



INTERMEDIATE WILDERNESS BUSHCRAFT 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. By wearing mute, natural colours you will be more likely to observe wildlife. If you have any questions please contact us on info@frontierbushcraft.com

ITEM	NOTES/RECOMMENDATIONS	✓
OUTDOOR CLOTHING & FOOTWEAR:		
Suitable outdoor clothing	Waterproofs, warm layers, warm hat, etc. NB you will be sleeping near fires some nights, so please bear this in mind when selecting your clothing.	
Outdoor footwear	Some light boots are ideal.	
SHELTER & SLEEPING EQUIPMENT:		
Breathable bivi-bag		
Sleeping bag	A decent 3-season bag.	
Sleeping mat	Closed cell (Karrimat) or inflatable (Thermarest).	
PERSONAL EQUIPMENT:		
Bushcraft knife		
Folding saw		
Small sharpening stone		
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		
Mug	Metal or plastic.	
Bowl or plate	Metal or plastic.	
Eating utensils	At least a spoon.	
Notebook	Water-resistant or waterproof paper is preferable.	
Camera		
Rucksac	Large enough to carry your clothing and equipment.	
Day sack	Small pack for carrying items such as waterproofs, warm layer, water bottle, etc. while out on a walk. You can use your main rucksac if you would rather not double-up on bags.	
WASH KIT, PERSONAL MEDS, ETC.:		
Wash kit	At a minimum - toothbrush, toothpaste, soap.	
Towel	A large bandana or a shemagh works well.	
Sunscreen	While you will be in the woods much of the time and therefore shaded, you will be outdoors all day.	
Lipsalve		
Insect repellent	Try to get an effective natural-based product such as Mosi-Guard. DEET is unpleasant and not necessary in the UK. See http://www.mosi-guard.com/	
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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