



## ESSENTIAL PERSONAL KIT LIST

- Tent or Tarp**
- Sleeping bag** - suitable for the time of year of your course
- Sleeping mat**
- Walking boots (Wellies may be useful if very wet)**
- Waterproof coat and trousers**
- Warm hat & gloves**
- Minimum of one change of clothing** – think layers for warmth
- Rucksack/back pack** –If all your kit is in a rucksack, a small day pack may also be of benefit as we will head out into the forest at various points and you may wish to carry any valuables, a waterproof, a drink or a snack, and .
- Flask/water bottle**
- Any medication you require**
- Torch or headlamp plus a spare set of batteries**
- Personal hygiene kit & towel**
- Basic First Aid Kit & Insect repellent is recommended**
- Note book and pen/pencils**
- Folding chair/stool**
- Plate, bowl, cup and cutlery**
- Stove or burner and fuel**
- Food - Please note this is a self-catering course**
- Drinks and non-dairy milk if preferred**
- Cool box or other storage for food**
- Mess tins or cooking pot**
- Tea towel and any cooking utensils you require**

Water carriers will be provided to you full at the start of the weekend. Re filling your personal water supply will be your responsibility during the course unless otherwise instructed.

Washing up bowls, scourers and dish washing liquid will be provided.

This course will be held entirely outdoors, from an expedition-style base camp. There will be a covered teaching area which also serves as a communal area for breaks.

There is a constant fire with kettle, tea, coffee, biscuits and squash provided free of charge.

We look forward to welcoming you to the woods, if you have any questions drop us an email at [info@polarisbushcraft.co.uk](mailto:info@polarisbushcraft.co.uk)