



Day Course Self Catering Kit List

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.

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 (cooler months)

Woolly hat (cooler months)

Sun hat (during spring and summer courses)

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

This is for emergencies only.

Personal hygiene kit

This should include as minimum anti-bacterial wipes, and toilet paper.

Pocket notebook & pencil with eraser

Personal first aid kit

This should include plasters, anti bacterial wipes, insect repellent, UV protection, and a small bandage.

Personal medication (e.g. insulin, ventolin etc).

Packed Lunch

Tea/coffee/dried milk/sugar

Snacks

Rucksack

Please bring all of your kit contained in one rucksack.

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 telephone us on 01234 351006, email info@woodland-ways.co.uk, or check out our website on www.woodland-ways.co.uk

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