



# The Journeyman Course 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 mixed woodland of a large, private estate in Scotland. Lying in one of the most beautiful and secluded areas of Perthshire, yet within a half hour by road or rail of Perth, it is easily accessible for those travelling from outside the county.

With two species of deer, foxes, badgers, hares, otters, ospreys, buzzards and many more, 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.

## **Arriving at the Course Site**

From the meeting point in Birnam 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 600 metres and here 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.

A thorough camp tour will be given on your arrival to help you familiarise 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.

## **Catering**

For the first two days, food and cooking equipment will be provided and cooking will be the responsibility of the course participants. Apart from breakfast and 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.

Communal washing up bowls are also provided along with sponges and washing up liquid.

## **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.

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

## **Equipment Provided for You**

### **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.



# 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, 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></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="#">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>SWIMMING COSTUME</b></p>		
<p><b>CLEAN CLOTHES FOR THE JOURNEY HOME</b></p>		
SHELTER & SLEEPING		
<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></li> <li>• <a href="#">MSR Tent</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></li> <li>• <a href="#">Ray Mears 4-Season Down Sleeping Bag – Grizzly Bear</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 (2 x 1 litre)</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>	
<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 &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. Please note that it is essential you line your rucksack with a <u>submersible</u> dry bag to ensure the contents stay dry. You will also need this dry bag for an exercise during the course.</p>	<ul style="list-style-type: none"> <li>• <a href="#">Ortlieb Dry-Bag PD350 - 79L</a></li> <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>10m PARACORD</b></p>	<ul style="list-style-type: none"> <li>• <a href="#">550 Nylon Type III Paracord – 10 metre</a></li> </ul>	

<p><b>BUSHCRAFT KNIFE</b> 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>FOLDING SAW</b> 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>SHARPENING TOOL</b></p>	<ul style="list-style-type: none"> <li>• <a href="#">Fallkniven DC4 Diamond/Ceramic Whetstone</a></li> <li>• <a href="#">Gransfors Bruks Ceramic Axe Grinding Stone</a></li> </ul>	
<p><b>WATERPROOF NOTEBOOK AND PENCIL</b> 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></li> <li>• <a href="#">Rite in the Rain Waterproof Notebook 146</a></li> </ul>	
<p><b>CAMERA</b> If you want to take photos during the survival phase.</p>		
<p><b>AXE</b> 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></li> <li>• <a href="#">Gransfors Bruks Ray Mears Wilderness Axe</a></li> </ul>	

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

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