



TRACKING AND NATURE AWARENESS 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 muted, 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:		
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.	
T-shirts/Light shirts	At least a couple.	
Outdoor trousers	Something rugged - cargo pants or similar - with decent pockets. Jeans are not suitable.	
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.	
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 quiet and great when the weather is dry. But you will probably want at least some light boots too.	
SHELTER & SLEEPING EQUIPMENT:		
Tent or Tarp	A tarp is particularly good for this course as you are never shut off from the forest for the whole week.	
Sleeping bag	A decent 3-season bag.	
Sleeping mat	Closed cell (Karrimat) or inflatable (Thermarest).	
PERSONAL EQUIPMENT:		
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		
Stove, fuel and cooking equipment*	*NB This course is self-catered. If you have attended a course where you have been taught safe fire-management techniques and leave-no-trace, then you can cook over a fire. Even so, you may still want to pack a stove for occasions when you need more speed.	
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		
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.	
Compass	There will be times during this course when being able to determine direction of travel will be useful. A baseplate compass such as a Silva Type 4 will be more than adequate. If you want to invest a bit more, the Silva Expedition 15TDCL is our favourite compass.	
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 rucksack 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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