



The Ronnie Sunshines course is an introductory bushcraft weekend and to take part you will not need to purchase expensive kit. Below is a list of all essential items that must be bought with you. Please feel free to bring any other items for your comfort.

Clothing

Your clothing should be suitable for the season, during cold months multiple thin layers are better than one thick layer. You should also bring a spare set to get changed into. Please wear natural colours to improve your chances of spotting wildlife.

Waterproof jacket & trousers

Full finger gloves

Woolly hat

Please also bring a sun hat during spring, summer and autumn courses.

Sensible footwear

These should be warm, waterproof and provide ankle support. 3 Season walking boots are ideal during the autumn, winter, and spring. 2 Season are suitable through the summer. If its looking like it will be a wet one then wellies will be good

Sleeping bag

We would recommend a 3-season sleeping bag throughout the spring, summer and autumn, and a 4-season sleeping bag during the winter.

Roll sleep matt/insulation matt

Drinking water bottle

A minimum 1 litre water bottle, this can be an empty squash bottle.

Knife, fork, spoon, bowl & mug

These should be of a sturdy construction e.g. metal or plastic.

Torch & spare batteries

A head torch is ideal, as it will leave your hands free to practice your bushcraft, but a head torch is not essential, any form of torch will suffice.

Personal hygiene kit

This should include as minimum toothpaste, toothbrush, anti-bacterial wipes,

Pocket notebook & pencil with eraser

Personal first aid kit

This should include plasters, anti bacterial wipes, insect repellent, UV protection, and a small bandage.

Personal medication

(e.g. insulin, ventolin etc).

Snacks

Please feel free to bring along some of your favorite snacks.

Rucksack

Please bring all of your kit contained in one rucksack, for guidance a 45-55 litre rucksack should suffice.

If you have purchased any extra kit that you wish to try out over the weekend then please do feel free to bring this with you to try out. In the interests of safety we would respectively request you to consult with one of our instructors prior to use in order for us to assess the suitability of such items (e.g. knives, fire lighting equipment etc).

Ronnie Sunshines will provide all other equipment materials , food, tea, coffee & squash.

Special dietary requirements - please bring your own food.

Should you have any queries on this list or anything else about the course then please do not hesitate to contact us on 01442 872829 or info@ronniesunshines.com