DESERT ISLAND SURVIVAL EXPERIENCES

THE ADVENTURE OF A LIFETIME

EMERSE YOURSELF IN NATURE

DESERT ISLAND SURVIVAL
1 Tropical Paradise

10 Castaways

2 Survival Instructors

5 Days of training

3 Days raw SURVIVAL

2 Boutique hotels

1 Adventure of a life time
WHAT TO EXPECT

• **Learn** survival bushcraft skills; Make fire, find water, forage food and build shelter. We have top survival experts to train you.

• **Develop** the mindset that helps in surviving island isolation. You will learn so much about yourself.

• **Reconnect** with nature and your primitive self. Sleep under the stars, appreciate wildlife on a new level.

• **Disconnect** from the digital world. Take true time out, with no alternative but to live in the moment.

• **Appreciate** luxury! Our trips begin in stunning boutique hotels. We can't describe how incredible crisp sheets and a hot shower feel after the island.
What an experience from start to finish! This is an absolute must for anybody with an interest in travel, exploration, and wildlife.

Nik - Manchester
WHAT SKILLS YOU WILL LEARN

- Shelter: building techniques.
- Fire making: Bow drill, hand drill, bamboo saw as well as fire steel.
- How to make cord from natural fibres.
- Coconuts: opening and uses.
- Primitive spearfishing
- Identification of flora and fauna for food, fire and other utilities.
- Fishing techniques: Making and using traps.
- Water collection, disinfection, Solar stills and transpiration.
- Traditional cooking methods: Bamboo pot, leaf wraps, clay bakes and smoking racks.
- Traps and hunting.
- Jungle navigation.
- Palm weeving
- Knife care
- Rescue: Techniques for gaining attention.
- And much much more..
“If you want time to disconnect from the world, look back at what is important in your life and experience nature in its raw form – this is the trip of a lifetime.

Connie - Santiago
IS THIS TRIP FOR YOU?

FOR SURE! IF YOU...

- Are looking for an experience that is totally different
- Enjoy leaping out of your comfort zone to feel alive
- Thrive on adventure
- Love extreme camping
- Have a positive attitude even when the going gets tough
- Loathe typical package holidays

NOT IF YOU...

- Can't do without hair dryers and warm showers
- Must have the Internet
- Aren't willing to battle some bugs and bites
- Can't handle the twists and turns of a survival adventure
- Prefer not to leave your comfort zone.
OUR DESTINATIONS
The Pearl Islands archipelago is a scattering of nearly 250 islands, characterised by perfect white sand bays and beaches fringed with coconut trees and dense jungle. These islands are the usual selection for TV series like Bear Grylls "The island". Though visibility here is not as crystal as our other islands, year round you can spot stingrays, reef sharks, eagle rays and turtles in the water.

ACCOMODATION

Before and after your castaway experience you will stay in the best hotel on the nearby island of Contadora. The hotel's own beautiful private beach (below) is where our speedboat pulls up. It's also a great spot for some beach games and sundowners! Contadora itself has some interesting bays to explore including a beach shipwreck and an eerie, abandoned hotel, almost reclaimed by the jungle.

DEsert ISLAND SURVIVAL
GETTING THERE

You will need to fly to Panama City (PTY) there are direct flights from more than 20 cities in the US, and 5 in Europe. Cheap flights come in around US$500/£600/€600. From Panama City you will need to arrange your transfers to Contadora island. There is a boat leaving daily at 7.30am and costs around US$40 each way. Or, you can book a private charter flight for around US$150-200 each way (based on 7 passengers). It's a pretty luxurious way to start or end the trip! We will of course help with these logistics.

Upon arrival in Contadora we meet you for transfer to the hotel.

PANAMA: WHAT WE LOVE

- Primary tropical rainforest right down to the beach
- Huge expansive beaches
- Phosphorescent plankton lighting up the ocean
- Turtles nesting (we have even seen some hatching!)
- So many bushcraft options
- Excellent fishing
- Diverse birdlife
The island is known as the jewel of Busuanga bay and boasts outstanding natural beauty. There is an expansive 1.2km white sand beach fringed by rich crystal clear waters, and a lush tropical interior of palm and even an array of fruit trees. Palawan is a jaw droopingly beautiful island chain. It is also littered with extraordinary dive sites. If scuba is your bag, it's well worth staying a few extra days.

ACCOMODATION

Before the expedition we stay in a boutique hotel in the bustling island capital Coron, where Tuk Tuks rattle up dusty roads and stilted houses jostle for space over the mangroves.

We can’t tell you how luxurious their bed linen feels after 8 nights on the island! Oh, and a cocktail perched over the edge of the infinity pool is pretty welcome too.
You will need to fly to Manila (MNL) which is really well serviced with direct flights from the US, UK and some parts of Europe. Flights booked around 3 months in advance cost around US$1000/£450/€500, though better deals can be found. The Philippines is our most economical destination in flights from the UK.

From Manila it is just a 45min flight to the island of Coron (Busuanga airport). You’ll need to reserve your flights at least 1 month before the trip. This domestic flight costs US$180/£140. There are 6+ flights per day including all airlines.

Upon arrival at Busuanga airport we will transfer you to the hotel and your adventure begins!
Tonga is a land of unspoilt beauty. Pristine coral reefs fringe perfect white talc beaches, lapped by more shades of blue than we knew existed. This place needs no filter, it is the postcard desert island of dreams. As a country, Tonga has resisted the cruise ships and large scale resorts and opted to keep its soul intact. It's unpolished, gritty and unfailingly authentic. Pigs and chickens have right of way and life ticks along at its own informal pace, this is it’s true charm.

ACCOMODATION

Once on Ha'apai, a short boat ride will deliver you to the remote island of Uoleva. Nestled amongst the coconut palms is Fanifo Lofa lodge, a kitesurfing paradise. You might decide to squeeze in a lesson.

The ensuite rooms are housed in traditional Fales. Built with a focus on sustainability; made with natural timbers and their own solar panels. Each one opening right onto the beach.
TONGA: WHAT WE LOVE

- SWIMMING WITH THE HUMPBACK WHALES!
- World class snorkelling
- Kava ceremonies
- Incredible levels of isolation
- Giant coconut crabs
- Staggering stars all the way to the horizon
- Serious game fishing - GT's!
- Phosphorescent plankton
- A truly pristine island
- Wild pigs

GETTING THERE

Hold the phone, where even is Tonga? If you want to see the most unspoilt natural beauty on the planet, then you have to go a bit further... There are only direct flights from Sydney, Auckland and Nadi (in Fiji), so you'll need to go via one of those sexy destinations first. You'll arrive in Tonga's Fua'amotu International Airport (TBU), near the capital (Nuku'alofa).

A domestic flight will bring you to Ha'apai (flights are 3x daily except Sundays). Costing around US$100 each way. Once landed, we collect you for the boat transfer to Uoleva island.
Still can’t decide? We prepared a handy comparison to help you choose.

<table>
<thead>
<tr>
<th>Choose me if you...</th>
<th>Tonga</th>
<th>Philippines</th>
<th>Panama</th>
</tr>
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<tbody>
<tr>
<td>Want to swim with humpback whales</td>
<td></td>
<td>Plan to tag-on the best beaches and snorkelling in the world</td>
<td>Are pressed for time, or cash</td>
</tr>
<tr>
<td><strong>Wildlife</strong></td>
<td>🌴🌴</td>
<td>🌴🌴</td>
<td>🌴🌴</td>
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<td><strong>True Deserted Feel</strong></td>
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<td><strong>Foraging</strong></td>
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<td><strong>Natural Beauty</strong></td>
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<td><strong>Fishing</strong></td>
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<tr>
<td><strong>Coral Cover</strong></td>
<td>🌴</td>
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<tr>
<td><strong>Surrounding Sights</strong></td>
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DATES & PRICES

TONGA
US$3,200

PHILIPPINES
US$2,650

PANAMA
US$2,450

DATES 2020
21 - 31 July
4 Jul - 14 Aug

DATES 2021
21 - 31 July
4 Jul - 14 Aug

DATES 2020
15 - 25 April

DATES 2021
1 - 11 March

Dates 2021
4 - 14 March
21 - 31 March
3 - 13 April

Please contact us to confirm availability.
## WHAT'S INCLUDED?

<table>
<thead>
<tr>
<th>INCLUDED</th>
<th>NOT INCLUDED</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 uninhabited private island</td>
<td>International and domestic flights / domestic ferry</td>
</tr>
<tr>
<td>5 days Survival training by world-class bushcraft guide</td>
<td>Airport transfers</td>
</tr>
<tr>
<td>3 days raw survival</td>
<td>Personal travel insurance</td>
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<tr>
<td>2 nights boutique hotel (2 x sharing, private rooms available)</td>
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</tr>
<tr>
<td>All equipment on the island</td>
<td></td>
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<tr>
<td>Food and drink throughout, including welcome dinner, island meals and</td>
<td></td>
</tr>
<tr>
<td>rescue celebration dinner</td>
<td></td>
</tr>
<tr>
<td>All speedboat transfers</td>
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DAILY ITINERARY: EXPEDITION OVERVIEW

YOU SHOULD KNOW - We only run our expeditions in the dry season.

This means, comfortable temperatures, next to no rain and very few insects. Surviving is tough enough without all of these external factors. We want you to be thrive out there.
DAY 1: HOTEL BASE

Transfer from the mainland. You will be collected and delivered to your boutique hotel.

Depending on your island destination spend the day exploring, seeing the sights, or relaxing by the beach/pool and playing beach volleyball.

That evening we have a meet and great with your new island buddies then you will be allocated kit before paying close attention to the expedition Safety Briefing. We enjoy dinner as a group and try to get an early night. Tomorrow is a big day!
DAY 2: DESERT ISLAND: SHELTER

After a hearty breakfast at the hotel, we jump on our speedboats to your new island home.

Upon arrival we take in our new hope. Hiking along the beach to explore and choose the location for our camp.

Next you will select a couple of likely looking palm trees, where you'll string your expedition hammock. Then we get to work on building our shelter. This will be our home, where bonds are forged, fire is made, food is cooked and hearts are opened.

There'll be just enough time for a sunset swim, before we eat. Belly filled, we'll be passing around a bottle of rum before heading to your hammock. You’ll make it about 2 pages into your kindle before drifting off to the sound of rustling palms and lapping waves.
Typically, everyone on the island quickly reconnects with their circadian rhythm and rises a little after sunrise. After a relaxed breakfast we spend the morning learning the most quintessential primitive skill, how to make fire by friction.

After the simplest method of fire by flint, you will graduate to whittling your own bow drill set before we teach you hand drill and the bamboo fire saw.

We will spend the afternoon catching our supper, fishing straight off the beach. Then we gather around the fire to feast on Thai fish curry made in a bamboo cooking pot with fresh coconut milk.
Today is all about how you are going to eat. We will look at all the different techniques one can use to find food on a desert island; including what fruits and plants are safe to eat, how to get into a coconut and where to find shellfish.

The ocean is our larder and primary source of nutrition. You’ll work together to make a primitive hand-line, catch, prepare and cook fish. Although you won’t be blessed with a speargun during the survival phase, you can also try your hand at spearing dinner for the team.

That night we show you the primitive cooking techniques you'll use in Survival Phase. We finish the day we will open some green coconuts, harvested from palms on the island, and have fresh piña-coladas. Preparing you nicely for an evening of tribal-fancy-dress and beach games.
DAY 5:
DESERT ISLAND: WATER

Water water everywhere not a drop to drink. We will show you a couple of techniques to turn salt water into fresh water. How to draw water out of plants through transpiration. Identify water vines and get into the humble yet well armoured coconut.

We spend the afternoon spearfishing, line fishing learning to weaving coconut palm hats.

Tonight we prepare, cook and eat as a tribe. After which, a bottle of rum and some roasted marshmallows see us off to bed.
DAY 6:
DESERT ISLAND: EXPEDITION

On the final day of training, we undertake an expedition. Depending on the island this could be trekking through jungle, around rocky headlands and through mangrove swamp, or swimming to a nearby island to investigate the foraging opportunities it offers.

Mangos, nuts, coconuts, wild edibles, succulents, crustaceans and shell fish are all welcome finds.

That evening we’ll talk about the psychology of survival and you’ll get yourself mentally prepared for the real test to begin.

With each day and each new skill you will grow in confidence for surviving your final 3 days.
Young or old, male or female, if you want to challenge yourself and just get away from the hustle and bustle of life, then this is for you. Couldn't recommend enough.

Johdi - London
DAY 2 - 6: DOWN TIME

TRAINING PHASE

From 12-2 each day, life on the island slows right down. Disconnected from wifi and phone, you will find yourself thinking about the outside world less and less. Don’t worry about not getting space for yourself. This period of the day is free time; for a siesta in your hammock, reading a book, throwing a frisbee or playing games. Or even finishing off a palm weave or clay pot!
This is it, the fire is out, the instructors are gone; it's just you and your fellow castaways, alone in this picturesque, tropical wilderness. You are left with limited equipment and have to work together. Now is time to put into practice your new found skills and apply your ingenuity to survive. What is your greatest priority? Do you build your shelter first, or start a fire? During the first day the reality of survival sinks in, new highs and lows are encountered. During these days; hunger, thirst, and discomfort are offset by the euphoria of success starting a fire or finding food. Will you survive, or thrive?

For safety purposes all castaways are provided with essential equipment during Survival Phase:

- Machete & hand knife
- Basic fishing equipment
- Daily ration of water
- Satellite phone
- Medi-kit

And instructors remain on the island in case of emergency.
DAY 10: RESCUE & CELEBRATION

Nothing will ever look quite so good as our rescue boats arriving at 9am, laden with ice cold drinks and fruit, to carry you back to civilisation.

You and your fellow castaways will enjoy one of the best showers of your life, before tucking into a huge champagne breakfast. Castaways spend the afternoon reconnecting with loved ones, putting off looking at their emails for just a little longer and probably more showers.

That night we head out for a super charged survival party, be it a Tongan beach hog roast, a Panamanian pizza extravaganza or a 5 course Filipino feast.

Tomorrow you can begin your journey back home. tonight we celebrate.
This is one of the most unique experiences you will ever have in your entire life. There is just nothing that compares.

Els - Sydney
Hi! I'm Tom, the founder of Desert Island Survival. I curate and refine our adventures going into every last detail, to bring you an experience that will blow your socks off! Our trips are designed to be life changing. An adventure that you will be talking about for the rest of your days.

Our formula is actually pretty simple. We find the best deserted islands in the world and combine them with the most talented, thoughtful and charming bushcraft instructors. We teach you at a fun and relaxed pace. You will learn a whole variety of incredible bushcraft skills, whilst having serious fun along the way. Many of our castaways go on to say it was the best experience of their life.

Don't just take our word for it:

READ SOME REVIEWS
Take the first step toward the sand between your toes

BOOK A CHAT

RESERVE MY SPOT

CHECK AVAILABILITY

info@desertislandsurvival.com