



**FOREST HUNTER 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. **Mute, natural colours** are needed for your clothing - browns, greens, greys, etc. Blue is not a good colour as it is spotted easily by deer. 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.	
Light warm layer	Light fleece or pullover.	
Heavy warm layer	Thicker fleece, wool shirt or pullover that can be worn separately or over the top of the light warm layer.	
Base Layer Top	Merino or synthetic (not cotton)	
Outdoor trousers	Something rugged - cargo pants or similar - with decent pockets (e.g. the ubiquitous Fjallraven trouser)	
Socks	Bring a few spare sets.	
Underwear	Don't forget spares!	
Warm hat	Wool or fleece. This is a very important item. It makes a huge contribution to keeping warm.	
Peaked cap or boonie	A hat with a brim shades your face.	
Gloves	Finger gloves in a mute colour with decent grip e.g. <a href="https://www.sealskinz.com/shooting-gloves-olive.htm">https://www.sealskinz.com/shooting-gloves-olive.htm</a>	
Outdoor footwear	The training area is rugged and can be wet. Bring sturdy boots.	
Gaiters	The ground and vegetation can be very wet. Gaiters are recommended.	
<b>SHELTER &amp; SLEEPING EQUIPMENT:</b>		
Tent and/or Tarp and bivvy or hammock	Scotland in October can be pleasantly mild or really quite cold. Come prepared. Our instructors tend to use a combination of a lightweight tent and a lightweight tarp over it to provide some outdoor space. Bring what you are comfortable with, however.	
Sleeping bag	A 3-season bag is a minimum if you sleep warm. If you sleep cold, bring a 4-season bag.	
Sleeping mat	Closed cell (Karrimat) or inflatable (Thermarest).	
<b>PERSONAL EQUIPMENT:</b>		
Water bottle(s)	2 litres carrying capacity.	
Cuts kit	Small first aid kit (with plasters, small bandage, headache tablets, etc.)	
Headtorch	Petzl 'Tikka' range are ideal. Make sure it has fresh batteries.	
Spare batteries for headtorch.	At least two sets of spare batteries.	
Whistle	Fox 40 or Perry whistle.	
Watch	Timings are important	
Mug	Metal or plastic.	
Bowl or plate	Metal or plastic.	
Eating utensils	At least a spoon and a pocket knife	
Notebook	Water-resistant or waterproof paper is preferable.	
Binoculars**	** If you don't already own binoculars, please don't spend lots of money on a new set. Your view of what is desirable will almost certainly change after the course. Try to borrow a set from family or friends.	
Day sack	Small pack for carrying items such as waterproofs, warm layer, water bottle, etc. while out on a walk.	
<b>WASH KIT, PERSONAL MEDS, ETC.:</b>		
Wash kit	At a minimum - toothbrush, toothpaste, soap.	
Towel	A large bandana or a shemagh works well.	
Lipsalve		
Insect repellent	The midges should be pretty much gone unless it is unusually warm. Bring some repellent just in case. Try to get an effective natural-based product such as Mosi-Guard. DEET is unpleasant and not necessary in the UK. See <a href="http://www.mosi-guard.com/">http://www.mosi-guard.com/</a>	
Mossie head-net	A small head-net can be useful in case of midges.	
Personal medication	Don't forget any medication that you are taking. Also if you know you suffer from hay fever or react badly to insect bites, make sure you bring suitable medication for dealing with it.	
Spectacles/reading glasses/spare contact lenses		

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