



### **BUSHCRAFT & SURVIVAL FOUNDATION COURSE KIT LIST**

Your equipment requirements for this course are relatively basic. Try to keep your outfit simple, bringing only what you need. Your outdoor clothing should be comfortable and not easily damaged. If you have any questions please contact us on [info@frontierbushcraft.com](mailto:info@frontierbushcraft.com)

| <b>ITEM</b>                                     | <b>NOTES/RECOMMENDATIONS</b>  | <b>✓</b> |
|---|---|----------|
| <b>OUTDOOR CLOTHING &amp; FOOTWEAR:</b>         |   |          |
| Waterproof shell                                | Jacket and trousers.  |          |
| Warm layer(s)                                   | Fleece or wool  |          |
| Outdoor trousers                                | Something rugged - cargo pants or similar. Jeans are not suitable.  |          |
| Warm hat  |   |          |
| Sun hat   | A hat with a brim provides more sun protection than a peaked cap.   |          |
| Outdoor footwear                                | Trainers or approach shoes with a decent grip are great when the weather is dry. But you will probably want at least some light boots or waterproof socks (or wellies) if the weather is wet. |          |
| <b>PERSONAL EQUIPMENT:</b>                      |   |          |
| Water bottle                                    |   |          |
| Whistle   | Fox 40 or Perry whistle.  |          |
| Mug   | Metal or plastic.   |          |
| Eating utensils                                 | At least a spoon.   |          |
| Notebook  |   |          |
| Camera  |   |          |
| Sunscreen                                       | While you will be in the woods much of the time and therefore shaded, you will be outdoors all day.   |          |
| Lipsalve  |   |          |
| Spectacles/reading glasses/spare contact lenses |   |          |

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