



Woodland Ways Kit List

This is a self-catering course and the accompanying kit list reflects the 5 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.

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 a spare set to get changed into. Please wear natural colours to improve your chances of spotting wildlife.

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 system

Either a tent, a hammock with tarp or just a tarp is recommended for your stay in the woodland.

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.

Roll matt/insulation matt

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

Drinking water bottle

A minimum 1 litre water bottle, this can be an empty squash bottle.

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.

Food

Ideally you should bring meals easily heated up over the fire or on a stove. 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.

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 or folding chair**
Rustic woodland benches and stumps are available for seating in camp, however a sit mat will make these more comfortable. Folding chairs may be brought in for extra comfort as some sections of your course may involve periods of sitting and crafting.
- **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 additional cutting tools or equipment suitable to the content of this course that you wish to try out over the weekend then please do feel free to bring this with you. 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.

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 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

The Woodland Ways Team