



Day Course (Self Catering) Kit List

This course is self-catered, and the accompanying kit list reflects this. To take part in this day course 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 for example a folding chair or cushion to enhance our rustic seating.

Food

- Packed Lunch**

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.
- Waterproof jacket & trousers**
- 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.
- Drinking water bottle** – A minimum 1 litre water bottle, this can be an empty squash bottle.
- 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 anti-bacterial wipes, and toilet paper.
- Pocket notebook & pencil with eraser** – We do not provide course handouts so taking notes may be useful during parts of your course.
- Personal first aid kit** – This should include plasters, anti-bacterial wipes, insect repellent, UV protection, and a small bandage.

- Personal medication** – For example insulin or Ventolin.
- Rucksack** – Please bring all of your kit contained in one rucksack per person.

Optional considerations – not essential to the course

- Tea/coffee/dried milk/sugar** (adults only) not provided during course
- Snacks** not provided during the course

If you have purchased any extra kit that you wish to try, 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 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 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.