



IOL Bushcraft Competency Training

This is a self-catering course and the following kit list reflects the 3-day duration.

To take part you should not need to purchase expensive kit, quite the opposite! 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.

Kit List – essential items

- Clothing** – should be suitable for the season. During cold months, multiple thin layers are better than one thick layer. 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 the course. 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.
- Drinking water bottle** – a minimum 1 litre water bottle, this can be anything you have e.g. an empty squash bottle.
- Water** – Please bring all water required for your personal use. There will be water provided for other uses, eg. filling kettles, putting out fires etc.
- Mug & Brew kit** – for example tea, coffee, dried milk and sugar. Remember the course operates a no alcohol policy.

- Food** – If only attending in the daytime, you will need to provide packed lunches for all three days
- Torch & spare batteries** – a head torch is ideal, as it will leave your hands free to practice your bushcraft, but not essential, any form of torch will suffice.
- Pocket notebook & pencil with eraser** – there are no course handouts but feel free to take any notes you wish.
- Personal hygiene kit** – include as minimum anti-bacterial wipes, and toilet paper.
- 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 of your kit contained in one rucksack.

If staying onsite at our venue through prior arrangement you should also pack:

- 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.
- 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 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.
- 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** – You will need to provide lunches for all three days, evening meals for days 1 and 2 and breakfasts for day 2 and 3. Ideally you should bring meals 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.

Optional considerations – not essential to the course

- 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 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.