

Beginner Bushcraft for Adults

Focus on practical bushcraft skills with the intention to enable enthusiastic beginners to develop the skills and confidence to go out and enjoy themselves safely and responsibly in nature. This course aims to nurture respect for the natural world, as well as an appreciation of the skills and knowledge of our forebears.

4-week course, running Saturday mornings 9.30 -12.30:

- **Week 1: Bushcraft basics.** Feeling at home in nature and the four essentials of survival: food, water, shelter, fire. You will begin by getting to know the site, your instructor, and fellow course attendees. A brief discussion of the essential ethos of bushcraft, including activity vs inactivity and the relevance of pace and calmness to our wellbeing, is then followed by practical knife skills and safety, an introduction to fire lighting, and the chance to cook some tasty damper bread over an open fire.
- **Week 2: Blending into nature.** Bladed tools including knives, axes and saws - types, uses, safety, laws, techniques, and care. We start by finding a sit spot and observing the natural environment and our impact on it. We discuss the means of getting the essentials for survival, particularly potable water. We then turn to practical matters again, in terms of processing wood with bladed tools. The aim is to make clean work surfaces, tongs, spoons, and a functional pot hanger, which we will then use to make a hot drink over the fire.
- **Week 3: The properties, uses, and conservation of natural materials.** Focus on fire: fire lighting kit, materials, and techniques; responsible uses of fire. Identifying the core species of tree and plant for bushcraft purposes is an essential skill, especially when it comes to establishing a fire. Here you will learn to find the right materials for a variety of fire lighting scenarios, including the use of friction. We also explore edible plants and ways of foraging and processing them safely. Emphasis is placed on protecting nature by not taking more than we need. Legal issues around foraging are also discussed.
- **Week 4: Taking to the field.** Shelter: tarps, ropes, and knots; natural shelters. Knowing that you can survive when push comes to shove gives you a massive boost! Shelter is fundamental. Using a tarp, you will construct an effective shield from the elements. Your instructor will show you how to tie useful knots, whittle pegs, and so on. Choosing Locations: laws, map reading, safety, and weather conditions. We examine the practicalities of going out and enjoying yourself safely and confidently in nature for extended periods. Planning, kit lists, and the importance of leaving no trace are all discussed around the campfire. This final session is also an opportunity to reflect and do practical recaps on any of the skills you have learned over the course.

Group size 4-8

4-week course £204 pp