

# Woodland Skills Leader Certificate Training Course

## KIT LIST

ITEM	INFO/NOTES	CHECK
<b>Trousers</b>	Not shorts, to give better protection from thorns, brambles, nettles etc.	
<b>T-Shirt or base-layer</b>	Long sleeves are better, to give better protection from thorns, brambles, nettles, sun etc. A shirt with breast pockets and long sleeves is useful as an additional layer over a base-layer.	
<b>Warmer weather - sun hat or cap.</b> <b>Colder weather - hat, scarf, gloves.</b>	We advise you to bring sunglasses, sunscreen & insect repellent (essential) in warmer weather. Please check the weather beforehand and if in any doubt then DO bring these items.	
<b>Jumper or fleece</b>	The more layers, the better you'll feel in cooler weather. Please bring additional layers as you deem necessary for your own personal comfort.	
<b>Waterproof jacket &amp; Trousers</b>	A breathable waterproof jacket is an invaluable safety item in poor weather, as are tough and durable waterproof over-trousers.	
<b>Appropriate Footwear</b>	Walking boots are best, walking shoes are OK, & in very wet conditions wellies very beneficial. NO high-heels, open-toed shoes, sandals, slip-ons etc.	
<b>Personal medication</b>	Such as inhalers, EpiPen's, anti-histamines etc. A small selection of plasters for minor cuts and scratches is advised. Compeed if you're prone to blisters etc. N.B. A larger and more comprehensive first aid kit will be on hand during the course.	
<b>A bag or rucksack</b>	To carry all of your gear in whilst walking through the woods. Please bring a notebook, pens/pencils etc, to make notes if you wish, and a camera. You must be able to carry all of your gear into the woodland venue.	
<b>Food, snacks &amp; drinks</b>	Please bring any food & snacks which you feel will be necessary for your comfort during your course (as this is a non-catered course). Bring a drinks bottle with at least a litre of water in it, and if you want a hot drink, please bring tea/coffee/sugar etc and a plastic or metal mug and spoon.	
<b>Tools (knives, saws, axes)</b>	Please bring a sturdy outdoor sheath knife (Mora 511 or Hultafors 'Craftsman' etc) a folding saw (Bahco Laplander or similar, and a bow saw (Bahco blades are best). All tools used will be subject to inspection by our staff for safety reasons.	
<b>Additional equipment</b>	If possible please bring; a sturdy metal container (suitable to boil water in over a campfire), your personal fire-lighting equipment, including; a selection of tinder, a box of matches, cigarette lighter, fire-steel, 9V battery, string/cordage/wool.	