



Participant Information

Items listed in **Green** are **mandatory**. Optional items, listed in Black with a check box, will increase your effectiveness and improve your experience.

What to Bring:

Food:

Meals will be provided and prepared by you, the participant. Please bring food that can be prepared over a fire or without heat and keep in mind that **meal prep times will be limited to less than 1 hour**.

Friday: Uncooked evening meal

Saturday: Breakfast, lunch, dinner

Sunday: Breakfast, uncooked snack for lunch

- | | |
|---|---|
| <input type="checkbox"/> Food | <input type="checkbox"/> Pot, kettle safe to use over open fire |
| <input type="checkbox"/> Mess kit(s) w/fork & spoon | |
| <input type="checkbox"/> Water canteen/bottle(s) | |

Canned foods, freeze dried foods which require “just add water” are recommended.

Clothing:

The clothing that you bring should be light weight and if possible, quick-drying. Long pants and sleeves are necessary to protect from sun and insects. Avoid shorts, tank tops, sandals, swim suits, etc.

- | | |
|--|--|
| <input type="checkbox"/> Sturdy Shoes (Toes Covered) | <input type="checkbox"/> Head scarf |
| <input type="checkbox"/> Long sleeve shirts | <input type="checkbox"/> Hoodie/jacket |
| <input type="checkbox"/> Long pants | <input type="checkbox"/> Mosquito head net |
| <input type="checkbox"/> Long socks | <input type="checkbox"/> Shade hat |

No pajamas

Shelter:

- Tent - (Accommodate all members of your party. May be multiple tents)
- Sleeping bag(s)
- Bed roll(s)

Hygiene:

- | | |
|--|---|
| <input type="checkbox"/> Wash cloth(s) | <input type="checkbox"/> Sun screen |
| <input type="checkbox"/> Soap (Castile soap or other earth-safe personal cleanser) | <input type="checkbox"/> Feminine hygiene products & odor protected disposal bags |
| <input type="checkbox"/> Insect repellent | <input type="checkbox"/> Tooth brush(es) & paste |
| <input type="checkbox"/> Insect bite relief (Witch hazel, aloe or other natural product) | |



Equipment:

Items listed in **Green** are mandatory. Optional items will increase your effectiveness or improve your experience.

- Compass
- Whistle
- Work gloves
- Medicines
- Extra glasses/contacts
- Flash lights/head lamps
- Batteries
- Rain gear/poncho
- Knife (army knife, utility knife, or other protected blade)
- Machete
- First Aid Kit

LOGISTICS

Nearby Airports: Transportation to and from nearby airports must be by car/truck/van. There is no airport shuttle, Uber, Lyft, etc. that will bring you to the Surthrival location. If you will need a ride-share, or can offer one, please see below.

Atlanta, GA	279.3 Miles (4 hours)	ATL
Birmingham, AL	133 miles (2 hours)	BHM
Jackson, MS	106.4 Miles (1.5 hours)	JAN
New Orleans, LA	218.1 Miles (3.25 hours)	MSY
Meridian, MS	24.3 Miles (26 minutes)	MEI

Ride Shares:

Information about ride-sharing will be shared via email August 5-10th. This information will be gathered during the registration process and communications will be offered for those offering rides and those in need. For those in need of a ride, please make an offer toward gas and or vehicle rental fees for the person who offers you transportation. Mutual support for mutual benefit.

Store Runs:

Participants are strongly encouraged to bring all necessary items with them. If you are traveling by air and unable to bring food and other equipment, please stop at one of the locations listed below on your way to Siyanda Land. Once participants arrive at the location, there will be **NO ACCESS TO STORES.**

Communications:

Participants will be provided with 2 phone numbers to provide to their families and friends in case of emergency. Once the Surthrival training begins, participants will not have access to their phones or vehicles. If you have specific communications concerns regarding the weekend, please speak with an organizer to manage the issue prior to your arrival.