



# The Journeyman 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 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 and 3 hours by train from Inverness Airport, it is easily accessible for those travelling from outside the country.

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 900 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 broadleaf and coniferous trees with plenty of flat, level areas for you to set up a tent and more than enough trees to set up a tarp. Considering the time of year and the unpredictable weather in Scotland, we advise you to bring a tent for sleeping in rather than a tarp. That's not to say a tarp is useless here, in fact it is a very good piece of equipment to have in this scenario, as it provides a dry living space outside your tent. 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.

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**

For the first two days, food and cooking equipment will be provided and cooking will be the responsibility of the course participants. This will be in the form of rations with the use of individual stoves, allowing you the chance to cook your meals as you would on expedition. We are happy to provide you with a stove to cook on, but if you have your own and would like to bring it along, please do so, along with enough fuel for the week, this is something that we believe will give you a great sense of being self-reliant on the trail. If you have any dietary requirements, please put this on your consent form and let us have a copy at your earliest convenience as meals will be purchased in advance. Apart from lunch on the final Saturday, which will be provided by us, the rest of the course will require you to roam the land and forage for your meals.

We will be based next to a beautiful loch from which we can take water for our camp. This water is very clear and does not usually require filtering but does require boiling before consumption. You will be briefed on this process once you have arrived.

## **Latrines 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**

### **Fishing kit**

A few hooks and spinners, some line and weights will be provided to help with your fishing efforts during the survival phase of the course.

### **Billy can**

Billy cans will be needed for cooking and boiling water during the survival phase and will be issued to you before the survival phase begins. These 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.

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. Please also note that mobile phones will be restricted to emergency use only during the survival phase of the course. Please bring a separate camera if you wish to take photos during this phase 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.

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>The layer you will wear next to your skin, should ideally be made from soft fibres that will trap warm air close to the skin. Our preference is for woollen underwear as it is breathable, is less smelly than synthetic alternatives, is easily repaired and is less at risk from heat than synthetic fabrics. Wool also dries slowly preventing evaporative chill.</p>	<ul style="list-style-type: none"> <li>• <a href="#">Woodlore Organic Cotton T-Shirt</a> or</li> <li>• <a href="#">Woolpower Ullfrotte Original Zip Turtleneck 200g</a> and</li> <li>• <a href="#">Icebreaker Anatomica Boxers</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="#">Fjallraven Singi Trekking Shirt</a> or</li> <li>• <a href="#">5.11 Tactical Long Sleeve Shirt</a> and</li> <li>• <a href="#">Swannndri Ranger Wool Bushshirt</a></li> </ul>	✓
<p><b>OUTER LAYER</b></p> <p>This should be a tough garment which is waterproof and windproof. Please do not bring a poncho as this will not be allowed during the survival phase.</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="#">Fjallraven Keb Eco-Shell 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></li> </ul>	✓
<p><b>FOOTWEAR</b></p> <p>Footwear should be sturdy, give ankle support and have good grip. It is likely to be wet and slippery during the course so you should bear that in mind when choosing suitable footwear to bring.</p>	<ul style="list-style-type: none"> <li>• <a href="#">Hanwag Tatra Top GTX Boots</a> or</li> <li>• <a href="#">Le Chameau Chasseur Neoprene Lined Boots</a> or</li> <li>• <a href="#">Percussion Rambouillet Full Zip Hunting Boots</a></li> </ul>	✓
<p><b>SOCKS</b></p> <p>Warm, woollen socks are the best option as it can get surprisingly cold in Scotland at this time of year. If your boots do not keep moisture out very well then you can wear waterproof socks over the top of light woollen socks.</p>	<ul style="list-style-type: none"> <li>• <a href="#">Thorlos Socks</a> or</li> <li>• <a href="#">SealSkinz Socks</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 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> or</li> <li>• <a href="#">SealSkinz Waterproof Cold Weather Beanie</a></li> </ul>	✓
<p><b>WARM SLEEPING BAG</b></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"> <li>• <a href="#">Ray Mears 4-Season Sleeping Bag – Golden Eagle</a> or</li> <li>• <a href="#">Ray Mears 4-Season Down Sleeping Bag – Grizzly Bear</a></li> </ul>	✓
<p><b>LIGHTWEIGHT TENT OR SIMILAR SHELTER</b></p> <p>Please be mindful of what type of shelter you bring with you, bearing in mind the time of year and the potential for very wet weather. We advise a tent rather than a tarp. You will need this shelter for sleeping on the first three nights of the course, after which it will not be required.</p>	<ul style="list-style-type: none"> <li>• <a href="#">Hilleberg Tent</a> or</li> <li>• <a href="#">MSR Tent</a></li> </ul>	✓
<p><b>INSULATING SLEEPING MAT</b></p> <p>You could have the warmest sleeping bag but without an insulative layer under you, you will feel the warmth being drawn away from you by the ground.</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 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 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 (1 litre) x 2</b></p>	<ul style="list-style-type: none"> <li>• <a href="#">Osprey NATO Water Bottle</a></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 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> and</li> <li>• <a href="#">Uncle Bill's Sliver Gripper Tweezers</a></li> </ul>	
<p><b>WASH KIT &amp; TOWEL</b></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>ALCOHOL HAND GEL</b></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><b>FACE MASK AND GLOVES</b></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><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>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"> <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 you may also like to record your 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 your 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>CAMERA</b></p>		
<p><b>AXE</b></p> <p>Only if you have attended the <a href="#">Woodlore Camp Craft Course</a></p>	<ul style="list-style-type: none"> <li>• <a href="#">Gransfors Bruks Small Forest Axe</a> or</li> <li>• <a href="#">Gransfors Bruks Ray Mears Wilderness Axe</a></li> </ul>	
<p><b>SWIMMING COSTUME</b></p>		
<p><b>BUSHCRAFT KNIFE</b></p> <p>Your knife must have a fixed blade, be strong and not too big. A blade length of roughly 11cm is plenty for the jobs we need to accomplish.</p>	<ul style="list-style-type: none"> <li>• <a href="#">Morakniv Companion Heavy Duty MG Knife</a></li> </ul>	
<p><b>SHARPENING TOOL</b></p>	<ul style="list-style-type: none"> <li>• <a href="#">Fallkniven DC4 Diamond/Ceramic Whetstone</a> or</li> <li>• <a href="#">Gransfors Bruks Ceramic Axe Grinding Stone</a></li> </ul>	
<p><b>10 METRES OF PARA CORD</b></p>	<ul style="list-style-type: none"> <li>• <a href="#">550 Nylon Type III Paracord - 10 metre</a></li> </ul>	
<p><b>FOLDING SAW</b></p> <p>Please ensure your saw blade is sharp and cuts efficiently.</p>	<ul style="list-style-type: none"> <li>• <a href="#">Bahco Laplander Folding Saw</a></li> <li>• <a href="#">Ray Mears Leather Bahco Laplander Saw Sheath</a></li> </ul>	
<p><b>RUCKSACK/HOLDALL &amp; SUBMERSIBLE DRY BAG</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 camp area.</p>	<ul style="list-style-type: none"> <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> or</li> </ul>	

Please note that it is essential you line your rucksack with a submersible dry bag to ensure the contents stay dry. You will also need this dry bag for an exercise during the course.

- [Snugpak Kitmonster 70L G2](#) or
- [Scottish Mountain Gear Holdall](#)

**CLEAN CLOTHES FOR THE JOURNEY HOME**

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

