



## WOODLORE FIRST AID COURSE PACKING LIST

### What you need to bring with you

Your equipment needs for Woodlore courses are basic. Please do not go out and spend your hard earned savings on expensive kit. Your understanding will almost certainly change after you have completed the course. The Woodlore motto is: Learn to carry less by knowing more.

We hope you find the following checklist useful:

ITEM	✓
SUITABLE OUTDOOR CLOTHING & SPARE SET including waterproofs	
WARM SLEEPING BAG	
LIGHTWEIGHT TENT or similar shelter	
INSULATING SLEEPING MAT	
FOOD	
STOVE & FUEL & COOKING EQUIPMENT	
MUG AND EATING UTENSILS	
WATER BOTTLE (2 x 1 LITRE)	
PERSONAL TOILETRIES/MEDICATION	
SUNSCREEN	
LIPSALVE	
GOOD INSECT REPELLANT	
WHISTLE	
A4 OR A5 STUDENT NOTEBOOK & PEN/PENCIL FOR CLASSROOM SESSIONS	
SMALL, PREFERABLY WATERPROOF NOTEBOOK FOR OUTDOORS	
FIRST AID KIT (whatever you would normally take with you in the woods/hiking/camping)	
HEADTORCH WITH FRESH BATTERIES & 2 SPARE SETS	
TRAINING KNIFE	
DAY SACK	

Outdoor clothing – this should be sturdy and comfortable, comprised of several layers to allow maximum versatility. An old tracksuit, several pullovers and a waterproof jacket will suffice. Jeans are not suitable, being cold, restrictive and slow drying. An old pair of trainers are ideal for dry conditions, and hiking boots for wet weather.