

List of Life Woodlands Survival Weekend

Clothing & Equipment List

- Suitable Outdoor Clothing
- Waterproof Jacket
- Fleece or Woolen Jumper
- Knitted Hat
- Gloves
- A change of clothing in a waterproof bag
- Sleeping Bag
- Sleeping Mat
- A torch (flashlight)
- Plate or Bowl
- Cup
- Knife, Fork & Spoon
- Notebook & Pencil
- Small First Aid Kit
- Water Bottle
- Note: You will probably have suitable clothing at home already (jumpers, workwear trousers, etc) so there is no need to go out and buy lots of designer gear (which may get very dirty on the course).
- Knives are provided, so we ask clients not bring their own.

Reasonable amounts of alcohol are permitted, but the instructor may restrict when it can be consumed – i.e. you likely won't be allowed to drink during the axe throwing competition.