

Woodsmoke's Clothing and Equipment Check List

Clothing:

Sensible outdoor clothing is essential for all of our courses. We recommend that you bring a hat, a waterproof and windproof Jacket, a wool jumper or fleece top and several long and short-sleeved T-shirts. Cargo/combat trousers are ideal; as they are strong, light and fast drying (do not bring denim jeans). Sturdy hiking boots are a must, as some of the terrain is steep and rocky. We also recommend that you bring a pair of old trainers for the evenings and spare changes of clothes stored in a plastic bag to keep them dry.

Equipment checklist:

- Small day-sack
- Sleeping bag, preferably 3 season
- Self-inflating or closed-cell foam sleeping mat
- Tent, or fly-sheet & bivy-bag
- Torch and spare batteries
- Small first aid kit, including plasters, blister kit, tweezers, foot powder and any personal medication
- Sun block and lip balm
- Good insect repellent
- Wash kit and towel, preferably containing biodegradable soap
- Knife, fork and spoon
- Mug, bowl & plate
- Water bottle
- Notebook and pencils
- Ziploc bags

For weeklong courses you will also require:

- 10 meters of parachute cord
- Swimming costume and large towel

Optional extras:

- Camera
- Binoculars
- Spending money: as it is not unusual for students to get together for a well-earned pint at the end of a course.
- Tampons: it is not uncommon for a sudden change of environment to start an unexpected period.

Please note: You do not need to bring your own knives or any other cutting tools, as you will be loaned a folding saw and knife when required. Students on the Woodlander course will be given a sheath knife to keep.