



# Introduction to Bushcraft Course

## Pre~Course Information

Preparing your path to discovery...



# **THE COURSE SITE, FACILITIES AND EQUIPMENT PROVIDED**

## **The Course Site**

This course will be conducted from an expedition style camp set amongst the beautiful English woodland of a private, organic farm in East Sussex.

With three species of deer, foxes, badgers, hares, a variety of bird life and no public rights of way, it is very secluded and your time spent here is guaranteed to be an experience in itself.

Having met at a nearby railway station we will drive in convoy to the farm where we can park. We will then walk approximately 500 metres to the camping area where you will have space to set up your personal camp. Your equipment will be taken to this area in our vehicle. This beautiful area is made up mainly of broadleaf deciduous trees with plenty of flat, level areas for you to set up a tent and more than enough trees to string a tarp or a hammock between.

As well as your own camping set-up, there will be a communal area which will be used both for lectures as well as coffee breaks. Here you will find a circle of logs for seating, a black board, a fire, a kettle and a brew box.

A thorough camp tour will be given on your arrival to help you familiarise and hygiene measures will be discussed.

## **Catering**

This is a catered course so your food will be provided for you with meals either prepared for you onsite by our experienced team or in the form of ration packs which will be provided with a stove and billy can for your individual use. In addition, you will be issued with your own jerry can at the start of the course with fresh drinking water, which can be refilled when needed.

For refreshments, the communal brew box is stocked with tea, coffee, milk, sugar, hot chocolate, fruit squash and biscuits.

Washing up bowls are also provided along with sponges and washing up liquid. Andy Handys and soap are provided for hand washing.

## **Latrines and Showering**

You will be provided with your own toilet kit, including toilet roll, a lighter and hand gel for use at the latrine trench. This is a simple, tried and tested, hygienic method. You will be taught the best hygiene practices to ensure everyone is safe.

If you would like to have a shower, we have a canvas bag shower in a private area and a bucket for heating water over the fire. You may find it useful to bring some flip flops or similar to avoid getting your feet dirty while showering.

## Equipment

The following items will be provided by Woodlore for your use during the course:

### **Tarp**

A tarp is a waterproof sheet that provides a very simple way to form a shelter from the elements. You will be taught how to erect a tarp properly and set yourself up comfortably for the night.

### **Bivvi bag**

A bivvi bag is a waterproof, windproof and breathable outer shell layer which is used when sleeping out under a tarp or any shelter that is exposed. It contains all your sleeping equipment and provides good protection from the elements.

### **Fire Stick**

You will be supplied with and taught how to use the [Ray Mears Fire Stick](#). It will be yours to take home at the end of the course.

We also have very well stocked first aid kits, fire extinguishers and fire blankets for your safety which are kept in our store tent on site. This is an expedition style camp so please take extra care when using sharp tools and take responsibility for any small cuts yourself. However, if you need medical attention or start to feel unwell during the course, please let the course leader or a member of the team know at the earliest opportunity.

Please note that the use of any cutting tool apart from a small pen knife is not permitted on this course.

If you wish to use a mobile phone during the course, please consider the other members of the group and switch it on to silent mode.



# CLOTHING AND EQUIPMENT CHECKLIST

This clothing and equipment list is designed to help you decide which items to bring and to ensure that you have the best experience possible. Having the right kit will make your experience more enjoyable and enable you to focus more on learning.

In the past we have been asked by clients for help in sourcing certain items of clothing and equipment. This list therefore includes options stocked by Woodlore which have been tried and tested by Ray Mears and the Woodlore Team. There is of course no obligation to buy from us and we will be delighted to offer you advice and guidance to ensure your preparation goes smoothly. With this in mind, please do not hesitate to get in touch with us, even for the slightest query.

**All items listed in red are essential for this course. All other items are just recommendations.**

| ITEM:   | SUITABLE OPTION STOCKED BY WOODLORE:   | ✓ |
|---|--|---|
| <p><b>BASE LAYER</b></p> <p>What you wear next to the skin is of course dependent on the weather you are experiencing at the time. In midsummer it may only be necessary to wear a t-shirt, but if you are attending a course in spring or autumn it would be wise to bring something more substantial such as a woolen thermal layer. That way, you are prepared should there be a cold spell.</p> | <ul style="list-style-type: none"> <li>• <a href="#">Fjallraven Crowley Pique Shirt</a> or</li> <li>• <a href="#">Swazi Micro Shirt</a> or</li> <li>• <a href="#">Woodlore Organic Cotton T-Shirt - 40th Anniversary</a> or</li> <li>• <a href="#">Woolpower Crewneck LITE with long sleeves</a> or</li> <li>• <a href="#">Woolpower Ullfrotte Original Zip Turtleneck 200g</a></li> </ul>         |   |
| <p><b>MID LAYER</b></p> <p>This should be sturdy, warm and comfortable. A pullover will suffice.</p>  | <ul style="list-style-type: none"> <li>• <a href="#">5.11 Tactical Long Sleeve Shirt</a> or</li> <li>• <a href="#">Fjallraven Singi Trekking Shirt</a> and</li> <li>• <a href="#">Fjallraven Abisko Trail Fleece</a> or</li> <li>• <a href="#">Paramo Bentu Fleece Jacket</a> or</li> <li>• <a href="#">Swanndri Ranger Wool Bushshirt</a> or</li> <li>• <a href="#">Swazi The Hood</a></li> </ul> |   |
| <p><b>OUTER LAYER</b></p> <p>This should be waterproof and windproof. Mute, natural colours will increase your chances of observing wildlife closely.</p>   | <ul style="list-style-type: none"> <li>• <a href="#">Buffalo Systems Mountain Shirt</a> or</li> <li>• <a href="#">Fjallraven Keb Eco-Shell Jacket</a> or</li> <li>• <a href="#">Fjallraven Vardag Hydratic Anorak</a> or</li> <li>• <a href="#">Swazi/Ray Mears AEGIS Tahr XP Anorak</a></li> </ul>  |   |
| <p><b>TROUSERS</b></p> <p>Lightweight, quick drying cotton trousers are best. Jeans are not suitable, being cold, restrictive and slow-drying.</p>  | <ul style="list-style-type: none"> <li>• <a href="#">Fjallraven Barents Pro Shorts</a> or</li> <li>• <a href="#">Fjallraven Vidda Pro Regular Trousers</a></li> </ul>  |   |
| <p><b>FOOTWEAR</b></p> <p>Footwear should be sturdy, give ankle support and have good grip. You will find it most useful to bring a lightweight pair of boots or trainers for dry conditions as well as a pair of waterproof boots in case the weather is bad. Another option, in the event of wet conditions is to wear waterproof/breathable socks inside your dry weather boots.</p>             | <ul style="list-style-type: none"> <li>• <a href="#">Hanwag Tatra Top GTX Boots</a> or</li> <li>• <a href="#">Rogue RB-2 Light Trail Boots</a> and</li> <li>• <a href="#">SealSkinz Socks</a> or</li> <li>• <a href="#">Thorlos Socks</a></li> </ul>   |   |
| <p><b>SUN PROTECTION</b></p> <p>You may wish to bring a sun hat and sunscreen if you are easily sun burned.</p>   | <ul style="list-style-type: none"> <li>• <a href="#">Tilley T3 Cotton Duck Hat</a></li> </ul>  |   |
| <p><b>WOOLLEN HAT</b></p> <p>The temperature could drop suddenly at any time of year and combined with dampness, it can get rather chilly. A woollen hat can make all the difference to your comfort when sleeping outside or standing still for a while.</p>   | <ul style="list-style-type: none"> <li>• <a href="#">Fjallraven Ovik Flat Cap</a> or</li> <li>• <a href="#">Possum Fur and Merino Wool Beanie Hat</a></li> </ul>   |   |
| <p><b>WARM SLEEPING BAG</b></p> <p>Please ensure you bring an adequate sleeping bag. If you are purchasing a bag, go for one that is rated to be warmer than you think you need, you can always open it or use it as a duvet if it is too hot.</p>  | <ul style="list-style-type: none"> <li>• <a href="#">Ray Mears 3-Season Sleeping Bag - Osprey</a> or</li> <li>• <a href="#">Ray Mears 4-Season Sleeping Bag – Golden Eagle</a></li> </ul>  |   |
| <p><b>LIGHTWEIGHT TENT OR SIMILAR SHELTER</b></p> <p>You only need to bring your own shelter if you are unwilling to sleep under a tarp for the duration of the course. Tarp set-up will be demonstrated on the first evening and you will then be issued with one to use if you wish to. We also have bivvi bags for you to borrow.</p>  | <ul style="list-style-type: none"> <li>• <a href="#">Fjallraven Abisko Tarp</a> or</li> <li>• <a href="#">Hilleberg Tarp XP 10</a> or</li> <li>• <a href="#">Hilleberg Tent</a> or</li> <li>• <a href="#">MSR Tent</a> or</li> <li>• <a href="#">Ray Mears Tracker Tarp</a></li> </ul>   |   |

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| <p><b>INSULATING SLEEPING MAT</b></p> <p>You could have the warmest sleeping bag but without an insulative mat under you, you will feel the warmth being drawn away from you by the ground.</p>   | <ul style="list-style-type: none"> <li>• <a href="#">Multimat Superlite 25 Sleeping Mat</a> or</li> <li>• <a href="#">Therm-A-Rest Mattress</a></li> </ul>   |  |
| <p><b>MUG &amp; EATING UTENSILS</b></p> <p>Please bring suitable utensils for eating your meals and a mug for drinks. A good set up is to have a NATO crusader cup, which can be used for meals as well as drinks, and a spoon or spork for eating with. This is perfectly adequate and keeps things simple, but feel free to apply your own system. Please also feel free to bring along your own stove if you would prefer.</p> | <ul style="list-style-type: none"> <li>• <a href="#">BCB NATO Crusader Cup</a> and</li> <li>• <a href="#">Optimus Titanium Folding Spork</a></li> </ul>  |  |
| <p><b>WATER BOTTLE (1 litre)</b></p>  | <ul style="list-style-type: none"> <li>• <a href="#">Osprey NATO Water Bottle</a></li> </ul>   |  |
| <p><b>SMALL FIRST AID KIT AND PERSONAL MEDICATION</b></p> <p>Our staff will have swift access to first aid equipment at all times, but you will need to bring a small first aid kit including plasters and any personal medication, including headache tablets, reading glasses/contact lenses, inhalers etc.</p>   | <ul style="list-style-type: none"> <li>• <a href="#">O'Tom Tick Twister</a> and</li> <li>• <a href="#">Uncle Bill's Sliver Gripper Tweezers</a></li> </ul>   |  |
| <p><b>WASH KIT &amp; TOWEL</b></p> <p>We provide hand washing facilities including Andy Handys and hand soap. Please bring your own towel with you and your own washing bowl if you wish.</p>   | <ul style="list-style-type: none"> <li>• <a href="#">Grandpa's Charcoal Soap</a> or</li> <li>• <a href="#">Grandpa's Pine Tar Body Wash</a> or</li> <li>• <a href="#">Grandpa's Wonder Pine Tar Soap</a> and</li> <li>• <a href="#">Nikwax Travel Towel – Trek Size</a></li> </ul>   |  |
| <p><b>ALCOHOL HAND GEL</b></p> <p>Although we will provide plenty of hand washing facilities, it would be of great benefit to bring along your own alcohol hand gel for situations where you are away from hand washing areas.</p>  |  |  |
| <p><b>GOOD INSECT REPELLENT</b></p> <p>There have been ticks encountered on our course sites and a good repellent is the first and best line of defense against them.</p>   | <ul style="list-style-type: none"> <li>• <a href="#">Pyramid Trek Repellent</a></li> </ul>   |  |
| <p><b>WATCH</b></p> <p>You will be asked to meet at certain times for lectures or meals and we cannot wait for anyone who is not on time.</p>   |  |  |
| <p><b>WHISTLE</b></p> <p>A valuable tool should you become lost and an item of equipment you should have on you at all times during your stay with Woodlore.</p>  | <ul style="list-style-type: none"> <li>• <a href="#">Fox 40 Micro Whistle</a></li> </ul>   |  |
| <p><b>WATERPROOF NOTEBOOK AND PENCIL</b></p> <p>There will be a lot of information to take away from the course and you may also like to record your experiences for future use.</p>  | <ul style="list-style-type: none"> <li>• <a href="#">Chartwell Watershed Waterproof Notebook</a> or</li> <li>• <a href="#">Rite in the Rain Waterproof Notebook 146</a></li> </ul>   |  |
| <p><b>HEAD TORCH WITH FRESH BATTERIES &amp; 2 SPARE SETS</b></p> <p>This is a very important but often forgotten piece of equipment. Under the cover of the trees it can get surprisingly dark and therefore it can not only be inconvenient to move around without light, but dangerous too. A head torch is the most convenient as it leaves your hands free for other jobs.</p>  | <ul style="list-style-type: none"> <li>• <a href="#">NITECORE HC65 V2</a> or</li> <li>• <a href="#">Petzl TACTIKKA Plus RGB Headtorch</a></li> </ul>   |  |
| <p><b>DAY SACK</b></p> <p>During the course we will be walking a short distance from camp and you will need to carry a waterproof jacket, some lunch and a drink with you.</p>  | <ul style="list-style-type: none"> <li>• <a href="#">Fjallraven Singi 28 Backpack</a> or</li> <li>• <a href="#">Fjallraven Singi Stubben - Dark Olive</a> or</li> <li>• <a href="#">Karrimor SF Magni 25 Litre Rucksack</a> or</li> <li>• <a href="#">Savotta Jääkäri S 18 - 22 litre Daypack</a></li> </ul>                                     |  |
| <p><b>RUCKSACK/HOLDALL to contain all of your kit</b></p> <p>A holdall is easier to live out of than a rucksack and as we will be static during the course, is probably the best option.</p>  | <ul style="list-style-type: none"> <li>• <a href="#">Karrimor SF Sabre 45 litre Rucksack</a> and</li> <li>• <a href="#">Karrimor SF Sabre Side Pockets</a> or</li> <li>• <a href="#">Ray Mears Leaf Cutter Rucksack</a> or</li> <li>• <a href="#">Savotta Keikka 50L</a> or</li> <li>• <a href="#">Scottish Mountain Gear Holdall</a></li> </ul> |  |

Please visit the Woodlore online shop at [www.raymears.com](http://www.raymears.com)