



# Woodlore Tracking

## Pre~Course Information

Preparing your path to discovery...



# **THE COURSE SITE, FACILITIES AND EQUIPMENT PROVIDED**

## **The Landscape**

This course is 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 time here. Henry VIII hunted here on several occasions, and Elizabeth I spent six days hunting here in 1573.

With three species of deer, foxes, badgers and 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.

## **On Arrival**

From the meeting point in Tunbridge Wells 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 900 metres and here 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 your tent and more than enough trees to string a tarp or a hammock between.

A thorough tour of the camp will be given to help you familiarize 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.

## **Food & Drink**

This course is self-catering so you will need to bring enough food for the duration of the course 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 bring fresh food to use at the beginning of the course before moving on to dehydrated rations or 'long-life' products. A good quality cool box with plenty of ice will allow you to keep fresh food for longer. Please see the Woodlore self-catering food suggestions for some convenient camp cooking ideas.

Jerry cans are used for fresh drinking water in the camp and these can be refilled from our bowser or stand-pipe on site.

Washing up bowls are provided along with sponges and washing up liquid.

## **Latrine & 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!

## **Equipment Provided for You**

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.



# 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 just 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. Wildlife often sees colours differently to us - choosing muted, 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="#">Fjallraven Keb Eco-Shell Jacket</a></li> <li>• <a href="#">Fjallraven Vardag Hydratic Anorak</a></li> <li>• <a href="#">Swazi/Ray Mears AEGIS 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, offer ankle support and have good grip. Ideally lightweight boots for dry conditions and a pair of waterproof boots in case the weather is wet. Waterproof, breathable socks can be particularly useful.</p>	<ul style="list-style-type: none"> <li>• <a href="#">Hanwag Tatra Top GTX Boots</a></li> <li>• <a href="#">Hanwag Banks GTX Boots</a></li> <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>GLOVES</b></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"> <li>• <a href="#">SealSkinz Waterproof All Weather Sporting Gloves</a></li> </ul>	
<p><b>BUFF</b></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"> <li>• <a href="#">Buff - Merino Lightweight Wool</a></li> </ul>	
<p><b>SUN HAT</b></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"> <li>• <a href="#">Fjallraven Singi Trekking Cap</a></li> </ul>	
SHELTER & SLEEPING:		
<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 Down Sleeping Bag – Black Bear</a></li> <li>• <a href="#">Ray Mears 3-Season Sleeping Bag - Osprey</a></li> <li>• <a href="#">Ray Mears 4-Season Down Sleeping Bag – Grizzly Bear</a></li> <li>• <a href="#">Ray Mears 4-Season Sleeping Bag – Golden Eagle</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.</p> <p>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="#">Fjallraven Abisko Tarp - Pine Green</a></li> <li>• <a href="#">Fjallraven Tent</a></li> <li>• <a href="#">Hilleberg Tent</a></li> <li>• <a href="#">MSR Tent</a></li> <li>• <a href="#">Hilleberg Tarp XP 10</a></li> <li>• <a href="#">Ray Mears Tracker Tarp</a></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="#">Multimat Superlite 25 Sleeping Mat</a></li> <li>• <a href="#">Therm-A-Rest Mattress</a></li> </ul>	
<b>FOOD &amp; WATER</b>		
<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="#">Trangia 25-7 UL/HA Stove Set</a></li> <li>• <a href="#">Ray Mears Folding Griddle</a></li> <li>• <a href="#">Eagle Products Lavvu Set</a></li> <li>• <a href="#">Zebra Stainless Steel Billy Can</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></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. 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"> <li>• <a href="#">Expedition Foods - Couscous with Cajun Spices and Vegetables (High Energy Serving)</a></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>	
<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, 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 Charcoal Soap</a></li> <li>• <a href="#">Grandpa's Pine Tar Body Wash</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 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><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>SUN PROTECTION</b></p> <p>Sun screen.</p>		
<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 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. 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 ARIA 2 RGB Headtorch</a></li> </ul>	
<p><b>BINOCULARS</b></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"> <li>• <a href="#">Opticron Discovery WP PC 8x32 Binoculars</a></li> <li>• <a href="#">Opticron Traveller BGA ED Roof Prism 8X32 Binoculars</a></li> <li>• <a href="#">Zeiss Conquest HD 8x32 Binoculars</a></li> <li>• <a href="#">Zeiss Victory SF 8x32 Binoculars</a></li> </ul>	
<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, food, a warm layer and a waterproof jacket will be useful.</p>	<ul style="list-style-type: none"> <li>• <a href="#">Fjallraven Singi 28 Backpack</a></li> <li>• <a href="#">Karrimor SF Magni 25 Litre Rucksack</a></li> <li>• <a href="#">Savotta Jääkäri S 18 - 22 litre Daypack</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></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>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></li> <li>• <a href="#">Rite in the Rain Waterproof Notebook 146</a></li> </ul>	
<p><b>CAMERA</b></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>		

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

Or visit our physical shop at:

Woodlore Ltd  
3 New House Farmyard  
Sheepstreet Lane  
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