



Foraging Course Kit List

The Woodland Ways Foraging Course is designed to give you an outline understanding of what edible and medicinal resources are available to you in the wild. To take part 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.

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. Please wear natural colours to improve your chances of spotting wildlife.

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.

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

This is for emergencies only. A head torch is ideal, as it will leave your hands free to practice your bushcraft, but a head torch is not essential, any form of torch will suffice.

Personal hygiene kit

This should include as minimum anti-bacterial wipes, 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).

Tea/coffee/dried milk/sugar

Snacks

Rucksack

Please bring all of your kit contained in one rucksack.

If you have purchased any extra kit that you wish to try out through the course then please do feel free to bring this with you to try out. In the interests of safety we would respectfully 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, food and materials.

Should you have any queries on this list or anything else about the course then please do not hesitate to telephone us on 07843064114, email info@woodland-ways.co.uk, or check out our website on www.woodland-ways.co.uk

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