

Ice and Fire Woodland Living Stav Camp

22nd to 25th May 2009

with Alex Fell-Bowers and Graham Butcher



Spend three days in the wild (well, as wild as it gets in Kent!) and discover how to live without the supports of modern society.

The course will cover:

- Understanding the survival bind rune
- Use of axe, sax and knife.
- Fire making
- Shelter building
- Tree and plant recognition
- Finding food and water
- Outdoor cooking
- First aid

There will also be daily practice of the Stav stances and the relationship between the runes and their plant and animal associations will be explored.

The venue is 26 acres of reclaimed woodland, part of which has been planted out according to the principles of permaculture. The rest is naturally restoring itself into a birch wood.

Alex and Graham both have many years experience of working with Stav as well as spending protracted periods living in the wild. All meals are included and you will need to bring:

- Warm and waterproof clothing and appropriate footwear
- Bedding and tent or shelter
- Wash kit and personal eating equipment, eg. Unbreakable mug, bowl and kfs.
- Knife and matches or lighter
- notebook and pen/pencil

Upon booking you will receive:

- Joining instructions
- Fifty two page manual of Survival skills and outdoor living techniques written and illustrated by Alex Fell-Bowers. This should be studied prior to attending the course. (If you have already purchased this manual then we will give you a £5 deduction from the cost of the course.

Upon arriving at the course you will receive:

- Kit of basic equipment which you will need for the practical sessions included in the course and which will be yours to keep for your own practice and use after the course.

Cost £90 (I&F members £75) please make cheques payable to Ice and Fire Ltd. And send to 31B Manor Road, Barnet, EN5 2LA
To book either use form below or you may download pdf leaflet or book online at our website at www.iceandfire.org.uk

Name	
Address 1	
Address 2	
Telephone No.	
Email address	
Amount	