



Fundamental Bushcraft Course Lochside

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 mixed woodland of a large, private estate in Perthshire, Scotland. Lying in one of the most beautiful and secluded areas of Perthshire, yet within a half hour by road or rail of Perth, it is easily accessible for those travelling from outside the county.

With two species of deer, along with foxes, badgers, hares, otters, ospreys, buzzards and many more species, your time spent here is guaranteed to be an experience in itself.

Although there is a right to roam in Scotland, the estate is very quiet and does not generally attract members of the public.

Having met in Birnam and driven in convoy to the estate and parked, we will walk approximately 600 metres to the camping area where you will have space to set up your personal camp. This beautiful area is made up of a mix of both broadleaf and coniferous 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. You will be asked to set up your personal camp area a minimum of 6 metres away from each other. We also ask that shelter of any kind is only shared where all occupants are either in a 'bubble', are a family group or have negative Covid19 tests. If you intend to share shelter with someone who is not immediate family or with whom you are not already 'bubbled', please bring your own lateral flow tests with you.

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 any social distancing 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. There will also be the opportunity to cook fresh meat or fish over the fire during the week.

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.

Toilets 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.

Fixed blade knife

You will be given a [Morakniv Companion Heavy Duty MG Knife](#) to use which is yours to take home at the end of the course. However, if you are under the age of 18 you will not be able to take this away from the course unless there is an adult who can receive it on your behalf at the completion of the course.

Tools

You will be issued with several items that are necessary for various tasks during the week. This will include: a [Bahco Laplander Folding Saw](#), a [Steel Striker](#) and piece of flint, a [Fire Stick](#), a [Fallkniven DC4 Diamond/Ceramic Whetstone](#) and an [S.Djarv Hantverk Spoon Knife](#). These items must be returned in good order at the end of the course and will be disinfected between courses to ensure everyone's safety.

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. We would be grateful if you could 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 axes 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>BASE LAYER</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 woollen thermal layer. That way, you are prepared should there be a cold spell.</p>	<ul style="list-style-type: none"> • Woodlore Organic Cotton T-Shirt or • Woolpower Crewneck LITE with long sleeves or • Woolpower Ullfrotte Original Zip Turtleneck 200g and • Icebreaker Anatomica Boxers 	
<p>MID LAYER</p> <p>This should be sturdy, warm and comfortable. A pullover will suffice.</p>	<ul style="list-style-type: none"> • Fjallraven Singi Trekking Shirt or • 5.11 Tactical Long Sleeve Shirt and • Swandri Ranger Wool Bushshirt 	
<p>OUTER LAYER</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"> • Swazi/Ray Mears AEGIS Tahr XP Anorak or • Fjallraven Keb Eco-Shell Jacket or • Buffalo Systems Mountain Shirt 	
<p>TROUSERS</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"> • Fjallraven Vidda Pro Regular Trousers or • Fjallraven Barents Pro Shorts 	
<p>KNEE PADS</p> <p>If your trousers have a pocket for kneepads then these will be an additional benefit on this course.</p>	<ul style="list-style-type: none"> • Fjallraven Knee Pads 	
<p>SUN PROTECTION</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"> • Tilley T3 Cotton Duck Hat 	
<p>WOOLLEN HAT</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"> • Possum Fur and Merino Wool Beanie Hat or • Fjallraven Ovik Flat Cap 	
<p>WARM SLEEPING BAG</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"> • Ray Mears 3-Season Sleeping Bag - Osprey or • Ray Mears 4-Season Sleeping Bag – Golden Eagle or • Ray Mears 3-Season Down Sleeping Bag – Black Bear or • Ray Mears 4-Season Down Sleeping Bag – Grizzly Bear 	
<p>LIGHTWEIGHT TENT OR SIMILAR SHELTER</p> <p>You should bring some kind of shelter in which you can spend the night of your arrival. The other nights 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"> • Hilleberg Tent or • MSR Tent or • Hilleberg Tarp XP 10 or • Ray Mears Tracker Tarp or • Fjallraven Abisko Tarp - Pine Green 	
<p>GORE-TEX / BREATHABLE BIVVI BAG</p> <p>You will need a bivvi bag as we will be building shelters that require one during the week. This will ensure your sleeping bag remains dry. Please make sure it is made from a breathable Gore-Tex or similar material. There are some fairly cost effective options available from army surplus stores.</p>	<ul style="list-style-type: none"> • Snugpak Special Forces Bivvi Bag 	

<p>INSULATING SLEEPING MAT</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"> • Therm-A-Rest Mattress OR • Multimat Superlite 25 Sleeping Mat 	
<p>MUG & EATING UTENSILS</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"> • BCB NATO Crusader Cup and • Optimus Titanium Folding Spork 	
<p>WATER BOTTLE (1 litre) x2</p>	<ul style="list-style-type: none"> • Osprey NATO Water Bottle 	
<p>SMALL FIRST AID KIT AND PERSONAL MEDICATION</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"> • O'Tom Tick Twister and • Uncle Bill's Sliver Gripper Tweezers 	
<p>WASH KIT & TOWEL</p> <p>We provide hand washing facilities including Andy Handys and hand soap. Please bring your own towel and with you and your own wash bowl if desired.</p>	<ul style="list-style-type: none"> • Grandpa's Pine Tar Body Wash or • Grandpa's Charcoal Soap or • Grandpa's Wonder Pine Tar Soap and • Nikwax Travel Towel – Trek Size 	
<p>ALCOHOL HAND GEL</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>FACE MASK AND GLOVES</p> <p>If you would feel safer attending with a face mask and gloves, please feel free to bring these along with you.</p>		
<p>GOOD INSECT REPELLENT</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"> • Pyramid Trek Repellent 	
<p>WATCH</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"> • GWS H3 G10 Pro Diver Watch - Woodlore Badged 	
<p>WHISTLE</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"> • Fox 40 Micro Whistle 	
<p>WATERPROOF NOTEBOOK AND PENCIL</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"> • Chartwell Watershed Waterproof Notebook or • Rite in the Rain Waterproof Notebook 146 	
<p>HEAD TORCH WITH FRESH BATTERIES & 2 SPARE SETS</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"> • Petzl TACTIKKA Plus RGB Headtorch or • NITECORE HC65 	
<p>DAY SACK</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"> • Karrimor SF Magni 25 Litre Rucksack or • Savotta Jääkäri S 18 - 22 litre Daypack 	
<p>10m PARACORD</p> <p>Useful for numerous tasks, paracord is essential for making your bow-drill set.</p>	<ul style="list-style-type: none"> • 550 Nylon Type III Paracord – 10 metre 	
<p>RUCKSACK & DRY BAG/S to contain all of your kit</p> <p>For most of the week we will be static in our base camp, however, midway through the course there will be a bivvy phase where we hike 3 or 4 kms from our camp to another location. You will be required to carry the equipment, clothing and food you need for two nights out on the trail. Choose a rucksack that is at least 45 litres in volume and fits comfortably when loaded. Dry bags will help to keep your kit dry.</p>	<ul style="list-style-type: none"> • Karrimor SF Sabre 75 litre Rucksack or • Karrimor SF Sabre 45 litre Rucksack and • Karrimor SF Sabre Side Pockets or • Ray Mears Leaf Cutter Rucksack and • Dry Bags 	