



Junior Fundamental 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 the children's 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 course site and the children can be dropped off. From there, it is approximately 100 metres to the camping area where the children will have space to set up their personal camps. 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 their own camping set-up, there will be a communal area which will be used both for lectures as well as refreshment breaks. Here can be found 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 arrival to help the children familiarise.

Catering

We will provide all food during the course which will be served at our camp kitchen. This is a simple arrangement with a table and cooking equipment which is protected from rain by a large canvas tarp strung up between trees. There will be a fruit bowl here at all times and the children are free to help themselves to this. For breakfast there will be a selection of cereals and some bread that they can toast over the fire. Depending on the weather, lunch will be either a buffet with a selection of cold food or a hot alternative. Dinner will be a tasty, nutritious and filling hot meal. If your child has any dietary requirements then please contact us as soon as you can.

Some meals however, will be prepared by the children as a team, giving them the opportunity to do some outdoor cooking. In these instances we will provide a well-stocked 'kitchen box' containing chopping boards, knives and other useful items. A set of stainless steel billy cans will also be provided for use over open fires.

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

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.

For showering, we have a canvas bag shower in a private area and a bucket for heating water over the fire. To avoid getting dirty feet, flip flops are recommended.

Equipment

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

Tarp

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

Fixed blade knife

Each student will be lent a fixed blade [Morakniv Companion Heavy Duty MG Knife](#) to use on the course. This will be taken back in by the staff when not required for lectures.

Folding saw

Each student will also be issued with a [Bahco Laplander Folding Saw](#). This is a small, lightweight and extremely useful saw that we carry with us for all sorts of jobs. As with the knife, the saw will be taken back in by the staff when not required for lectures.

Fire stick

The children will be supplied with and taught how to use the [Ray Mears Fire Stick](#). This is a short metal rod that produces a shower of hot sparks when scraped with a hard edged tool and will ignite a wide range of materials – a valuable companion in the outdoors.

Cooking equipment

All the equipment required to produce the meals demonstrated by the Woodlore team will be provided. This will include, cooking pots and pans, utensils, knives, chopping boards, tables and pot hangers.

We also have very well stocked first aid kits, fire extinguishers and fire blankets for everyone's safety, kept in our store tent on site.

Please note that the use of axes is not permitted on this course.

If your child wishes to use a mobile phone during the course, please ensure they consider the other members of the group and switch it on to silent mode. We fully appreciate you may wish to keep in touch with your child during the course, and there is no problem with this. We do however ask that mobile phone use be kept to a minimum.



CLOTHING AND EQUIPMENT CHECKLIST

This clothing and equipment list is designed to help you decide which items your child should bring and to ensure that they have the best experience possible. Having the right kit will make their experience more enjoyable and enable them 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 the course is in spring or Autumn it would be wise to have something more substantial such as a woollen thermal layer. That way, your child is prepared should there be a cold spell.</p>	<ul style="list-style-type: none"> • Woodlore Organic Cotton T-Shirt 35th Anniversary or • Woolpower Ullfrotte Original Zip Turtleneck 200g and • Icebreaker Anatomica Boxers with Fly 	✓
<p>MID LAYER</p> <p>This should be sturdy, warm and comfortable, comprising several layers to allow maximum versatility. 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 • Buffalo Systems Mountain Shirt or • Bergans Super Lett Jacket 	✓
<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>FOOTWEAR</p> <p>Footwear should be sturdy, give ankle support and have good grip. It will be 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 dry weather boots.</p>	<ul style="list-style-type: none"> • Hanwag Tatra Top GTX Boots or • Rogue RB-2 Light Trail Boots and • Thorlos Socks or • SealSkinz Socks 	✓
<p>SUN HAT</p> <p>Recommended if your child is 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 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 Forest Flat Cap 	✓
<p>WARM SLEEPING BAG</p> <p>Please ensure your child has an adequate sleeping bag. If you are purchasing a bag, go for one that is rated to be warmer than you think they need, they 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 	✓
<p>LIGHTWEIGHT TENT OR SIMILAR SHELTER</p> <p>The children will be asked to erect their tents/similar shelters at the beginning of the course. This should provide space to store equipment from the elements and also a place to sleep should they not wish to participate in other ways of sleeping out, taught during the course. Cheaper festival/pop-up tents often leak and are not suitable.</p>	<ul style="list-style-type: none"> • Hilleberg Tent or • MSR Tent or • Hilleberg Tarp XP 10 or • Fjallraven Abisko Tarp - Pine Green 	✓

<p>GORE-TEX / BREATHABLE BIVI BAG</p> <p>A bivvi bag is a thin, breathable waterproof/windproof bag which is used when to contain a sleeping mat and sleeping bag when sleeping out under a tarp or in other exposed scenarios. Please do make sure it is made from a breathable Gore-Tex or similar material and not polythene which will result in unpleasant moisture build up. 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>A closed cell foam mattress is perfectly adequate and very cost effective. However, for more comfort choose an inflatable type.</p>	<ul style="list-style-type: none"> • Therm-A-Rest Mattress 	
<p>MUG & EATING UTENSILS</p> <p>Please ensure your child brings suitable utensils for eating their 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 to eat with. This is perfectly adequate and keeps things simple, but feel free to apply a different system.</p>	<ul style="list-style-type: none"> • BCB NATO Crusader Cup and • Esbit Titanium Folding Spork 	
<p>WATER BOTTLE (2 x 1 litre)</p>	<ul style="list-style-type: none"> • Osprey NATO Water Bottle x2 	
<p>SMALL FIRST AID KIT AND PERSONAL MEDICATION</p> <p>Our staff will have swift access to first aid equipment at all times, but your child should bring a small first aid kit including plasters and any personal medication, reading glasses/contact lenses etc. Please note that we are unable to dispense medication to course attendees.</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 bowls, nail brushes and hand soap. We also have a screened camp shower; Your child 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"> • 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>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>Your child 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 when you loose your bearings and an item of equipment your child should have on them at all times during their 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 your child may also like to record their experiences for future use.</p>	<ul style="list-style-type: none"> • Chartwell Watershed Waterproof Notebook or • Rite in the Rain Tactical Binder Kit 	
<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 the hands free for other jobs.</p>	<ul style="list-style-type: none"> • Petzl TACTIKKA Plus RGB Headtorch 	
<p>SWIMMING COSTUME</p> <p>Although your child won't be swimming, they may wish to wear a swimming costume to shower or wash.</p>		
<p>CAMERA</p>		
<p>10 METRES OF PARACORD</p>	<ul style="list-style-type: none"> • 550 Nylon Type III Paracord - 10 metre 	
<p>DAY SACK</p>	<ul style="list-style-type: none"> • Karrimor SF Sabre Delta 25 litre Rucksack 	
<p>RUCKSACK</p> <p>This item is needed to contain all of your child's equipment when travelling to and from the course as well as carrying equipment during the short hiking phase of the course. Your child will also need a suitable dry bag liner to ensure that their kit stays 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 	

Please visit the Woodlore online shop at www.raymears.com.