

- Sleeping bag
- Foam sleeping mat
- Waterproof coat and trousers
- Sturdy footwear (walking boots for example)
- Woolly Hat, gloves and scarf, sun hat (during summer)
- Fleece and Jumper
- Underclothes and Warm socks
- Plate, bowl, cup, cutlery (ideally contained in a bag to keep them together)
- Wash bag (inc' basic items for use in the forest- wet wipes, tooth brush, tooth paste for example)
- Hand-towel
- Personal medication and first aid kit
- Torch/Head torch and spare batteries
- Mobile Phone/Camera**
- Notebook, pens and pencils
- Bin bag (for wet/dirty clothing)
- Lip balm
- Camp chair (unless you prefer tree stumps)
- Insect repellent
- Waterbottle/flask
- Rucksack to carry personal equipment

Optional Items

- Lightweight bivvy bag to protect sleeping bag
- Blindfold and ear plugs (if you're a light sleeper)
- Tools- all tools which are required for the course will be provided. If you have an item you would like to try out feel free to bring it along and discuss with the instructors
- Pegs for hanging damp clothing to dry
- Small pillow (alternatively coats, jumpers and fleeces can be bundled into the sleeping bag stuff sack)

Refreshments

- Please ensure you eat prior to arriving on Friday evening
- All meals will be cooked communally. Water will be available to drink and a kettle will be over the fire for hot drinks. Cups, tea and coffee, hot chocolate are provided.

Activity Equipment

- On arrival you will be provided with the equipment needed

*Clothing: clothing should be suitable for the weather/temperature, and you should be prepared to get it dirty; ideally long sleeved, must be long legged. Clothing which is cotton/wool based is more resistant to sparks from the fire than manmade fibres; clothing which dries quickly is recommended, avoid jeans. In colder weather several layers of clothing are better than one thick layer.

**Mobile phone/Camera: you may wish to take photos of the activities; please ensure that your personal electronic items are suitable protected from the damp- there are no charging points in the forest. These are brought at your own risk.