



# BACKCOUNTRY SURVIVAL

## JOINING INSTRUCTIONS CONFIRMATION

**Timings** - Start at 0930

Finish at 1700 (Weather dependent)

**Instructors** - Andy Lewis

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### Check List to go with Kit List:

- Please bring your completed Disclosure of Risk form.
- Where possible make sure you have everything on our kit list. If there are certain items you are not sure about or are more specialist then please contact us as we can lend/hire out certain items.
- Bring enough food for the duration of the course.
- If you have any personal survival equipment e.g. knife, saw, tarp etc. you are welcome to bring it along. All other equipment, First Aid and safety equipment will be provided by your instructor.
- We kindly ask that all participants take a Lateral Flow Test within 24 hours prior to attending the course. If positive, please let us know and do not attend the course. This is to protect instructors and other participants.



# BACKCOUNTRY SURVIVAL

**Location** - Alvie Estate, Kincaig, Kingussie, PH21 1NE

**Meeting Point** - BCS Bothy, Alvie Estate

For Satnav's the post code for Alvie Estate is PH21 1NE.

What 3 Words: articulated.eagles.revolting

## **DIRECTIONS TO ALVIE ESTATE**

**From the South** - Turn off the A9 Perth to Inverness trunk road north of Kingussie and continue north on the B9152 for about 7 miles towards Aviemore. After going through Kincaig you will see a signpost on the right for 'Alvie' & 'Alvie Stables', turn left here, go through the tunnel under the main A9 road and onto the Estate.

**From the North** - Turn off the A9 Inverness to Perth trunk road south of Aviemore at the junction signposted to Kincaig. Continue south onto the B9152 towards Kincaig. You will pass Loch Alvie on your right, followed by Dalraddy Holiday Park about a mile further on your left hand side. Continue along the straight road passing Alvie Quarry (GF Job). You will see an orange mirror on a tree on the left and 'Gate Lodge' on your right; continue on for a further few hundred yards, you will see a signpost on the left for 'Alvie' & 'Alvie Stables', turn right here, go through the tunnel under the main A9 road and onto the Estate. There are then sign posts within the estate that include a sign for Backcountry Survival.

## **PUBLIC TRANSPORT**

Nearest Train Station – Aviemore

Nearest Airport – Inverness