



Woodland Ways Forest Bathing Kit Lists

Expensive kit is not required, quite the opposite. You will just need to bring some basic, sensible items with you. The list reflects the day long nature of the course which needs to be contained in one rucksack.

Kit List

- ☐ **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. They also add a good windproof layer to your clothing options. Remember fire is a big part of who we are 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. 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.
- ☐ **Drinking water bottle** – a minimum 1 litre water bottle, this can be anything you have e.g. an empty squash bottle.
- ☐ **Packed Lunch, snacks, and a mug for a warm drink**
- ☐ **Personal hygiene kit** – include as minimum 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.
- ☐ **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.

- ☐ **Carrier Bags x2** – handy for any personal rubbish and storing dirty shoes or clothes away from clean kit.
- ☐ **Rucksack** – please bring all of your kit contained in one rucksack.

Optional considerations

- ☐ **Snacks**
- ☐ **Sit mat or folding chair** – rustic woodland benches and stumps are available for seating in our fixed camp; however a sit mat will make sitting on the floor more comfortable. Alternatively a small folding chair may be brought with you but will need to be carried.

If you have purchased any extra kit that you wish to try out over the day 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, hot beverages, 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.**