



Canoe Building Course- Kit List

In order to take part in the Woodland Ways Canoe Building course you will not need to purchase expensive kit. Below is a list of all essential items that must be bought with you. Please feel free to bring any other items for your comfort. You will have access to your vehicle on Days 1 to 3, we will move away from the vehicles on the last day.

Clothing

Your clothing should be suitable for the season, during cold months multiple thin layers are better than one thick layer. You should also bring a spare set to get changed into for the evenings. Please wear natural colours to improve your chances of spotting wildlife on the final day.

We would also suggest a pair of shorts for the final day as you may be getting in and out of the canoe into the river.

Waterproof jacket & trousers

Full finger gloves

Woolly hat

Please also bring a **sun hat** during spring, summer and autumn courses.

Sensible footwear

These should be warm, waterproof and provide ankle support. 3 Season walking boots are ideal during the autumn, winter, and spring. 2 Season are suitable through the summer.

We would also recommend a pair of sandals for the final day as you may be getting in and out of the canoe into the river.

Sleeping bag

We would recommend a 3-season sleeping bag throughout the spring, summer and autumn, and a 4-season sleeping bag during the winter.

Tent

Roll matt/insulation matt

Drinking water bottle

A minimum 1 litre water bottle, this can be an empty squash bottle.

Knife, fork, spoon, bowl & mug

These should be of a sturdy construction e.g. metal or plastic.

Cleaning equipment

A household sponge and biodegradable multi purpose soap are ideal. In line with our environmental policy we would ask you not to bring soap that will have a detrimental effect on the environment.

Torch & spare batteries

A head torch is ideal, as it will leave your hands free to undertake other tasks, but a head torch is not essential, any form of torch will suffice.

Personal hygiene kit

This should include as minimum toothpaste, toothbrush, anti-bacterial wipes, towel and toilet paper.

Pocket notebook & pencil with eraser**Personal first aid kit**

This should include plasters, anti bacterial wipes, insect repellent, UV protection, and a small bandage.

Personal medication (e.g. insulin, ventolin etc).

Carrier Bags x2**Tea/coffee/dried milk/sugar****Food**

You will need food for 3 breakfast, 3 lunches and 3 evening meals. Woodland Ways will provide the “wild lunch” on the final day.

Camping Stove

A stove may be required for you to cook on if you are having hot meals. A BBQ is provided within the grounds for your use. If you do not own a camping stove you do not have to purchase one, please advise us and an instructor will be happy to provide one.

Snacks**Rucksack**

Please bring all of your kit contained in one rucksack, for guidance a 45-55 litre rucksack should suffice.

If you have purchased any extra kit that you wish to try out during the course then please do feel free to bring this with you to try out. In the interests of safety we would respectively request you to consult with one of our instructors prior to use in order for us to assess the suitability of such items (e.g. knives, fire lighting equipment etc).

Woodland Ways will provide all other equipment, tools, and materials.

Please note whilst we are at the campsite you will have access to a shower and washing facilities

Should you have any queries on this list or anything else about the course then please do not hesitate to contact us on 07843064114 or info@woodland-ways.co.uk

Jason Ingamells

Chief Instructor