FRONTIER BUSHCRAFT
Wilderness Skills & Adventure

CRAFTING WITH SIEGURD 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**

ITEM	NOTES/RECOMMENDATIONS	✔
OUTDOOR CLOTHING & FOOTWEAR:		
Waterproof shell	Jacket and trousers.	
Light warm layer	Light fleece or pullover.	
Warm layer	Fleece jacket, 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 great when the weather is dry. But you will probably want at least some light boots too as it can get muddy in the woods after a day or two of rain.	
SHELTER & SLEEPING EQUIPMENT:		
Shelter	Tent or tarp (tarp and hammock is OK too).	
Sleeping bag	A decent 3-season bag.	
Sleeping mat	Closed cell (Karrimat) or inflatable (Thermarest).	
PERSONAL EQUIPMENT:		
Water bottle	1 litre carrying capacity.	
Cuts kit	Small first aid kit (with plasters, small bandage, headache tablets, etc.)	
Knife	Carving or Sloyd knife if you have one (e.g Mora 120) othewise bushcraft knife.	
Folding saw	Bahco Laplander is our recommendation	
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	Your personal choice	
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	Your personal choice	
Rucksac or holdall	To bring your kit up to camp	
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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