



## Woodland Ways Kit List

This course is fully catered and the accompanying kit list reflects the five day duration.

To take part you should not need to purchase expensive kit, quite the opposite! However The Woodland Ways Week does require that bring a few essentials.

Below is a list of items that **must** be bought with you. Please feel free to bring any other items for your comfort. If you do not possess any of the below then please do not hesitate to contact us as we hold spares of most 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 two spare sets to get changed into plus an adequate supply of underwear/socks.

*Please wear natural colours to improve your chances of spotting wildlife; the wood we use is full of Roe Deer, Muntjac, Red Kite, Badger, Rabbit, Pheasant, Partridge, Buzzard, Owl etc. and we would not like you to experience the whole week without seeing these in their natural habitat due to a bright orange t-shirt!*

### Waterproof jacket & trousers

You will be spending a lot of time around fire so ideally an old set and not your best Gortex hill walking jacket!

### 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.

### Gortex bivvy bag

This will be especially useful until your shelter is completely weather proof.

**Roll matt/insulation matt**

Crucial to a warm night's sleep in the woods.

**Drinking water bottle**

A minimum 1 litre water bottle, this should be of a sturdy hard shell construction. We would advise against Platypus designs to avoid punctures.

**Knife, fork, spoon, bowl & mug**

These should be of a sturdy construction e.g. metal or plastic.

**Billy can set**

We would recommend a billy-can that can be suspended over the fire using a wire handle (we will demonstrate a number of cooking stands to build). Mess Tins or Camping Pans are harder to cook in over the fire.

**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.

**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 toothpaste, toothbrush, anti-bacterial wipes, and toilet paper.

**Pocket notebook & pencil with eraser**

We do not provide course hand outs 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, for guidance a 45-55 litre rucksack should suffice. *Please note that there is an approximate 15-minute walk from the car to the woodland.*

**Optional items:**

- **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.

- **Carrier Bags x2** for dirty clothing/ footwear
- **Tea/coffee/dried milk/sugar** 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 to try out. In the interests of safety we would respectfully request you to consult with one of our instructors prior to use in order for us to assess the suitability of such items (e.g. knives and fire lighting equipment).

**Please double check you have everything on the kit list before you leave home, due to the nature of the course we do not carry spares.**

Woodland Ways will provide all other equipment, food 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)

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