who prefer one.

## KITLIST: WHAT TO BRING

- Waterproof jacket and trousers
- Layered outdoor clothing
- Warm hat and gloves
- Sleeping bag
- Waterproof bivvy bag
- Sleeping mat
- Camping cutlery
- Camping plate, bowl and cup
- Water bottle
- Headtorch with spare batteries
- Camera
- Compass
- Whistle
- Personal washkit
- Tea or coffee and whitener
- Small first aid kit
- 24-hour emergency rations
- Notebook and pen

## WHAT'S THE FOOD LIKE?

Food consists of high energy items such as crackers, pate, nutty bars. Freshly foraged items such as mussels, fish, etc are also included if you are fortunate enough to catch anything! All dietary requirements including vegetarian and vegan can be accommodated: just let your host know.



## GETTING THERE

STARTS                      ENDS

10:00 on Day 1    14:00 on Day 3

Your host will meet you at Largs Marina on day 1 and drop you here on day 3. There are regular trains to Largs from stations across the UK, or if you prefer your host can pick you up from Largs Train Station at 09:30 upon request. If you're driving, the postcode is KA30 8EZ. There is space to park at the Marina.

