



Woodlore Fundamental *Bushcraft Course*

Preparing your path to discovery...

Pre-Course Information



COURSE SITE DETAILS

As you may have read on our website, the course will be conducted from an expedition style camp in East Sussex. We will be camping and learning in typical English woodland of Ash, Oak, Beech, Hazel and Sweet Chestnut. The area is a haven for wildlife attracting Badgers, Foxes, Roe, Fallow, and Sika deer, Squirrels, various reptiles and many species of bird, making it a pleasant place to spend time and camp.

As well as your own camping set-up, there will be a communal learning area under a parachute shelter. Here we have a circle of logs for seating, a black board, a fire with a kettle of hot water and a brew box supplying tea, coffee, milk, sugar, hot chocolate, fruit squash and biscuits. We have two washing bowls; one for hands, the other for dishes. We have washing up liquid, sponges, hand wash and a nailbrush.

We will provide all meals for you during the course, for breakfast we have a selection of cereals and some bread that you can toast over the fire. Lunch will be a buffet with a selection of cold food, and the evening meals will be freshly cooked by the Woodlore staff. You will also have the chance to cook meals for yourself and the group including a meal of wild game. If you have any dietary requirements then please contact us as soon as you can.

The toilet is simply a trench dug into the ground in a secluded spot, just like you would use when on a trip in the wilderness and away from facilities. We provide a box with toilet paper, hand gel and matches. This is a hygienic, easy and practical method.

If you would like to have a shower, we have a canvas bag shower and a bucket for heating water in a private area. You may find it useful to bring some flip flops or similar to avoid getting your feet dirty.

We will be issuing you with a tool roll containing various tools you will need throughout the week. You will also be given a fixed blade knife which is yours to take home at the end of the week. Therefore, there is no need for you to bring any tools with you. You are however welcome to bring your own personal knife, saw and fire stick etc. if you wish.

In the clothing and equipment checklist below you will see one of the items you are required to bring is a bivi bag. A bivi bag is simply a waterproof, windproof and breathable cover for your sleeping bag and is used when sleeping under a tarp or any other situation where you are more exposed to the elements than you would be in a tent. Using one will ensure several things; firstly, your sleeping equipment will remain dry if it rains or the ground is damp, it will add extra insulation to your sleeping setup therefore making you warmer, and finally, it will contain you, your sleeping bag and your sleeping mat. There is nothing worse than waking up in the middle of the night to discover you've rolled off your mat onto the cold ground. Your bivi bag will be particularly useful during the hiking phase of the course where we will be sleeping under tarps for two nights. We stock a bivi bag on our website but you can sometimes find the British Army bivi bag for sale in Army surplus shops which is more than adequate.

If you need to use a mobile telephone, please consider the other members of the group by switching it to 'silent' mode.

A thorough camp tour will be given on your arrival to the course site.

Please note that the use of axes is not permitted on this course.



CLOTHING AND EQUIPMENT CHECKLIST

This clothing and equipment list is designed to help you decide what items to bring to your course to ensure you to have the best experience possible. Having the right kit will make your experience more enjoyable and enable you to focus more on learning.

In the past we have been asked by clients for help in sourcing certain items of clothing and equipment. This list therefore includes options stocked by Woodlore which have been tried and tested by Ray Mears and the Woodlore Team. There is of course no obligation to buy from us.

All items listed in red are essential for this course. All other items are just recommendations.

ITEM:	SUITABLE OPTION STOCKED BY WOODLORE:	✓
<p>SUITABLE OUTDOOR CLOTHING</p> <p>This should be sturdy, warm and comfortable, comprising of several layers to allow maximum versatility. An old tracksuit, several pullovers and a waterproof jacket will suffice. Jeans are not suitable, being cold, restrictive and slow-drying.</p> <p>Mute, natural colours will increase your chances of observing wildlife closely.</p> <p>Please remember to bring waterproofs with you in case of wet weather.</p>	<ul style="list-style-type: none"> • Fjallraven Trousers • Swannndri Ranger Wool Bushshirt • Woolpower-Ullfrotte Original clothing • Bergans jackets • Norrna jackets • Buffalo jackets • Swazi/Ray Mears clothing • 5.11 Tactical Long Sleeve Shirt 	✓
<p>FOOTWEAR</p> <p>Footwear should be sturdy, give ankle support and have good grip. You will find it most useful to bring a lightweight pair of boots or trainers for dry conditions as well as a pair of waterproof boots in case the weather is bad. Another option, in the event of wet conditions is to wear waterproof/breathable socks inside your dry weather boots.</p>	<ul style="list-style-type: none"> • Rogue RB-2 Light Trail Boots • Thorlos Hiking Socks - Thick Cushion • Sealskinz Waterproof Trekking Socks 	
<p>SUN HAT</p> <p>You may wish to bring a sun hat if you are easily sun burned.</p>	<p>Tilley T3 Hat</p>	
<p>WOOLLEN HAT</p> <p>The temperature could drop suddenly at any time of year and combined with dampness, it can get rather chilly. A woollen hat can make all the difference to your comfort when sleeping outside or standing still for a while.</p>	<p>Possum Fur and Merino Wool Beanie Hat</p>	
<p>WARM SLEEPING BAG</p> <p>Please ensure you bring an adequate sleeping bag. If you are purchasing a bag, go for one that is rated to be warmer than you think you need, you can always open it or use it as a duvet if it is too hot.</p>	<ul style="list-style-type: none"> • Ray Mears 3-Season Sleeping Bag - Osprey or • Ray Mears 4-Season Sleeping Bag – Golden Eagle 	
<p>LIGHTWEIGHT TENT OR SIMILAR SHELTER</p> <p>Please be mindful of what you bring with you as your home for your time on the course, bearing in mind the time of year.</p>	<ul style="list-style-type: none"> • Hilleberg Tent or • Bergans Tent or • Australian Waterproof Hootchie/Flysheet and Guy Lines if you already have them. 	
<p>GORE-TEX / BREATHABLE BIVI BAG</p> <p>Please make sure it is made from a breathable Gore-Tex or similar material and not polythene which will result in you and your sleeping bag being soaked. There are some fairly cost effective options available from army surplus stores.</p>	<p>Terra Nova Discovery Bivi Bag</p>	
<p>INSULATING SLEEPING MAT</p> <p>You could have the warmest sleeping bag but without an insulative mat under you, you will feel the warmth being drawn away from you by the ground.</p>	<ul style="list-style-type: none"> • Therm-A-Rest ProLite Sleeping Mat or • Multimat Adventure Superlite 25 Sleeping Mat 	
<p>MUG & EATING UTENSILS</p> <p>We usually just have a Military stainless steel crusader cup and a spoon with us when we are camping. This is all you really need and serves well for eating three meals a day and drinks.</p>	<ul style="list-style-type: none"> • Military Stainless Steel Crusader Cup and • Heavy Cover Nato Crusader Cup Boil Cover • Esbit Titanium Folding Spork 	

WATER BOTTLE (2 x 1 litre)	Natoflask Black Water Bottle x2	
SMALL FIRST AID KIT AND PERSONAL MEDICATION Our staff will have swift access to first aid equipment at all times, but you will need to bring a small first aid kit including plasters and any personal medication, including headache tablets, reading glasses/contact lenses, inhalers etc.	<ul style="list-style-type: none"> • Ray Mears Leather Belt Pouch • Ray Mears Deluxe Canvas Pouch • Ray Mears Canvas Pouch • O'Tom Tick Twister • Sliver Gripper Tweezers 	
WASH KIT & TOWEL We provide hand washing facilities including bowls, nail brushes and hand soap. We also have a screened camp shower; You will need to bring some soap and will find it useful to bring flip flops or similar to avoid getting dirty feet.	<ul style="list-style-type: none"> • Sea to Summit Toiletry Bag • Grandpa's Pine Tar Bath and Shower Gel • Grandpa's Wonder Pine Tar Soap • Wysi Wipes • Nikwax Travel Towel – Trek Size 	
SUNSCREEN & LIPSALVE Lips can quickly become chapped outdoors so having some lipsalve is very useful.	Suncare Essentials	
GOOD INSECT REPELLENT There have been ticks encountered on our course sites and a good repellent is the first and best line of defense against them. Ultrathon works extremely well in our experience.	<ul style="list-style-type: none"> • 3M Ultrathon Insect Repellent or • Eco Guard Insect Repellent 	
WATCH You will be asked to meet at certain times for lectures or meals and we cannot wait for anyone who is not on time.	GWS H3 G10 Pro Diver Watch – Woodlore Badged	
WHISTLE A valuable tool should you become lost and an item of equipment you should have on you at all times during your stay with Woodlore.	Fox 40 Micro Whistle	
WATERPROOF NOTEBOOK AND PENCIL There will be a lot of information to take away from the course and you may also like to record your experiences for future use.	<ul style="list-style-type: none"> • Watershed Waterproof Notebook or • Rite in the Rain Waterproof Notebook 146 	
HEAD TORCH WITH FRESH BATTERIES & 2 SPARE SETS A head torch is convenient as it leaves your hands free for other jobs.	<ul style="list-style-type: none"> • Petzl TacTikka Plus Head torch or • SureFire Saint Minimus Head torch and • SureFire 123A Lithium Batteries 	
CAMERA		
10 METRES OF PARACORD	550 Para Cord – 10 metre	
DAY SACK A small day sack will be useful for short hikes we make out from camp, when you may wish to take a waterproof jacket, a drink and a snack with you.	Karrimor Sabre 35 litre Rucksack	
RUCKSACK to contain all of your kit During the week we will be hiking from camp to another area and you will be required to take two days worth of camping equipment and food. It is important that you line your rucksack with a dry bag to ensure the contents stay dry.	<ul style="list-style-type: none"> • Karrimor Sabre 45 litre Rucksack and • Karrimor Sabre Side Pockets or • Karrimor Sabre 75 litre Rucksack and • Ortlieb Dry Bag 	

Please visit the Woodlore online shop at www.raymears.com.

Below we have listed items that Woodlore will provide for the duration of the course. Therefore, it is not necessary for you to bring them.

In addition to these items, we also have very well stocked first aid kits, fire extinguishers and fire blankets, vehicles etc. Please do not hesitate to contact us if you have any questions regarding this information.

- Course specific equipment
- Food
- Tool roll including: Folding saw, flint and steel, fireflash, sharpening stone, spoon knife)
- Fixed blade bushcraft knife (for you to take home at the end of the course.)
- Cooking equipment
- Tarps
- Washing bowls, soap, sponges etc.
- Brew Kit
- Camp Shower
- Latrine, toilet paper, alcohol hand gel, matches
- Firewood
- Communal Shelter (for lectures and brew breaks)

