



ELEMENTARY WILDERNESS BUSHCRAFT COURSE KIT LIST

Your equipment requirements for this course are relatively basic. Try to keep your outfit simple, bringing only what you need. Your outdoor clothing should be comfortable and not easily damaged. If you have any questions please contact us on info@frontierbushcraft.com

ITEM	NOTES/RECOMMENDATIONS	✓
OUTDOOR CLOTHING & FOOTWEAR:		
Waterproof shell	Waterproof jacket and trousers.	
Light warm layer	Light fleece or pullover.	
Warm layer	Fleece jacket, wool shirt or pullover that can be worn separately or over the top of your lighter warm layer.	
T-shirts/Light shirts	A couple.	
Outdoor trousers	Something rugged - cargo pants or similar - with decent pockets. Jeans are not suitable.	
Socks	Bring a few spare sets.	
Underwear	Don't forget spares!	
Warm hat	Wool or fleece. This is a very important item. It makes a huge contribution to keeping warm.	
Sun hat	A hat with a brim provides more sun protection than a peaked cap.	
Outdoor footwear	Trainers or approach shoes with a decent grip are great when the weather is dry. But you will probably want at least some light boots too. When it rains the ground can be very wet and muddy in places.	
SHELTER & SLEEPING EQUIPMENT:		
Shelter	Tent or tarp (hammock and tarp is OK too).	
Sleeping bag	A decent 3-season bag.	
Sleeping mat	Closed cell (Karrimat) or inflatable (Thermarest).	
PERSONAL EQUIPMENT:		
Water bottle(s)	2 litres carrying capacity.	
Cuts kit	Small first aid kit (with plasters, small bandage, headache tablets, etc.)	
Headtorch	Petzl 'Tikka' range are ideal. Make sure it has fresh batteries.	
Spare batteries for headtorch.	At least two sets of spare batteries.	
Whistle	Fox 40 or Perry whistle.	
Watch	Timekeeping during the course is important.	
Strong nylon cord	5-10 metre (15-30ft) hank of nylon cord. See shop.frontierbushcraft.com for genuine paracord.	
Mug	Metal or plastic. See shop.frontierbushcraft.com for metal Crusader mugs.	
Bowl or plate	Metal or plastic.	
Eating utensils	At least a spoon.	
Notebook	Water-resistant or waterproof paper is preferable e.g Rite in the Rain.	
Camera	Optional	
Rucksac or holdall	Large enough to carry your clothing and equipment.	
Day sack	Daypack for carrying items such as waterproofs, warm layer, water bottle, etc. while out on a walk. We like the Berghaus Munro. You can use your main rucksac if you would rather not double-up on bags.	
WASH KIT, PERSONAL MEDS, ETC.:		
Wash kit	At a minimum - toothbrush, toothpaste, soap.	
Towel	A large bandana or a shemagh works well.	
Sunscreen	While you will be in the woods much of the time and therefore shaded, you will be outdoors all day.	
Lipsalve	Our top recommendation is Forsvarets Hudsalva if you can get hold of it.	
Insect repellent	Try to get an effective natural-based product such as Mosi-Guard, which is our recommendation. DEET is unpleasant and not necessary in the UK. See http://www.mosi-guard.com/	
Personal medication	Don't forget any medication that you are taking. Also if you know you suffer from hay fever or react badly to insect bites, make sure you bring suitable medication for dealing with it.	
Spectacles/reading glasses/spare contact lenses		

Frontier Bushcraft Limited is a company incorporated in England and Wales with company number 7456133 and with its registered office at 20-22 Wenlock Road, London, N1 7GU.