

Wildwood Bushcraft Course Joining Instructions

Our courses are run in beautiful ancient woodlands in Sussex and Scotland. We choose our woodlands carefully as places with plentiful bushcraft resources, wildlife and interesting scenic locations. You will be in the capable hands of our chief instructor, Leon Durbin PhD and/or one of our experienced associate instructors. Your time with Wildwood Bushcraft should be fun, with plenty of practical experience and challenges, and hopefully you will be inspired to learn more.

Go to our website for a full list of Bushcraft courses: www.wildwoodbushcraft.com/courses.htm.

General course information

Date, time and availability

The dates and availability of courses are shown on the website but it is a good idea to phone or email to check availability before booking. Unless otherwise stated, day courses begin at 09.00 and end around 17.00 (on shorter winter evenings the end may be nearer to 16.00). Multi-day courses usually begin at 19.00 on the first day and end at 16.00 on the last day.

Weather

There will usually be a tarp shelter on site so that the course can go ahead even in poor weather conditions. Bushcraft is about adapting to the environment and rain is no obstacle to learning – in fact it can help! In extreme weather you can always contact us on the day to check if the course is going ahead (on the day 07709 031715 or 01687 470415). Nevertheless, we would always try to let you know as soon as possible, if a course was changed or cancelled.

Location

We use a number of different woodland venues so please check with the location shown on the Courses page of the website associated with your course or your acknowledgement letter. Should there be any discrepancy please check with our office. Once you know the location you can find the relevant map to the site on the website from the booking page.

Facilities

The following facilities will usually be available on site: a group tarp shelter, drinking water, washing water and soaps, a First Aid kit and a simple pit latrine. Most of our courses are currently self-catering unless otherwise stated in the course description. We do however provide hot drinks during breaks on all our courses. At the end of the course you will be presented with a Certificate of Attendance and following the course you will be asked for feedback by email and given a link to handouts with quick reference on the course contents.

Kit List

Below is a list of kit. Most of these items don't cost much but if you are on a tight budget there may be options for borrowing items, so just let us know in advance.

1) Please bring the following essential **basic kit**:

- Food (unless it is specified that food is included, e.g. do not bring any on the Survival Weekend etc.)
- Warm, water-proof outdoor clothing (including trousers and boots and in cold weather/ Scotland year round - thermals are recommended, plus hat, gloves, scarf etc.)
- Long trousers and sleeves - recommended to protect you from brambles and midge bites.
- Drinking bottle and cup.
- Personal First Aid kit (and any medication you may need).
- Insect repellent (**in Scotland, May-September inclusive**, e.g. Avon "Skin So Soft").

2) The following items are available for loan or purchase on the day if appropriate to the course:

- Fire steel (for bushcraft courses you can buy or borrow a suitable one from us on the course - see note below)
- Sheath knife (for most courses where knife use is included you can buy or borrow a suitable one from us on the course - see note below)
- Folding saw

3) If you are staying overnight on courses (**other than** the Survival Weekend – see section 4 below), in addition to items listed in section 1, you will need:

- Food for main meals (except where food is part of the price)
- Camping stove and fuel (optional, unless you do not wish to cook by fire)
- Pans and cooking utensils (except where food is part of the price)
- Mess tin/plate and cutlery
- Cup
- Tent, or hammock and tarp, or basher (e.g. army poncho/tarp and bivvy bag - see website FAQ for more details)
- Roll mat
- Sleeping bag with appropriate grade for the season – i.e. at least 3 or 4 season
- Torch (preferably head torch) with spare batteries.
- Wash kit and towel (optional)
- Gortex bivvy bag (optional, please see FAQ on website for details)
- **For Scotland only (between May and September inclusive):** your sleeping system will require a midge net (make sure it is a midge net **not** a mosquito net – it needs at least 400 holes per inch to exclude the midge).

4) For the **Survival weekend**, in addition to the basic kit specified in section 1 you will only need the following:

- Mess tin/plate and cutlery
- Cup
- Army poncho or gortex bivvy bag (see FAQ on website for details) or small tarp
- Roll mat
- Sleeping bag with appropriate grade for the season – i.e. at least 3 or 4 season (alternatively combine 2 lighter bags to make up equivalent season rating (e.g. 1 season + 2 season = 3 season)
- Bivvy bag (optional, please see FAQ on website for details)
- Torch (preferably head torch) with spare batteries.
- **For Scotland only (between May and September inclusive):** midge net for head and/or bed to protect from midges inside the shelter. Make sure it is actually a midge net **not** a mosquito net – it needs at least 400 holes per inch to exclude the midge. The following are midge net options: a suspended net is best but costs more – around £35 (e.g. http://www.travelhealthstore.co.uk/html/midge_proof_bell.html)

If you just want to save some money (cost around £10) and just drape some midge netting over you and tuck underneath then see: <http://www.midgie.net/>

Alternatively, we have a limited number of suspended nets to hire for the weekend at £10, but contact us in advance of the course. Similarly headnets can be hired at £5 per weekend.

Booking and Payment

To book please go to our website www.wildwoodbushcraft.com where we have online booking options from each course page. You can book a course by paying a deposit of £30 for the day courses, £60 for weekend and Foundation courses, for Expeditions see course descriptions for the relevant deposit. This will enable us to confirm your place/s and to plan for the course. The balance payment is due one calendar month in advance of the course, except for expeditions where it is two calendar months. Our postal address is below:

Wildwood, Roshven, Lochailort, PH38 4NB