



# Junior Fundamental Bushcraft Course

## Pre~Course Information

Preparing your path to discovery...



## **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 child's food will be provided 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 individual use under the supervision of an instructor. There will also be the opportunity to cook fresh meat or fish over the fire during the week. In addition, we will also issue each child their 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**

Each participant will be provided with their 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. The children will be taught the best hygiene practices to ensure everyone is safe.

If your child 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. It may be useful to use some flip flops or similar to avoid getting dirty feet while showering.

## **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 instructors 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 instructors 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, stoves, 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 safety which are kept in our store tent on site. This is an expedition style camp so please advise your child to take extra care when using sharp tools and take responsibility for any small cuts themselves. If anyone needs medical attention or starts 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 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:	✓
<b>BASE LAYER</b> 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.	<ul style="list-style-type: none"> <li>• <a href="#">Fjallraven Crowley Figue 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>	
<b>MID LAYER</b> This should be sturdy, warm and comfortable, comprising several layers to allow maximum versatility. A pullover will suffice.	<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>	
<b>OUTER LAYER</b> This should be waterproof and windproof. Mute, natural colours will increase your chances of observing wildlife closely.	<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>	
<b>TROUSERS</b> Lightweight, quick drying cotton trousers are best. Jeans are not suitable, being cold, restrictive and slow-drying.	<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>	
<b>FOOTWEAR</b> 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.	<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>	
<b>SUN PROTECTION</b> A sun hat and sunscreen are recommended if your child is easily sun burned.	<ul style="list-style-type: none"> <li>• <a href="#">Tilley T3 Cotton Duck Hat</a></li> </ul>	
<b>WOOLLEN HAT</b> 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.	<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>	
<b>WARM SLEEPING BAG</b> 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.	<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>	
<b>LIGHTWEIGHT TENT OR SIMILAR SHELTER</b> 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. <b>Cheaper festival/pop-up tents often leak and are not suitable.</b>	<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>	

<b>GORE-TEX / BREATHABLE BIVVI BAG</b> A bivvi bag is a thin, breathable waterproof/windproof bag which is used 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. Some fairly cost effective options are available from army surplus stores.	<ul style="list-style-type: none"> <li>• <a href="#">Snugpak Special Forces Bivvi Bag</a> or</li> <li>• <a href="#">Snugpak Special Forces Bivvi Bag (Extra Long)</a></li> </ul>	
<b>INSULATING SLEEPING MAT</b> A closed cell foam mattress is perfectly adequate and very cost effective. However, for more comfort choose an inflatable type.	<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>	
<b>MUG &amp; EATING UTENSILS</b> 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 your own system. Please also feel free to bring along your own stove if you would prefer.	<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>	
<b>WATER BOTTLE (2 x 1 litre)</b>	<ul style="list-style-type: none"> <li>• <a href="#">Osprey NATO Water Bottle</a> x2</li> </ul>	
<b>SMALL FIRST AID KIT AND PERSONAL MEDICATION</b> 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.	<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>	
<b>WASH KIT &amp; TOWEL</b> We provide hand washing facilities including Andy Handy's and hand soap. Please bring your own towel with you and your own washing bowl if you wish.	<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>	
<b>ALCOHOL HAND GEL</b> 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.		
<b>GOOD INSECT REPELLENT</b> There have been ticks encountered on our course sites and a good repellent is the first and best line of defense against them.	<ul style="list-style-type: none"> <li>• <a href="#">Pyramid Trek Repellent</a></li> </ul>	
<b>WATCH</b> 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.		
<b>WHISTLE</b> A valuable tool should you become lost and an item of equipment you should have on you at all times during your stay.	<ul style="list-style-type: none"> <li>• <a href="#">Fox 40 Micro Whistle</a></li> </ul>	
<b>WATERPROOF NOTEBOOK AND PENCIL</b> 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.	<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>	
<b>HEAD TORCH WITH FRESH BATTERIES &amp; 2 SPARE SETS</b> 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.	<ul style="list-style-type: none"> <li>• <a href="#">NITECORE HC65 V2</a></li> <li>• <a href="#">Petzl TACTIKKA Plus RGB Headtorch</a> or</li> </ul>	
<b>SWIMMING COSTUME</b> Although your child won't be swimming, they may wish to wear a swimming costume to shower or wash.		
<b>CAMERA</b>		
<b>10 METRES OF PARACORD</b>	<ul style="list-style-type: none"> <li>• <a href="#">550 Nylon Type III Paracord - 10 metre</a></li> </ul>	
<b>DAY SACK</b>	<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>	



## **RUCKSACK**

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.

- [Karrimor SF Sabre 45 litre Rucksack](#) and
- [Karrimor SF Sabre Side Pockets](#) or
- [Karrimor SF Sabre 60 - 100 Litre Rucksack](#) or
- [Ray Mears Leaf Cutter Rucksack](#) and
- [Dry Bags](#)

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

