



Bushcraft Practitioner Development Training - 5 Day Course

This is a self-catering course and the following kit list reflects the 5-day duration.

This week introduces a more advanced level of bushcraft professional development and training, but expensive kit is not required, quite the opposite. Below is a list of all essential items which ideally needs to be contained in one rucksack. You can of course bring any other items you wish for your comfort, but it is advised that you ensure you can carry (wheeled suitcases etc. are not suitable) the weight of the pack for a 10 minute walk– after all you can't spend time in a secluded environment without walking there first.

Kit List – essential items

- 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 of clothes and sufficient changes of underwear and socks. Please wear natural colours, if possible, to improve your chances of spotting wildlife.
- Waterproof jacket & trousers** – these are recommended regardless of the forecast as weather can change throughout a week. They also add a good windproof layer to your clothing options. Remember fire is a big part of the course and modern materials such as GoreTex melt easily so don't bring your best gear.
- Full finger gloves** – to keep fingers warm while maintaining full movement. There will also be activities that involve collecting natural materials so some gardening gloves are worth considering if you wish but by no means essential.
- Hats** – a warm hat for colder seasons and keeping warm while sleeping. Please also bring a sun hat for courses in the spring, summer and autumn.
- Sensible footwear** – these should be warm, waterproof and provide ankle support. Three Season walking boots are ideal during the autumn, winter, and spring. Two season are suitable through the summer.
- Sleeping system** - A tent, a hammock with tarp or just a tarp is recommended for your stay in the woodland.
- Sleeping bag** – a three-season sleeping bag is fine throughout the spring, summer and autumn, or a four-season sleeping bag during the winter.
- Roll matt/insulation matt** – foam matts are ideal as they can't puncture or deflate but any matt you have is fine.

- ❑ **Personal hygiene kit** – include as minimum toothpaste, toothbrush, anti-bacterial wipes, and toilet paper. As with natural colours for clothing, strong scents, such as perfume and deodorants can reduce chances of seeing wildlife.
- ❑ **Carrier Bags x2** – handy for any personal rubbish and storing dirty shoes or clothes away from clean kit.
- ❑ **Drinking water bottle** – a minimum 1 litre water bottle. We recommend something sturdy to ensure it withstands any potential punctures and the demands of a week in the woods.
- ❑ **Knife, fork, spoon, bowl & mug** – these should be of a sturdy construction e.g. metal or plastic.
- ❑ **Stove/ Billy can** - You are more than welcome to use the main camp fire to prepare meals and a kettle of hot water will always be available but you will need something to prepare your meals in and if you would like to bring a camping stove that is fine.
- ❑ **Cooking set** – we would recommend a billy-can that can be suspended over the fire using a wire handle (we will demonstrate a number of cooking stands to build). Mess Tins or Camping Pans are acceptable but 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.
- ❑ **Food** – Lunch and dinner ingredients will be provided for you on day four as part of your course, but you will need to provide a packed lunch for day 1 and lunch for the other three days, evening meals for days 1, 2 and 3, breakfasts for days, 2, 3, 4 and 5. Ideally you should bring meals that are easily heated up over the fire or on a stove. Sandwiches or food that is quick to prepare and eat is advised for lunches and snacks are recommended to keep you going through the day between meals. Any glass and/or metal will need to be packed out with you.
- ❑ **Brew kit** – for example tea, coffee, dried milk and sugar. Remember the course operates a no alcohol policy.
- ❑ **Thermus flask** – to provide a hot drink for when we are away from camp. (suggest 300-500 ml)
- ❑ **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 first aid kit** – this should include plasters, anti-bacterial wipes, insect repellent, UV protection, and a small bandage.
- ❑ **Personal medication** – for example insulin, ventolin etc.
- ❑ **Rucksack** – please bring all your kit contained in one rucksack, for guidance a 70-80 litre rucksack should suffice.
- ❑ **Day Bag** – A small day sack for essential items (20-30 litre is ideal) for when we are away from camp during the day.

Optional considerations – not essential to the course

- Cutting tools** – These are provided for the duration of the course, you are however more than welcome to bring your own. We would recommend the following for the projects we will undertake. A fixed blade general purpose bushcraft knife, such as the Mora, a folding saw (Bahco Laplander type) a crook knife and an axe, a Gransfors Bruks Small Forest Axe or the Wildlife hatchet (or equivalents) are ideal.
- Pocket notebook & pencil with eraser** – there are additional course handouts to complement the course, but feel free to take any notes you wish,
- Camera**
- Binoculars**
- Sit mat or folding chair** – rustic woodland benches and stumps are available for seating in our fixed camp; however, a folding or inflatable sit mat will make these more comfortable. Alternatively, a small folding chair may be brought with you but depending on the schedule of your course this may need to be carried with you until we reach our fixed camp.

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. However, in the interests of safety please 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, water 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 01234 351006 or info@woodland-ways.co.uk

Please double check you have everything on the kit list before you arrive, as leaving the site will not be possible unless in an emergency. Due to the nature of the course we do not carry spares.