



Woodland Ways Spring or Autumn Forage

These day courses are designed to give you an outline understanding of what edible and medicinal resources are available to you in the wild. The courses are catered with an afternoon meal and the following kit list of essential items reflects the day long nature of the courses 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 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.
- ☐ **Drinking water bottle** – a minimum 1 litre water bottle, this can be anything you have e.g. an empty squash bottle.
- ☐ **Knife, fork, spoon, bowl & mug** – these should be of a sturdy construction e.g. metal or plastic.

- ☐ **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.
- ☐ **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.
- ☐ **Torch & spare batteries** – this is for emergencies only. 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.
- ☐ **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.
- ☐ **Brew kit** – for example tea, coffee, dried milk and sugar. Remember the course operates a no alcohol policy.
- ☐ **Rucksack** – please bring all of your kit contained in one rucksack.

Optional considerations

- ☐ **Snacks** – you will be fed well at in the afternoon but feel free to bring any additional snacks you see fit.
- ☐ **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.**