

# Bushcraft Competency Certificate

## Training Course



### KIT LIST

ITEM	INFO/NOTES	CHECK
Trousers	Not shorts, to give better protection from thorns, brambles, nettles etc.	
T-Shirt or base-layer	Long sleeves are better, to give better protection from thorns, brambles, nettles, sun etc. A shirt with breast pockets and long sleeves is useful as an additional layer over a base-layer.	
Warmer weather - sun hat or cap. Colder weather - hat, scarf, gloves.	We advise you to bring sunglasses, sunscreen & <b>insect repellent (essential)</b> in warmer weather. Please check the weather beforehand and if in any doubt then DO bring these items.	
Jumper or fleece	The more layers, the better you'll feel in cooler weather. Please bring additional layers as you deem necessary for your own personal comfort.	
Waterproof jacket & Trousers	A breathable waterproof jacket is an invaluable safety item in poor weather, as are tough and durable waterproof over-trousers.	
Appropriate Footwear	Walking boots are best, walking shoes are OK, & in very wet conditions wellies very beneficial. NO high-heels, open-toed shoes, sandals, slip-ons etc.	
Personal medication	Such as inhalers, EpiPen's, anti-histamines etc. A small selection of plasters for minor cuts and scratches is advised. Compeed if you're prone to blisters etc. N.B. A larger and more comprehensive first aid kit will be on hand during the course.	
A bag or rucksack	To carry all of your gear in whilst walking through the woods. Please bring a notebook, pens/pencils etc, to make notes if you wish, and a camera. You must be able to carry all of your gear into the woodland venue.	
Food, snacks & drinks	<b>Please bring any food &amp; snacks which you feel will be necessary for your comfort during your course (as this is a non-catered course). Bring a drinks bottle with at least a litre of water in it, and if you want a hot drink, please bring tea/coffee/sugar etc and a plastic or metal mug and spoon.</b>	
Tools (knives, saws, axes)	Please bring a sturdy outdoor sheath knife (Mora 511 or Hultafors 'Craftsman' etc) a folding saw (Bahco Laplander or similar, and a bow saw if possible (Bahco blades are best). All tools used will be subject to inspection by our staff for safety reasons.	
Additional equipment	You must bring; a sturdy metal container (suitable to boil water in over a campfire), your personal fire-lighting equipment, including; a selection of tinder, a box of matches, cigarette lighter, fire-steel, 9V battery.	

**N.B. Camping & staying on-site during your course:** If you plan to camp in the woodland, overnight during your course, then you will need to bring all of your associated camping equipment yourself. Such as; tent/shelter/tarp/hammock etc, sleeping gear, cooking kit, eating kit & utensils, food, wash-kit, toiletries, towel, spare clothing etc. If you do wish to camp then please let us know via email beforehand. Drinking water is provided onsite for you to use. Please be advised that this is a private woodland-camping location, there are toilets and showering/washing facilities, but all waste MUST be removed from the site.