



# 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 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. You will be asked to set up your camp area 6 metres away from each other to adhere to social distance guidelines.

A thorough camp tour will be given on your arrival to help you familiarise and all social distancing and hygiene measures will be discussed.

## **Catering**

We have made some important changes to ensure your child's safety while with us on the course and some of these include how their food will be prepared. We have chosen to issue each participant with their own individual rations, cooking stove and billy can when they arrive with us so that they can do all their own cooking, under the supervision of an instructor, which prevents any cross contamination from our team or other clients. This will also enhance the expedition feel that the course takes on during the week and will teach self-sufficiency. In addition, we will also issue their 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.

## **Latrines and Showering**

You will be provided with your own toilet box, including toilet roll, matches and hand gel, along with a small digging tool so that you can create your own latrine to use in a secluded spot. This is a simple, tried and tested, hygienic method. You will be taught the best hygiene practices to ensure everyone is safe.

As in a usual expedition style set-up we will not have shower facilities available, but you will be able to have a simple strip wash in privacy. You will be advised on the most efficient and hygienic way to do this as part of the course.

## **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 safety kept in our store tent on site. With the current pandemic we are focusing the emphasis of this course in a more expedition style and we would therefore be grateful if your child could take extra care when using sharp tools and take responsibility for any small cuts themselves. If anyone needs 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 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><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 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"> <li>• <a href="#">Woodlore Organic Cotton T-Shirt 35<sup>th</sup> 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> 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, comprising several layers to allow maximum versatility. 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 Lett 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> or</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. 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"> <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>Recommended if your child is 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 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 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"> <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>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></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>GORE-TEX / BREATHABLE BIVVI BAG</b></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"> <li>• <a href="#">Snugpak Special Forces Bivvi Bag</a></li> </ul>	
<p><b>INSULATING SLEEPING MAT</b></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"> <li>• <a href="#">Therm-A-Rest Mattress</a> or</li> <li>• <a href="#">Multimat Superlite 25 Sleeping Mat</a></li> </ul>	
<p><b>MUG &amp; EATING UTENSILS</b></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 your own system.</p>	<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>	
<p><b>WATER BOTTLE (2 x 1 litre)</b></p>	<ul style="list-style-type: none"> <li>• <a href="#">Osprey NATO Water Bottle</a> x2</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 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"> <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; 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"> <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>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"> <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 your child may also like to record their 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 Waterproof Notebook 146</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 the hands free for other jobs.</p>	<ul style="list-style-type: none"> <li>• <a href="#">Petzl TACTIKKA Plus RGB Headtorch</a> or</li> <li>• <a href="#">NITECORE HC65</a></li> </ul>	
<p><b>SWIMMING COSTUME</b></p> <p>Although your child won't be swimming, they may wish to wear a swimming costume to shower or wash.</p>		
<p><b>CAMERA</b></p>		
<p><b>10 METRES OF PARACORD</b></p>	<ul style="list-style-type: none"> <li>• <a href="#">550 Nylon Type III Paracord - 10 metre</a></li> </ul>	
<p><b>DAY SACK</b></p>	<ul style="list-style-type: none"> <li>• <a href="#">Karrimor SF Sabre Delta 25 litre Rucksack</a></li> </ul>	
<p><b>RUCKSACK</b></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"> <li>• <a href="#">Karrimor SF Sabre 75 litre Rucksack</a> or</li> <li>• <a href="#">Karrimor SF Sabre 45 litre Rucksack</a> and</li> <li>• <a href="#">Karrimor SF Sabre Side Pockets</a> or</li> <li>• <a href="#">Ray Mears Leaf Cutter Rucksack</a> and</li> <li>• <a href="#">Dry Bags</a></li> </ul>	

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