



# Family 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 150 acres of beautiful, mixed English woodland in East Sussex. Privately owned and with two species of deer, along with 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 separate location close by, we will drive in convoy to the property where we can park. We will then walk approximately 100 metres to the camping area where you will have space to set up your personal camp. 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. If you prefer a more open setting in which to camp, there is also a field with plenty of space for your tent.

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.

## **Catering**

This course is self-catering so you will need to bring enough food and a stove to cook on. If you prefer, you may light a small fire to cook over but it is very important that you ensure it does not spread and that you practice a 'leave no trace' mindset. Being outdoors without refrigeration in potentially warm weather, it is a good idea to either bring fresh food to use at the beginning before moving on to dehydrated rations or to bring a good quality cool box with plenty of ice which allows you to keep fresh food for longer. Please see the Woodlore self-catering food suggestions for some convenient camp cooking ideas.

For refreshments, we provide a communal brew box supplying tea, coffee, milk, sugar, hot chocolate, fruit squash and biscuits.

Fresh drinking and washing water is always available in our camp as we have a large water bowser. We have several jerry cans distributed around the camp in convenient areas for your use.

Communal washing bowls are also provided along with sponges and washing up liquid, soap and a nailbrush.

## **Toilets and Showering**

The toilet is simply a trench dug into the ground in a secluded spot, just like you would use when on a trip in the wilderness and away from facilities. We provide a container with toilet paper, hand gel and matches. This is a hygienic, easy and practical method.

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 it properly and set yourself up comfortably for the night.

### **Bivvy bag**

A bivvy 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 lent and taught how to use the [Ray Mears Fire Stick](#). This is a small device made up of an amalgam of metals that gives off a shower of hot sparks when scraped with a hard edge.

### **Cooking equipment**

As part of the course you will do some cooking on the camp fire, therefore, the equipment you require to produce the meals demonstrated by the Woodlore team will be provided. This will include, cooking pots, mixing bowls, utensils, knives, chopping boards and tables.

We also have very well stocked first aid kits, fire extinguishers and fire blankets for your safety which are kept in specific locations. This will be explained upon your arrival.

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="#">Woodlore Organic Cotton T-Shirt 35<sup>th</sup> Anniversary</a> or</li> <li>• <a href="#">Woolpower Ullfrotte Original Zip Turtleneck 200g</a> and</li> <li>• <a href="#">Icebreaker Anatomica Boxers with Fly</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="#">Fjallraven Singi Trekking Shirt</a> or</li> <li>• <a href="#">5.11 Tactical Long Sleeve Shirt</a> and</li> <li>• <a href="#">Swandri Ranger Wool Bushshirt</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="#">Swazi/Ray Mears AEGIS Tahr XP Anorak</a> or</li> <li>• <a href="#">Buffalo Systems Mountain Shirt</a> or</li> <li>• <a href="#">Bergans Super Left Jacket</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 Vidda Pro Regular Trousers</a></li> <li>• <a href="#">Fjallraven Barents Pro Shorts</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="#">Thorlos Socks</a> or</li> <li>• <a href="#">SealSkinz Socks</a></li> </ul>	✓
<p><b>SUN HAT</b></p> <p>You may wish to bring a sun hat 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="#">Possum Fur and Merino Wool Beanie Hat</a> or</li> <li>• <a href="#">Fjallraven Forest Flat Cap</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 should bring some kind of shelter in which you can spend the night of your arrival. The second night out you will have the opportunity to either sleep under a tarp (provided by Woodlore) or a natural shelter.</p>	<ul style="list-style-type: none"> <li>• <a href="#">Hilleberg Tent</a> or</li> <li>• <a href="#">MSR Tent</a> or</li> <li>• <a href="#">Hilleberg Tarp XP 10</a> or</li> <li>• <a href="#">Fjallraven Abisko Tarp - Pine Green</a></li> </ul>	✓
<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="#">Therm-A-Rest Mattress</a></li> </ul>	✓

<p><b>STOVE, FUEL &amp; COOKING EQUIPMENT</b></p> <p>Please ensure you bring enough fuel with you for the duration of the course. You may light a small cooking fire if you are confident in your ability to manage it and tidy up thoroughly at the end of the course. Bear in mind that in poor weather it can take longer if relying on a fire so it may be a good idea to bring a stove as a backup.</p>	<ul style="list-style-type: none"> <li>• <a href="#">Littlbug Junior Camping Stove</a> or</li> <li>• <a href="#">Esbit Alcohol Burner</a> and</li> <li>• <a href="#">Zebra Stainless Steel Billy Can</a> or</li> <li>• <a href="#">Eagle Products Lavvu Set</a> or</li> <li>• <a href="#">Ray Mears Folding Griddle</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.</p>	<ul style="list-style-type: none"> <li>• <a href="#">BCB NATO Crusader Cup</a> and</li> <li>• <a href="#">Esbit Titanium Folding Spork</a></li> </ul>	
<p><b>FOOD</b></p> <p>We will be static in one camp for the duration of this course so weight and bulk of food is not really a concern. Bear in mind when choosing what food to bring, that the weather could be very warm and there is no refrigeration available on our course site. Some people choose to bring a coolbox for storing their food, which works very well and also helps to keep your food protected from wildlife.</p>	<ul style="list-style-type: none"> <li>• <a href="#">Expedition Foods - Chicken Korma with Rice (High Energy Serving)</a> and</li> <li>• <a href="#">Expedition Foods - Spaghetti Bolognese (High Energy Serving)</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 bowls, nail brushes and hand soap. We also have a screened camp shower; You will need to bring some soap/shower gel and will find it useful to bring flip flops or similar to avoid getting dirty feet.</p>	<ul style="list-style-type: none"> <li>• <a href="#">Grandpa's Pine Tar Body Wash</a> or</li> <li>• <a href="#">Grandpa's Charcoal Soap</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>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>	<ul style="list-style-type: none"> <li>• <a href="#">GWS H3 G10 Pro Diver Watch - Woodlore Badged</a></li> </ul>	
<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 Tactical Binder Kit</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="#">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="#">Karrimor SF Sabre Delta 25 litre Rucksack</a></li> </ul>	

**RUCKSACK/HOLDALL to contain all of your kit**

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.

- [Snugpak Kitmonster 70L G2](#) or
- [Scottish Mountain Gear Holdall](#) or
- [Karrimor SF Sabre 45 litre Rucksack](#) and
- [Karrimor SF Sabre Side Pockets](#) or
- [Ray Mears Leaf Cutter Rucksack](#)

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