



ANCESTRAL SKILLS COURSE KIT LIST

A few clothing items, such as a rain jacket and hiking boots, are essential for this course, but for the most part, you just need to dress appropriately for the weather.


If you have any questions, please contact us at: wildwalkbushcraft@gmail.com

CLOTHING

Item	Comments	✓
Clothing		
Wet gear	Water proof jacket and trousers	
Warm gear	Fleece or woollen type is best	
T shirt	At least 2	
Underwear	Bring a spare	
Trousers	Strong polycotton trousers don't bring jeans or Lycra type trousers.	
Socks	Bring a spare	
Swim gear	If you want to take a dip in the sea.	

Head gear	Woollen for warmth, brimmed and peaked cap to protect from sun.	
Gloves	Gardening type to protect hands while gathering	
Footwear	Solid footwear, cross trainers are comfy if its dry and warm however if wet waterproof hiking boots or wellies with comfy socks are best.	

PERSONAL GEAR

Item	Comments	
Water bottle	Solid plastic or metal non leak, filled with water.	
First aid	Small kit including plasters, bandage, headache medication etc.	
Whistle	Fox 40 or similar pea less whistle for alerting attention.	
Head torch	Petzl or similar brand and spare batteries.	
Mug	Metal or plastic	
Eating tools	Spoon, knife, fork, plate or bowl non-breakable plastic or metal.	
Notebook and pencil		
Roll of standard brown garden string.	Hemp, jute or similar biodegradable garden type cord don't bring nylon paracord.	

Personal Medication		
Reading glasses or contacts.		
Wash Kit	Tooth brush toothpaste soap or similar.	
Towel		
sunscreen		
Insect repellent	Don't bring DEET it not necessary. Jungle life or similar.	
Small day sac or ruck sac	For carrying items and preventing loss.	

CAMPING GEAR

Item	Comments	✓
Tent	1–2 person tent, you can avail of a tarp from us if you wish. Please indicate this when returning your booking form so we can provide one for you.	
Sleeping bag	3-4 season bag	
Sleeping mat	Inflatable or heavy foam. Do not bring a yoga mat as this wont give any comfort.	
Cooking gear	Pots, gas or fuel stove etc. If cooking on the campfire, please make sure it is rated for this.	

FOOD ITEMS

Item	Comments	✓
Water	2 x liters per person for drinking and washing.	
Trail snacks	Eat on the move food.	
Lunch meal	Preferably food that needs little preparation to save time.	
Breakfast meal	This can be cooked over the campfire or a simple meal like porridge.	

You will be provided with a training knife and other specialist equipment for the duration of the course.

There will be the ability to purchase bushcraft items to keep on this course. They are listed below. If you wish to purchase any items, please email us with:

- Item name
- How many you require

Please bring exact cash with you on the day.

Item description	cost
Mora companion bushcraft Knife	£15.00

Wooden handled Ferro rod and striker	£15.00
Tin box containing Steel striker, flint and charcloth.	£25.00
Leather sheath for Mora knife	£20.00