

## **Introduction to Bushcraft course details**

Duration 1 day (09.00am to 5.00pm)

This one day course is ideal for people wanting to know more about this subject. You will learn the basic principles of providing shelter, warmth and safety in a woodland environment using natural renewable materials that do not damage the woodland.

Areas covered:

- Survival psychology and basic needs.
- Shelter building using available materials.
- Fire principles and materials needed.
- Fire starting using no matches.
- How to maintain the fire.
- Plant identification and uses.

### **Food and drink**

Please bring all of the food and drink you need for the day. Open fires will be available for heating water for hot drinks.

### **Recommended kit list**

Normal outdoor clothing should be worn. We advise that if possible you should wear natural materials such as cotton and ventile as these will stand the heat from open fire better than modern polyester based clothing.

Waterproof jacket and trousers.

Suitable footwear (Walking boots)

All other equipment including tools will be supplied by us.

### **Knives, Axes and Saws**

Knives, axes and saws are an integral part of bushcraft activities. We supply all necessary tools for you to use during the course. All of our tools are well maintained and of good quality. We will demonstrate the safe use prior to allowing you to use them. We reserve the right to limit the use of knives, axes and saws to any individual or group if we feel that the safety of other people or property is at risk. We always have items of equipment for sale if require (see sales list).

### **Important information**

All courses will be situated in a woodland environment which contains uneven ground with several trip hazards, please take care and be sure of your footing when travelling through the woodland. All days involve the establishment of open fires. It is therefore possible receive burns from the fire or sparks, this may burn or stain clothing or skin. All loose clothing and hair should be secured when working with or around the fire. We accept no responsibility for damage to your or anyone's equipment.

### **Directions**

Full directions of how to find us will be sent with confirmation of your booking.