



Woodlore Tracking 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.

As well as your own camping set-up, there will be a communal area which will be used both for lectures as well as coffee breaks. Here you will find a circle of logs for seating, a black board, a fire, a kettle and a brew box.

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

For refreshments, the communal brew box is stocked with tea, coffee, milk, sugar, hot chocolate, fruit squash and biscuits.

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.

Washing up bowls are also provided along with sponges and washing up liquid. Andy Handys and soap are provided for hand washing.

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

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

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. These will be needed during the final exercise at the end of the week.

Binoculars

If you own a pair of binoculars then please bring them along with you. If you do not have a pair of your own, we can lend you some for the week.

Radios

During some tracking phases 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.

Field Guides

There will be a selection of wildlife & tracking field guides available for you to borrow during the course.

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. This is an expedition style camp so please 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 woollen thermal layer. That way, you are prepared should there be a cold spell.</p>	<ul style="list-style-type: none"> • Fjallraven Crowley Pique Shirt or • Swazi Micro Shirt or • Woodlore Organic Cotton T-Shirt - 40th Anniversary or • Woolpower Crewneck LITE with long sleeves or • Woolpower Ullfrotte Original Zip Turtleneck 200g 	✓
<p>MID LAYER</p> <p>This should be sturdy, warm and comfortable. A pullover will suffice.</p>	<ul style="list-style-type: none"> • 5.11 Tactical Long Sleeve Shirt or • Fjallraven Singi Trekking Shirt and • Fjallraven Abisko Trail Fleece or • Paramo Bentu Fleece Jacket or • Swannndri Ranger Wool Bushshirt or • Swazi The Hood 	✓
<p>OUTER LAYER</p> <p>This should be waterproof and windproof. Wildlife often sees colours differently to us - choosing mute, natural colours will increase your chances of observing wildlife closely.</p>	<ul style="list-style-type: none"> • Buffalo Systems Mountain Shirt or • Fjallraven Keb Eco-Shell Jacket or • Fjallraven Vardag Hydratic Anorak or • Swazi/Ray Mears AEGIS Tahr XP Anorak 	✓
<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 Barents Pro Shorts or • Fjallraven Vidda Pro Regular Trousers 	✓
<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 • SealSkinz Socks or • Thorlos Socks 	✓
<p>SUN PROTECTION</p> <p>You may wish to bring a sun hat and sunscreen if you are easily sun burned. 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"> • Fjallraven Ovik Flat Cap or • Possum Fur and Merino Wool Beanie Hat 	✓
<p>GLOVES</p> <p>These are to camouflage the hands so a disruptive pattern is best. British Army DPM is ideal in a weight/ warmth to suit the climate but any muted, natural colour will suffice.</p>	<ul style="list-style-type: none"> • SealSkinz Waterproof All Weather Sporting Gloves 	✓
<p>BUFF</p> <p>This is also for camouflage so a disruptive pattern or muted natural colour is best in a weight to suit the climate.</p>	<ul style="list-style-type: none"> • Buff - Merino Lightweight Wool 	✓
<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 Down Sleeping Bag – Black Bear or • Ray Mears 3-Season Sleeping Bag - Osprey or • Ray Mears 4-Season Down Sleeping Bag – Grizzly Bear or • Ray Mears 4-Season Sleeping Bag – Golden Eagle 	✓

<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. 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 or • Ray Mears Tracker Tarp 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"> • Multimat Superlite 25 Sleeping Mat or • Therm-A-Rest Mattress 	
<p>STOVE, FUEL & COOKING EQUIPMENT</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"> • Littlbug Junior Camping Stove and • Trangia Spirit Burner or • Ray Mears Folding Griddle and • Eagle Products Lavvu Set or • 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 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. A cool box is useful for storing food and also helps to keep your food protected from wildlife. You will need a packable lunch for the final day but some other main meals will be consumed away from the camp so having a few instant hot meals that you can prepare easily such as freeze dried options is also useful.</p>	<ul style="list-style-type: none"> • Expedition Foods - Chicken Korma with Rice (High Energy Serving) and • Expedition Foods - Couscous with Cajun Spices and Vegetables (High Energy Serving) and • Expedition Foods - Macaroni and Cheese (High Energy Serving) and • Expedition Foods - Spaghetti Bolognese (High Energy Serving) 	
<p>WATER BOTTLE (2 x 1 litre)</p>	<ul style="list-style-type: none"> • Osprey NATO Water Bottle 	
<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, 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 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"> • Grandpa's Charcoal Soap or • Grandpa's Pine Tar Body Wash or • Grandpa's Wonder Pine Tar Soap and • Nikwax Travel Towel – Trek Size 	
<p>ALCOHOL HAND GEL</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>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>		
<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"> • NITECORE HC65 V2 or • Petzl TACTIKKA Plus RGB Headtorch 	
<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"> • Opticron Discovery WP PC 8x32 Binoculars or • Opticron Traveller BGA ED Roof Prism 8X32 Binoculars <p>or</p> <ul style="list-style-type: none"> • Zeiss Conquest HD 8x32 Binoculars or • Zeiss Victory SF 8x32 Binoculars 	
<p>CAMERA</p> <p>There will be opportunities to photograph wildlife during the course. If you are bringing a camera that enables you to change lenses then we recommend you bring a long lens such as a 300mm as well as smaller lenses for landscapes and the like.</p>		
<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 a drink, food, a warm layer and a waterproof jacket will be useful.</p>	<ul style="list-style-type: none"> • Fjallraven Singi 28 Backpack or • Fjallraven Singi Stubben - Dark Olive or • Karrimor SF Magni 25 Litre Rucksack or • Savotta Jääkäri S 18 - 22 litre Daypack 	
<p>RUCKSACK/HOLDALL</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"> • Karrimor SF Sabre 45 litre Rucksack and • Karrimor SF Sabre Side Pockets or • Ray Mears Leaf Cutter Rucksack or • Savotta Keikka 50L or • Scottish Mountain Gear Holdall 	

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

