Presented by

SA OUTDOOR ACADEMY

NQF Accredited Training Provider Reg no: 613/P/00432/2022

in association with experienced mountaineers and adventure guides

TAKE YOUR SURVIVAL SKILLS INTO THE WILD

WILDERNESS RESPONSE FIRST AID

ADD ON COURSES





Florida & Magaliesberg - November 2026

R4,025 incl. VAT - LIMITED SPACES

4-DAY WILDERNESS TRAINING FOR WHEN HELP IS FAR AWAY






WHO IS THIS COURSE FOR?

Designed for:
- Guides & aspiring guides
- Mountain users
- Outdoor & adventure enthusiasts
- Anyone who regularly spends time in wilderness environments

The course is particularly suited to guides requiring a recognised First Aid qualification who want the added benefit of specialised wilderness survival and emergency-response knowledge.

DATES & LOCATIONS

11 & 12 NOVEMBER 2026
19:00–21:00
SA Outdoor Academy
Florida
Johannesburg

14 & 15 NOVEMBER 2026
08:00–17:00
Bergheim
Magaliesberg

COURSE FEE

R3,500 EXCL. VAT	R4,025 INCL. VAT

Discounted rates available for SAOA alumni & MCSA members.

ACCOMMODATION

Camping at Bergheim: R80/night
Fully equipped chalet: R350/night
Accommodation is for your own account.

IMPORTANT PREREQUISITE
A CURRENT FIRST AID CERTIFICATE IS REQUIRED.
This is NOT a First Aid course.
The Wilderness Survival Course is designed to supplement an existing First Aid qualification by teaching you how to apply those skills in a wilderness and adventure environment.

WHAT WILL YOU LEARN?

WILDERNESS EMERGENCIES

- Snake, spider & animal bites
- Insect & scorpion stings
- Malaria & infection control
- Lightning incidents
- Altitude-related events
- Drowning & water rescue
- Burns
- Fracture immobilisation
- Heat-related emergencies
- Frostbite & cold-related incidents
- And more

PRACTICAL WILDERNESS SKILLS

- Wilderness trip preparation
- First-aid kit preparation
- Incident management
- Situational awareness & prevention
- Emergency shelters
- Patient packaging & transport
- Space blanket use
- Long-term patient monitoring & care — up to 3 days
- Helicopter awareness
- Factors affecting outdoor first-aid incidents

PREVENT. RECOGNISE. RESPOND.

For every subject, you'll learn:

PREVENT	RECOGNISE	RESPOND
How can the incident be prevented?	What should you lookout for? What are the dangers?	What action should you take to provide the appropriate response?

The goal: practical knowledge that can make a critical difference when you're far from immediate help.

4 DAYS | THEORY + PRACTICAL

The course combines:

- Lecture-style teaching
- Interactive discussions
- Indoor & outdoor practicals
- Field-based activities

Multiple focused sessions keep the training practical, varied and engaging. Presented by experienced mountaineers and adventure guides. Combined 40 years of training and active rescue experience.

WHAT TO BRING

- Copy of your ID
- Copy of your current First Aid qualification
- Paper & pen
- Good walking shoes & outdoor kit
- Your own skeleton
- Your own transport
- Your own meals
- Wetsuits provided if required for the water component.

For bookings: +27 67 335 5316 | admin@saoutdooracademy.co.za