



# Traditional Living Skills 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 your 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 property where we can park. We will then walk approximately 100 metres to the camping area where you will have space to set up your personal camp. 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. 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 safety while with us on the course and some of these include how your food will be prepared. We have chosen to issue you with your own individual rations, cooking stove and billy can when you arrive with us so that you can do all your own cooking, 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 you to be self-sufficient. In addition, you will be issued with your 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, lighter 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 your use during the course:

### **Cooking Equipment**

An important part of this course is learning to cook on the campfire in an aboriginal way. This will also be mixed with more modern cooking with pots and pans. Any equipment you require to produce the meals demonstrated by the Woodlore team will be provided. This will include, cooking pots and pans, utensils, knives, chopping boards and tables.

We also have very well stocked first aid kits, fire extinguishers and fire blankets for your 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 you could take extra care when using sharp tools and take responsibility for any small cuts yourself. 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.

# CLOTHING AND EQUIPMENT CHECKLIST

This clothing and equipment list is designed to help you decide which items to bring and to ensure the 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 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. 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 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. You will find it 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 your 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>You may wish to bring a sun hat if you are 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 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="#">Fjallraven Forest Flat Cap</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 3-Season Sleeping Bag - Osprey</a> or</li> <li>• <a href="#">Ray Mears 4-Season Sleeping Bag – Golden Eagle</a> or</li> <li>• <a href="#">Ray Mears 3-Season Down Sleeping Bag – Black Bear</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>You will need somewhere to sleep for the evening of your arrival, after which you will be sleeping in a group shelter made from natural materials.</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>You will need a bivvi bag as we will be building shelters that require one during the week. This will ensure your sleeping bag remains dry. Please make sure it is made from a breathable Gore-Tex or similar material. 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>You could have the warmest sleeping bag but without an insulative mat 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 (2 x 1 litre)</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> <p>We provide hand washing facilities including bowls, nail brushes and hand soap. We also have a screened camp shower; You will need to bring some soap 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>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>It can get surprisingly dark beneath the canopy. 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>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>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>FOLDING SAW</b></p>	<ul style="list-style-type: none"> <li>• <a href="#">Bahco Laplander Folding Saw</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/HOLDALL</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 sleeping 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> <li>• <a href="#">Snugpak Kitmonster 70L G2</a> or</li> <li>• <a href="#">Scottish Mountain Gear Holdall</a></li> </ul>	

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