



## Woodland Ways Week Kit List

The Woodland Ways Week is our advanced bushcraft course and you will need to bring a certain amount of equipment. 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. If you do not possess any of the below then please do not hesitate to contact us as we hold spares of most items.

### **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 two spare sets to get changed into plus an adequate supply of underwear/socks.

Please wear natural colours to improve your chances of spotting wildlife- the wood we use is full of Roe Deer, Muntjac, Red Kite, Badger, Rabbit, Pheasant, Partridge, Buzzard, Owl etc and we would not like you to experience the whole week without seeing these in their natural habitat due to a bright orange t-shirt!

### **Thermal base layer**

### **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.

### **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.

### **Roll matt/insulation matt**

### **Goretex Bivvy Bag**

### **Drinking water bottle x2**

A minimum 1 litre water bottle. We would recommend a hard shell water bottle rather than a platypus- this enables you to boil water inside it and will not puncture in the woodland.

### **Knife, fork, spoon, bowl & mug**

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

**Billy-can set**

We would recommend a billy-can that can be suspended over the fire using the wire handle (we will demonstrate a number of cooking stands to build). Mess Tins or Camping Pans are harder to cook in over the fire.

**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 practice your bushcraft, but a head torch is not essential, any form of torch will suffice.

**Personal hygiene kit**

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

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

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

**Personal medication** (e.g. insulin, ventolin etc).**Carrier Bags x2****Tea/coffee/dried milk/sugar****Snacks****Rucksack**

Please bring all of your kit contained in one rucksack, for guidance a 45-55 litre rucksack should suffice. *Please note that there is an approximate 15-minute walk from the car to the woodland.*

If you have purchased any extra kit that you wish to try out over the week 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 contact us on 07843064114 or [info@woodland-ways.co.uk](mailto:info@woodland-ways.co.uk)

Jason Ingamells

**Chief Instructor**