



Woodland Ways Bow Making Weekend

To give you the most out of our instructors over the weekend this course is operated on a self-catered basis. Time will be allocated for meals but it is recommended that these are quick to prepare and eat so you have the maximum amount of time to spend on creating your bow.

Kit List – essential items

- ☐ **Clothing** – should be suitable for the season. During cold months, multiple thin layers are better than one thick layer. Please wear natural colours, if possible, to improve your chances of spotting wildlife.
- ☐ **Waterproof jacket & trousers** – these are recommended regardless of the forecast as weather can change throughout a weekend. They also add a good windproof layer to your clothing options. Remember fire can play a part in the course and modern materials such as GoreTex melt easily so don't bring your best gear.
- ☐ **Full finger gloves** – to keep fingers warm while maintaining full movement. There may also be activities that involve collecting natural materials so some gardening gloves are worth considering if you wish but by no means essential.
- ☐ **Hats** – a warm hat for colder seasons and keeping warm while sleeping. Please also bring a sun hat for courses in the spring, summer and autumn.
- ☐ **Sensible footwear** – these should be warm, waterproof and provide ankle support. Three Season walking boots are ideal during the autumn, winter, and spring. Two season are suitable through the summer.
- ☐ **Shelter** – hammock and tarp is ideal but a spot suitable for a small tent shouldn't be too hard to find.
- ☐ **Sleeping bag** – a three season sleeping bag is fine throughout the spring, summer and autumn, or a four season sleeping bag during the winter.
- ☐ **Roll matt/insulation matt** – foam matts are ideal as they can't puncture or deflate but any matt you have is fine.

- ☐ **Drinking water bottle** – a minimum 1 litre water bottle, this can be anything you have e.g. an empty squash bottle. Water will be provided.
- ☐ **Food for breakfasts, lunches and dinners** – Some quick meals to cook e.g. pasta and sauce
- ☐ **Camp Stove** – to speed up meal times a camp stove is invaluable. A camp fire is possible but will not be prepared or maintained by the instructors and cooking this way will impact on your bow making time.
- ☐ **Knife, fork, spoon, bowl & mug** – these should be of a sturdy construction e.g. metal or plastic.
- ☐ **Cleaning equipment** – a household sponge and biodegradable multi-purpose soap are ideal. In line with our environmental policy we would ask you not to bring soap that will have a detrimental effect on the environment.
- ☐ **Torch & spare batteries** – a head torch is ideal, as it will leave your hands free to practice your bushcraft, but a head torch is not essential, any form of torch will suffice.
- ☐ **Personal hygiene kit** – include as minimum toothpaste, toothbrush, anti-bacterial wipes, and toilet paper. As with natural colours for clothing, strong scents, such as perfume and deodorants can reduce chances of seeing wildlife.
- ☐ **Pocket notebook & pencil with eraser** – there are no course handouts but feel free to take any notes you wish.
- ☐ **Personal first aid kit** – this should include plasters, anti-bacterial wipes, insect repellent, UV protection, and a small bandage.
- ☐ **Personal medication** – for example insulin, ventolin etc.
- ☐ **Carrier Bags x2** – handy for any personal rubbish and storing dirty shoes or clothes away from clean kit.
- ☐ **Brew kit** – for example tea, coffee, dried milk and sugar. Remember the course operates a no alcohol policy.
- ☐ **Snacks** – please feel free to bring any additional snacks you see fit.
- ☐ **Rucksack** – please bring all of your kit contained in one rucksack, for guidance a 45-55 litre rucksack should suffice.

Optional considerations – not essential to the course

- ☐ **Camera**
- ☐ **Sit mat or folding chair** – rustic woodland benches and stumps are available for seating in our fixed camp; however a folding or inflatable sit mat will make these more comfortable. Alternatively, a small folding chair may be brought with you but

depending on the schedule of your course this may need to be carried with you until we reach our fixed camp.

If you have purchased any extra kit that you wish to try out over the weekend then please do feel free to bring this with you. However, in the interests of safety please consult with one of our instructors prior to use in order for us to assess the suitability of such items (e.g. knives, fire lighting equipment etc).

Woodland Ways will provide all other equipment, water and materials. Should you have any queries on this list or anything else about the course then please do not hesitate to contact us on 01234 351006 or info@woodland-ways.co.uk

Please double you have everything on the kit list before you arrive as leaving the site will not be possible unless in an emergency. Due to the nature of the course we do not carry spares.