



# Introduction to Bushcraft with Ray Mears

Preparing for your course.

Your path to discovery...



## **The Landscape**

This course is conducted from an expedition style camp set amongst the beautiful English woodland of a large, private estate in East Sussex. It is a hidden gem and a wonderful example of ancient British woodland, containing staggering specimens of Oak, Beech and Yew trees. Being England's oldest deer park, it really does feel wild and it's not hard to see why some of the most eminent figures in British history chose to spend time here. Henry VIII hunted here on several occasions, and Elizabeth I spent six days hunting here in 1573.

With three species of deer, foxes, badgers and hares, not to mention the array of bird life it is blessed with, your time spent here is guaranteed to be an experience in itself.

Although there are public footpaths in some areas of the estate, it is little known and in general is very secluded.

## **Arriving at the Course Site**

From the meeting point we will drive in convoy to the estate where you will be able to park your vehicle. The walk to the camping area is about 900 metres and here 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 your tent and more than enough trees to string a tarp or a hammock between.

A thorough tour of the camp will be given to help you familiarize yourself with the area and hygiene facilities and measures will be discussed.

## **The Heart of the Camp**

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

## **Food and Drink**

This is a catered course so your food will be provided for you with meals either prepared 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. There will also be the opportunity to cook fresh meat or fish over the fire during the course. Fresh fruit is also available at meal times.

Jerry cans are used for fresh drinking water in the camp and these can be refilled from our bowser or stand-pipe on site.

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

Washing up bowls are provided along with sponges and washing up liquid. Andy Handy water dispensers and soap are provided for hand washing.

## **Latrine and Hygiene Facilities**

A 'toilet kit' consisting of toilet roll, a lighter (to burn paper) and sanitising hand gel is provided in a container for use at the latrine trench which is away from the main camp area. This is simple, tried and tested, hygienic and convenient. Andy Handy water dispensers and soap are provided for hand washing in the main camp area. Best hygiene practices will be discussed to protect everyone's health.

An expedition camp shower is provided in an area away from the main camp and screened with tarps; water can be heated over the fire. You may find it useful to bring some waterproof flip flops or similar to avoid getting your feet dirty while showering.

## First Aid and Safety

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. We have well stocked first aid kits, fire extinguishers and fire blankets on site for your safety.

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

Wear your whistle! A valuable tool should you become lost and an item of equipment that you should have on you at all times during your stay with Woodlore. Ideally worn on a lanyard around your neck so it is right where you need it and can't be accidentally left behind.

## Phones and Photos

If you wish to use a mobile phone during the course, please consider the other members of the group and switch it to silent mode. If you would like to take photos on your course, again, please be considerate of other participants and don't forget to share them with us!

## Equipment Provided for You.

The following items will be provided by Woodlore for you to use for the duration of 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.



# 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.

This list 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 recommendations.**

CLOTHING	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. In mid-summer you may only need 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 to cater for a cold spell.</p>	<ul style="list-style-type: none"> <li>• <a href="#">Swazi Micro Shirt</a></li> <li>• <a href="#">Woodlore Organic Cotton T-Shirt</a></li> <li>• <a href="#">Woolpower Crewneck LITE with long sleeves</a></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 Taclite Pro Long Sleeve Shirt</a></li> <li>• <a href="#">Fjallraven Singi Trekking Shirt</a></li> <li>• <a href="#">Paramo Bentu Fleece Jacket</a></li> <li>• <a href="#">Swannndri Ranger Wool Bushshirt</a></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></li> <li>• <a href="#">Keela Tactical Mk5.0 Jacket</a></li> <li>• <a href="#">Fjallraven Vardag Hydratic Anorak</a></li> <li>• <a href="#">Swazi 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></li> <li>• <a href="#">Fjallraven Vidda Pro Trousers - Improved Fit</a></li> </ul>	
<p><b>FOOTWEAR</b></p> <p>Footwear should be sturdy, offer ankle support and have good grip. Ideally lightweight boots or trainers for dry conditions and a pair of waterproof boots in case the weather is wet. Waterproof, breathable socks can be particularly useful.</p>	<ul style="list-style-type: none"> <li>• <a href="#">Hanwag Tatra Top GTX Boots</a></li> <li>• <a href="#">Hanwag Banks GTX Boots</a></li> <li>• <a href="#">SealSkinz Socks</a></li> <li>• <a href="#">Thorlos Socks</a></li> </ul>	
<p><b>WOOLLEN HAT</b></p> <p>An essential defense against the damp and cold if the temperature suddenly drops which can happen at any time of year. 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></li> <li>• <a href="#">Swannndri Swanni Wool Baseball Cap</a></li> </ul>	
<p><b>SUN HAT</b></p>	<ul style="list-style-type: none"> <li>• <a href="#">Tilley T3 Cotton Duck Hat</a></li> </ul>	
<p><b>WORK GLOVES</b></p> <p>A pair of gardening or rigger style gloves may prove useful, especially if you are not used to working with your hands. These want to be breathable and offer good grip and dexterity; leather or suede construction would be ideal.</p>	<ul style="list-style-type: none"> <li>• <a href="#">Hestra Skullman 5 Finger Glove</a></li> </ul>	
SHELTER & SLEEPING		
<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></li> <li>• <a href="#">Hilleberg Tarp XP 10</a></li> <li>• <a href="#">Hilleberg Tent</a></li> <li>• <a href="#">MSR Tent</a></li> <li>• <a href="#">Ray Mears Tracker Tarp</a></li> <li>• <a href="#">Fjallraven Tent</a></li> </ul>	

<p><b>WARM SLEEPING BAG</b></p> <p>Please ensure you bring an adequate sleeping bag. Go for one that is rated to be warmer than you think you need, you can use it like 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></li> <li>• <a href="#">Ray Mears 4-Season Sleeping Bag – Golden Eagle</a></li> </ul>	
<p><b>INSULATING SLEEPING MAT</b></p> <p>The warmest sleeping bag still needs an insulative mat underneath it to prevent warmth being drawn away by the ground.</p>	<ul style="list-style-type: none"> <li>• <a href="#">Multimat Superlite 25 Sleeping Mat</a></li> <li>• <a href="#">Therm-A-Rest Mattress</a></li> </ul>	
<b>FOOD &amp; WATER</b>		
<p><b>MUG &amp; EATING UTENSILS</b></p> <p>Please bring 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 utensil such as a spoon or spork. 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></li> <li>• <a href="#">Optimus Titanium Folding Spork</a></li> </ul>	
<p><b>WATER BOTTLE (1 litre) x1</b></p>	<ul style="list-style-type: none"> <li>• <a href="#">Osprey NATO Water Bottle</a></li> </ul>	
<b>HYGIENE &amp; PERSONAL CARE</b>		
<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></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 Pine Tar Body Wash</a></li> <li>• <a href="#">Grandpa's Epsom Salt Soap</a></li> <li>• <a href="#">Grandpa's Wonder Pine Tar Soap</a></li> <li>• <a href="#">Nikwax Travel Towel – Trek Size</a></li> </ul>	
<p><b>ALCOHOL HAND GEL</b></p> <p>Although we will provide hand washing facilities, it is useful to bring your own alcohol hand gel for situations where you are away from hand washing areas.</p>		
<p><b>GOOD INSECT REPELLENT</b></p>	<ul style="list-style-type: none"> <li>• <a href="#">Pyramid Trek Repellent</a></li> <li>• <a href="#">Wilma's Nordic Summer</a></li> </ul>	
<p><b>SUN PROTECTION</b></p> <p>Sun screen.</p>		
<b>OTHER ITEMS</b>		
<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 that 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>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 most convenient as it leaves your hands free for other jobs.</p>	<ul style="list-style-type: none"> <li>• <a href="#">Petzl ARIA 2 RGB Headtorch</a></li> </ul>	
<p><b>RUCKSACK/HOLDALL</b></p> <p>This item is simply to contain all of your equipment when travelling to and from the course as well as during the course. It serves no purpose apart from this and can stay in your sleeping area.</p>	<ul style="list-style-type: none"> <li>• <a href="#">Karrimor SF Sabre 45 litre Rucksack</a></li> <li>• <a href="#">Karrimor SF Sabre Side Pockets</a></li> <li>• <a href="#">Ray Mears Leaf Cutter Rucksack</a></li> <li>• <a href="#">Savotta Keikka 50L</a></li> <li>• <a href="#">Scottish Mountain Gear Holdall</a></li> </ul>	
<p><b>DAY SACK</b></p> <p>There will be occasions when we are away from camp for periods of time, so having a small day sack to carry a drink, food, a warm layer and a waterproof jacket will be useful.</p>	<ul style="list-style-type: none"> <li>• <a href="#">Fjallraven Singi 28 Backpack</a></li> <li>• <a href="#">Karrimor SF Magni 25 Litre Rucksack</a></li> <li>• <a href="#">Savotta Jääkäri S 18 - 22 litre Daypack</a></li> </ul>	

**WATERPROOF NOTEBOOK AND PENCIL**

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.

- [Chartwell Watershed Waterproof Notebook](#)
- [Rite in the Rain Waterproof Notebook 146](#)

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

Or visit our physical shop at:

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