



## Family Bushcraft and Canoe Overnighter

This course is part-catered and the accompanying kit list reflects the duration. The Family Bushcraft and Canoe Course is an introductory course and to take part you should 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.

### Food

- Packed Lunch** – You will need to bring a packed lunch for day 1 that will be eaten on the bank side, we would recommend this is sealed completely within a plastic water tight tub.

### Kit List – essential 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 a spare set to get changed into should one set get wet.
- Waterproof jacket & trousers** – You will be spending a lot of time around fire so ideally an old set and not your best Goretex hill walking jacket! However, you must ensure you have both trousers and jackets as the nature of paddling means your legs may get wet.
- Full finger gloves or mitts and a Woolly hat** – These are essential in the colder months but please bring a sun hat during spring, summer and autumn courses where we may be in direct sun for several hours.
- 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 mat/insulation mat** - Crucial to a comfortable/ warm night's sleep in the woods.
- 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) - We do not provide course handouts so taking notes may be useful during parts of your course.
- Personal first aid kit** (adults only) - This should include plasters, anti-bacterial wipes, insect repellent, UV protection, and a small bandage. IT IS ALSO ESSENTIAL THAT YOU CARRY ONE HEAT REFLECTIVE BLANKET PER INDIVIDUAL IN YOUR PARTY.
- Personal medication** - For example insulin or Ventolin.
- Rucksack** - Please bring all of your kit contained in one rucksack per person. You should not carry items such as sleeping bags on the outside, everything needs to be contained and dry. Ideally you would store items within a dry bag as the bottom of the boats will become wet when paddling.

### Optional considerations – not essential to the course

- Sit mat** - Rustic woodland benches and stumps are available for seating in camp, however a sit mat will make these more comfortable. Bring a style easily folded and stuffed into a rucksack. We would advise against bringing folding chairs as you will have to carry them and they tend to clutter around the fire area. Besides, this course is about learning to rely more on the woodland for your comfort.
- Carrier Bags x2** (adults only) for dirty clothing/ footwear
- Tea/coffee/dried milk/sugar** (adults only) not provided during course
- Snacks** not provided during the course
- Camera**

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, food, 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](mailto:info@woodland-ways.co.uk)

**Please double 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.**