



Woodland Ways Week – 5 Day Survival Course

This week introduces a more advanced level of Bushcraft and Survival Skills but expensive kit is not required, quite the opposite. Below is a list of all essential items which ideally needs to be contained in one rucksack. You can of course bring any other items you wish but it is advised that you ensure you can carry (wheeled suitcases etc. are not suitable) the weight of the 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

- ☐ **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.
- ☐ **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 of clothes and sufficient changes of underwear and socks. Please wear natural colours, if possible, to improve your chances of spotting wildlife.
 - **Sauna** – at the end of the experience there is the option to build and use a woodland sauna. ALL participants are expected to wear shorts and t-shirt, or similar, for modesty purposes.
- ☐ **Waterproof jacket & trousers** – these are recommended regardless of the forecast as weather can change throughout a week. 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.

- ☐ **GoreTex bivvy bag** – this will be useful until your shelter is completely waterproof.
- ☐ **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. We recommend something sturdy to ensure it withstands any potential punctures and the demands of a week in the woods.
- ☐ **Knife, fork, spoon, bowl & mug** – these should be of a sturdy construction e.g. metal or plastic.
- ☐ **Cooking 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 acceptable but 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** – 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.
- ☐ **Pocket notebook & pencil with eraser** – there are no course handouts but feel free to take any notes you wish.
- ☐ **Carrier Bags x2** – handy for any personal rubbish and storing dirty shoes or clothes away from clean kit.
- ☐ **Brew kit** – 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

- ☐ **Watch** – while we actively encourage you to disconnect from the outside world whilst with us a means of telling the time is desirable. Workshops occur at pre-agreed times and as they are optional the instructor will start and those who arrive late may not be able to take part for safety reasons.
- ☐ **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, 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.