



Woodlore Team Tracking with Ray Mears

Pre~Course Information

Preparing your path to discovery...



THE COURSE SITE, FACILITIES AND EQUIPMENT PROVIDED

The Course Site

This course will be conducted from a light, mobile fly camp amongst the beautiful English fields and woodland of a large, private estate in Suffolk. The estate is a patchwork of arable land, forestry, shelterbelts and Breckland heath land with some incredibly rare plants such as Breckland thyme and speedwell, Spanish catchfly and Perennial knawel. The estate is home to four species of deer Red, Fallow, Roe and Muntjac and a heard of water buffalo not to mention the foxes, badgers, hares and bird life including Woodlark, Nightjar and Stone Curlew. Your time spent here is guaranteed to be an experience in itself.

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

Having met at the estate farm shop and café and transferred your extra food to our vehicle, we will move to the first bivvi site where you will have space to set up your personal camp. This beautiful area is made up of a mix of broadleaf, pine and larch 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. We will be moving camp every day so consideration must be paid to the amount of equipment you bring to keep it light, simple and easy to set up and take down. You will be asked to set up your camp area 6 metres away from each other to adhere to social distance guidelines.

As well as your own camping set-up, there will be a light staff camp and briefing area.

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 as we will not be having fires. With the need to be able to cook while on the trail and carry up to four day's rations in your rucksack you will need to consider your food carefully. Freeze dried rations are a great idea along with being light and full of energy they only require hot water meaning your cooking equipment can be very simple too. There are some suggestions for freeze dried meals in the kit list and they are readily available online. Having a selection of meals and snacks will keep you from getting bored, eating the same dinner each night. For refreshments you will need to make up a brew kit containing your hot drinks of choice such as sachets of coffee, hot chocolate or tea bags, along with dried milk and sugar. Your rations should be arranged in Ziploc bags or alternative, containing 24 hours of food and brew kit in each bag, then store these in a box or dry bag with your name marked on. We will transport the majority of your rations for you through the course enabling us to resupply you whilst out tracking.

Fresh drinking and washing water is always available in jerry cans, which will be distributed around in convenient areas and will be kept topped up.

You will need to consider washing your cooking equipment too; a small pouch with half a dish sponge and a small bottle of washing up liquid will suffice.

Latrines and Hygiene

Due to the mobile nature of this course you will be provided with your own toilet kit, including toilet roll, a 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.

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. Maintaining hygiene while on the trail is very important; you will require a small wash kit. You may find it useful to bring some flip flops or similar, to avoid getting your feet dirty while washing at camp.

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. We can lend you a compass for the duration of the course but please feel free to bring your own if you have one.

Radios

During the second phase of the course we will need to stay in contact using 2-way radios. You will be provided with these when needed and taught how to use them.

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>BASE LAYER</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"> • Woodlore Organic Cotton T-Shirt 35th Anniversary or • Woolpower Crewneck LITE with long sleeves or • Woolpower Ullfrotte Original Zip Turtleneck 200g and • Icebreaker Anatomica Boxers with Fly 	✓
<p>MID LAYER</p> <p>This should be sturdy, warm and comfortable. A pullover will suffice.</p>	<ul style="list-style-type: none"> • Fjallraven Singi Trekking Shirt or • 5.11 Tactical Long Sleeve Shirt and • Swannndri Ranger Wool Bushshirt 	✓
<p>OUTER LAYER</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"> • Swazi/Ray Mears AEGIS Tahr XP Anorak or • Buffalo Systems Mountain Shirt or • Bergans Super Lett Jacket 	✓
<p>TROUSERS</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"> • Fjallraven Vidda Pro Regular Trousers or • Fjallraven Barents Pro Shorts 	✓
<p>FOOTWEAR</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"> • Hanwag Tatra Top GTX Boots or • Rogue RB-2 Light Trail Boots and • Thorlos Socks or • SealSkinz Socks 	✓
<p>PEAKED CAP</p> <p>A peaked cap is especially useful for tracking as it protects your eyes from glare without impairing vision.</p>	<ul style="list-style-type: none"> • Fjallraven Singi Trekking Cap 	✓
<p>WOOLLEN HAT</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"> • Possum Fur and Merino Wool Beanie Hat or • Fjallraven Forest Flat Cap 	✓
<p>WARM SLEEPING BAG</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"> • Ray Mears 3-Season Sleeping Bag - Osprey or • Ray Mears 4-Season Sleeping Bag – Golden Eagle or • Ray Mears 3-Season Down Sleeping Bag – Black Bear or • Ray Mears 4-Season Down Sleeping Bag – Grizzly Bear 	✓
<p>LIGHTWEIGHT TENT OR SIMILAR SHELTER</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 and that you will be required to carry your equipment for a few km. 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"> • Hilleberg Tent or • MSR Tent or • Hilleberg Tarp XP 10 or • Fjallraven Abisko Tarp - Pine Green and • Snugpack Special Forces Bivvi Bag 	✓

<p>INSULATING SLEEPING MAT</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"> • Therm-A-Rest Mattress or • Multimat Superlite 25 Sleeping Mat 	
<p>STOVE, FUEL & COOKING EQUIPMENT</p> <p>Please ensure you bring enough fuel with you for the duration of the course, a reservoir can be kept with your rations which we will transport during the course.</p>	<ul style="list-style-type: none"> • Littlbug Junior Camping Stove and • Trangia Spirit Burner and • Zebra Stainless Steel Billy Can 	
<p>MUG & EATING UTENSILS</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"> • BCB NATO Crusader Cup and • Optimus Titanium Folding Spork 	
<p>FOOD</p> <p>We will be very mobile throughout the course so weight and bulk of food is of primary concern. Freeze dried rations are light, easily cooked and available from many outlets. You will need snacks and a brew kit made up of easy to make hot or cold drinks of your choice. You will only require 24 hours worth of rations in your day pack with the rest in either a small box or dry bag marked with your name which we will transport to each camp.</p>	<ul style="list-style-type: none"> • Expedition Foods - Chicken Korma with Rice (High Energy Serving) and • Expedition Foods - Spaghetti Bolognese (High Energy Serving) and • Expedition Foods - Couscous with Cajun Spices and Vegetables (High Energy Serving) and • Expedition Foods - Macaroni and Cheese (High Energy Serving) 	
<p>WATER BOTTLE (2 x 1 litre) and belt pouch</p> <p>You will need to have water on your person at all times. Tracking is a very tiring activity and requires you to be well fed and hydrated to be able to concentrate fully.</p>	<ul style="list-style-type: none"> • Karrimor SF Sabre Tactical Hydration Pack or • Osprey NATO Water Bottle and • Ray Mears Water Bottle Cover 	
<p>SMALL FIRST AID KIT AND PERSONAL MEDICATION</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"> • O'Tom Tick Twister and • Uncle Bill's Sliver Gripper Tweezers 	
<p>WASH KIT & TOWEL</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"> • Grandpa's Fine Tar Body Wash or • Grandpa's Charcoal Soap or • Grandpa's Wonder Pine Tar Soap and • Nikwax Travel Towel – Trek Size 	
<p>GOOD INSECT REPELLENT</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"> • Pyramid Trek Repellent 	
<p>WATCH</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"> • GWS H3 G10 Pro Diver Watch - Woodlore Badged 	
<p>WHISTLE</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"> • Fox 40 Micro Whistle 	
<p>WATERPROOF NOTEBOOK AND PENCIL</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"> • Chartwell Watershed Waterproof Notebook or • Rite in the Rain Waterproof Notebook 146 	
<p>HEAD TORCH WITH FRESH BATTERIES & 2 SPARE SETS</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"> • Petzl TACTIKKA Plus RGB Headtorch or • NITECORE HC65 	
<p>BINOCULARS</p> <p>The most suitable specifications for the course are 7x or 8x magnification and an objective lens of 30mm up to 42mm however, most pairs will be sufficient for the course. If you need any advice about what to buy or bring along then please don't hesitate to contact us.</p>	<ul style="list-style-type: none"> • Zeiss Victory SF 8x32 binoculars or • Zeiss Conquest HD 8x32 Binoculars or • Opticron Discovery WP PC 8x32 Binoculars or • Opticron Traveller BGA ED Roof Prism 8X32 Binoculars 	

<p>DAY SACK</p> <p>There will be occasions when we are away from camp for periods of time, so having a small day sack to carry water, 24 hours of rations, a warm layer and a waterproof jacket will be required.</p>	<ul style="list-style-type: none"> • Karrimor SF Sabre Delta 25 litre Rucksack or • Savotta Light Border Patrol backpack 	
<p>RUCKSACK & DRY BAG/S to contain all of your kit</p> <p>We will be moving camp each day and though only requiring your day sack to walk with, You will be required to carry your sleeping equipment, clothing and food to each bivvi site from the vehicle each night. Choose a rucksack that is at least 45 litres in volume and fits comfortably when loaded. Dry bags will help to keep your kit dry.</p>	<ul style="list-style-type: none"> • Karrimor SF Sabre 75 litre Rucksack or • Karrimor SF Sabre 45 litre Rucksack and • Karrimor SF Sabre Side Pockets or • Ray Mears Leaf Cutter Rucksack and • Dry Bags 	

Please visit the Woodlore online shop at www.raymears.com.

