

Camping Level 3 Outdoors & Paediatric First Aid Training

Hosted by:

Little Acorns Forest Schools Ltd, A Little Bit Wilder Forest School & East Midlands Forest Education Network (FEN)

Directions

Stapleford Woods, Coddington Lane, Nr Newark, Lincolnshire LN6 9LE.

OS Grid ref SK 8589 5646

What3words/// outlooks.flinches.revisit

The area is best accessed from the small lay-by approximately 200m south of the main car park turn-in. The lay-by is marked with an "A Little Bit Wilder Banner". The green Forestry England gate will be unlocked from 08:30 on the first day of the course to enable you to access the site and drop off kit.

The speed limit in the wood is 15 mph with your hazard lights on while moving.

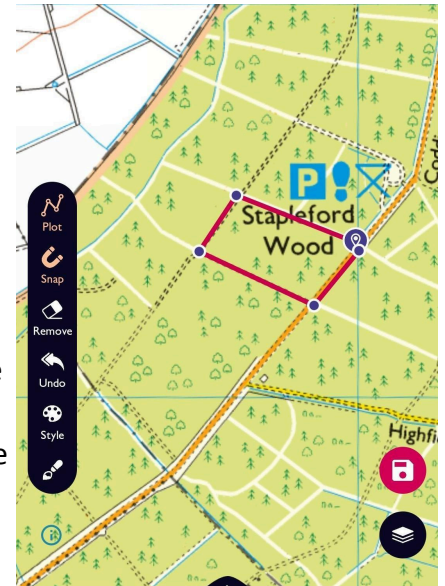
Please watch out for walkers and their dogs.

There is limited parking available adjacent to the site within the wood and also at the main car park or lay-by but the area has a reputation for occasional anti-social behavior so please be aware of that if parking overnight. You will see my L200 Truck parked at the start of the foot path into the site, please drop off there and then park your vehicles further down at the main T-junction leaving plenty of space for walkers to pass.

Follow the footpath through the bracken and pine trees and you will see a few "A Little Bit Wilder" signs. This is our Forest School area and you will see our camp approximately 200m further along the footpath marked with a parachute shelter.

If you have any difficulties finding us please call me on 07795481758

We have a composting toilet on site.



What to bring

Essential items

Clothing – should be suitable for the season. We highly recommend hard-wearing, long-sleeved tops and trousers at all times of the year for protection from the sun, insects, stinging nettles or brambles. Please pack enough changes of clothing for the duration of the course.

During cold months, multiple thin layers are better than one thick layer. Natural materials such as wool or cotton are preferable over synthetic if possible but please bring what you have.

Waterproof jacket & trousers – these are recommended regardless of the forecast as weather can change throughout the course. They also add a windproof layer to your clothing options. Remember fire is a big part of the course and modern materials such as GoreTex melt easily so don't bring your best gear.

Gloves – to keep fingers warm while maintaining full movement. There will also be activities that involve collecting natural materials, so leather work/gardening gloves are worth considering if you wish but by no means essential.

Hats – warm hats for colder seasons during the day and a second for keeping you warm while sleeping. Please also bring a sun hat for courses in the spring, summer and autumn.

Sensible footwear – these should be warm, waterproof and provide ankle support. Three Season walking boots or insulated wellies are good during the autumn, winter, and spring. Two season walking boots are suitable through the summer.

Drinking water bottle – a minimum 1 litre water bottle, this can be anything you have e.g. an empty squash bottle.

Personal medication – for example insulin, inhalers etc.

Sleeping system - A tent, a hammock with tarp or just a tarp is recommended for your stay in the woodland.

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

Sleeping bag – a three-season sleeping bag is fine throughout the spring, summer and autumn, or a four-season sleeping bag during the winter.

Bivi bag – if sleeping on the ground a Bivi bag will help keep your sleeping bag dry and protected and add extra warmth.

Roll matt/insulation matt – foam matts are ideal as they can't puncture or deflate but any matt you have is fine.

Personal hygiene kit – include as minimum toothpaste, toothbrush, anti-bacterial wipes.

Carrier Bags x2 – handy for any personal rubbish and storing dirty shoes or clothes away from clean kit.

Food and drink – The course is fully catered, we will also have tea coffee and squash available but you might like to bring a few extras with you such as additional snacks or speciality teas or drinks. We will also provide Bowls, plates, cutlery and mugs. **Please do not bring any alcohol with you.**

Sit mat or folding chair – We have Log benches and stumps for seating in our fixed camp; however a folding or inflatable sit mat will make these more comfortable. Alternatively, a folding chair will make the evenings around the fire much more comfortable.

Optional considerations – not essential to the course

Camera

Binoculars

Book or Kindle – we have a very limited phone signal on our site, you might find it nice to have a book with you to help pass the time during the longer winter evenings.

Please double check you have everything on the kit list before you arrive as leaving the site will not be possible unless in an emergency. Due to the nature of the course we do not carry spares.

If you have any questions, please don't hesitate to send us an email - littleacornsfs@gmail.com