



Woodland Ways Family Survival Course

This overnight course is an introduction to Bushcraft and Survival Skills so expensive kit is not required, quite the opposite. Below is a list of all essential items for each participant which ideally needs to be contained in their own rucksack. You can of course bring any other items you wish but it is advised that you ensure you can each carry (wheeled suitcases etc. are not suitable) the weight of your 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. 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 weekend. 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 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.

- Drinking water bottle** – a minimum 1 litre water bottle, this can be anything you have e.g. an empty squash bottle. Water will be provided.
- 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** – include as minimum toothpaste, toothbrushes, 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.
- Pocket notebook & pencil with eraser (adults only)** – there are no course handouts but feel free to take any notes you wish.
- Personal first aid kit (adults only)** – this should include plasters, anti-bacterial wipes, insect repellent, UV protection, and a small bandage.
- Personal medication** – for example insulin, ventolin etc.
- Carrier Bags x2 (adults only)** – handy for any personal rubbish and storing dirty shoes or clothes away from clean kit.
- Brew kit (adults only)** – for example tea, coffee, dried milk and sugar. Remember the course operates a no alcohol policy.
- Snacks** – you will be fed well but feel free to bring any additional snacks you see fit.
- Rucksack** – please bring all of your kit contained in one rucksack, for guidance a 45-55 litre rucksack should suffice.

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.

- ❑ **Tent** – you will be building your own shelter on the course which is an exciting prospect for everyone but some children 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/tarp to sleep under, or there is the option of sleeping under the large communal shelters that form part of the fixed camp setup but these are not 100% waterproof..

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

**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.**