

6-8th March 2023



Exercise Deep Heat

Frequently Asked Questions

What do you need to enter Ex Deep Heat?

1. Kit
 - a. Warm casual sports wear
 - b. Training shoes or walking boots
 - c. Waterproofs
 - d. Gloves
2. A sense of humour and willingness to learn

Is food provided?

A light lunch is provided, as well as an evening meal. All dietary requirements can be met so long as the military organisers are informed in advance.

Should participants prepare for Ex Deep Heat?

No preparation is needed.

Can participants take photographs on the day?

Yes - participants will receive a security briefing on the day which will advise them who and what can and can't be photographed.

How fit do participants need to be?

Ex Deep Heat is not a physically demanding exercise; the majority of activity revolves around practical leadership tasks in a supportive environment.

Is Ex Deep Heat accessible for the disabled?

Those with disabilities should be able to take part in Ex Deep Heat due to the nature of the activity. Participants with disabilities should make the event organisers aware at registration to ensure best preparations can be made.