



## Family Course Kit List

The Woodland Ways Family Course is an introductory bushcraft course and to take part you will not need to purchase expensive kit. Below is a list of all essential items that must be bought with every participant- this includes adults, children and young adults, unless otherwise stated. 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.

### **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**

### **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- (adults only)**

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.

### **Family personal hygiene kit**

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

### **Pocket notebook & pencil with eraser- (adults only)**

### **Personal first aid kit- (adults only)**

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

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

**Tent-** (Optional)- You will be building your own shelter on the course, this can be exciting to some youngsters but others may not feel comfortable sleeping in it. We would suggest you bring a tent with you as a back up. If you do not own a tent please feel free to contact us as we have a limited supply. We can also offer a basha to sleep under, or there is the option of sleeping within the large communal tent that is used for sessions in inclement weather.

**Carrier Bags x2- (adults only)**

**Tea/coffee/dried milk/sugar- (adults only)**

**Snacks**

**Rucksack**

Please bring all of your kit contained in one rucksack, for guidance a 45-55 litre rucksack should suffice. You will be close to your car should you wish to bring extra items for your comfort.

If you have purchased any extra kit that you wish to try out over the weekend 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.

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**