



# UK Woodland Navigation 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 English woodland of a large, private estate in East Sussex. It is a hidden gem and a wonderful example of ancient British woodland, containing staggering specimens of Oak, Beech and Yew trees. Being England's oldest deer park, it really does feel wild and it's not hard to see why some of the most eminent figures in British history chose to spend some of their leisure time here. Henry VIII hunted here on several occasions, as did, on one occasion, his daughter Elizabeth I, spending six days hunting in 1573.

With three species of deer, foxes, badgers, hares - not to mention the array of bird life it is blessed with, your time spent here is guaranteed to be an experience in itself.

Although there are public footpaths in some areas of the estate, it is little known and in general is very secluded.

Having met in Tunbridge Wells, driven in convoy to the estate and parked, we will walk 900 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**

This course is self-catering so you will need to bring enough food and a stove to cook on. If you prefer, you may light a small fire to cook over but it is very important that you ensure it does not spread and that you practice a 'leave no trace' mindset. Being outdoors without refrigeration in potentially warm weather it is a good idea to either bring fresh food to use at the beginning before moving on to dehydrated rations or to bring a good quality cool box with plenty of ice which allows you to keep fresh food for longer. Please see the Woodlore self-catering food suggestions for some convenient camp cooking ideas.

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.

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

## **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 and to ensure that we preserve the sensitive spring water sourced from this very special course site.

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:

### **Maps and Compasses**

We will supply any maps that are needed along with waterproof map cases. We can lend you a compass for the duration of the course but please feel free to bring your own if you have one.

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.

Please note that the use of any cutting tool apart from a small pen knife is not permitted on this course.

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 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>What you wear next to the skin is of course dependent on the weather you are experiencing at the time. In mid-summer it may only be necessary to wear 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 woolen thermal layer. That way, you are 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. 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 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 - Olive</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>Please be mindful of what you bring with you as your home for your time on the course, bearing in mind the time of year. If you are bringing a bivvi bag, 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="#">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> and</li> <li>• <a href="#">Snugpack 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>STOVE, FUEL &amp; COOKING EQUIPMENT</b></p> <p>Please ensure you bring enough fuel with you for the duration of the course. You may light a small cooking fire if you are confident in your ability to manage it and tidy up thoroughly at the end of the course. Bear in mind that in poor weather it can take longer if relying on a fire so it may be a good idea to bring a stove in preparation of this eventuality.</p>	<ul style="list-style-type: none"> <li>• <a href="#">Littlbug Junior Camping Stove</a> and</li> <li>• <a href="#">Trangia Spirit Burner</a> and</li> <li>• <a href="#">Zebra Stainless Steel Billy Can</a> or</li> <li>• <a href="#">Eagle Products Lavvu Set</a> or</li> <li>• <a href="#">Ray Mears Folding Griddle</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>FOOD</b></p> <p>We will be static in one camp for the duration of this course so weight and bulk of food is not really a concern. Bear in mind when choosing what food to bring, that the weather could be very warm and there is no refrigeration available on our course site. Some people choose to bring a coolbox for storing their food, which works very well and also helps to keep your food protected from wildlife. You will need a packable lunch for the final day.</p>	<ul style="list-style-type: none"> <li>• <a href="#">Expedition Foods - Chicken Korma with Rice (High Energy Serving)</a> and</li> <li>• <a href="#">Expedition Foods - Spaghetti Bolognese (High Energy Serving)</a> and</li> <li>• <a href="#">Expedition Foods - Couscous with Cajun Spices and Vegetables (High Energy Serving)</a> and</li> <li>• <a href="#">Expedition Foods - Macaroni and Cheese (High Energy Serving)</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>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. 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></li> <li>• <a href="#">NITECORE HC65</a></li> </ul>	
<p><b>COMPASS</b></p>	<ul style="list-style-type: none"> <li>• <a href="#">Suunto A-30 NH USGS Compass</a> or</li> <li>• <a href="#">Suunto M-3 G Compass</a> or</li> <li>• <a href="#">Suunto MC-2 G Mirror Compass</a></li> </ul>	

<p><b>CAMERA</b></p> <p>There may well be opportunities to photograph wildlife during the course.</p>		
<p><b>DAY SACK</b></p> <p>There will be occasions when we are away from camp for periods of time, so having a small day sack to carry a drink, a snack, a warm layer and a waterproof jacket will be useful.</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).

