

## Ardwhallan: Bushcraft

Name:

Age:

School/Group:



# Bushcraft

*Bushcraft is about thriving in the natural environment. From the beginning of human life, up until the invention of modern building, manufacturing and food processing techniques, bushcraft skills were a necessity for survival. Each week you will learn techniques such as firecraft, shelter-building and food gathering and preparation.*

***Many aspects of Bushcraft carry an element of risk, and it is important that you have Adult Supervision, this could be a teacher, parent or guardian.***

Throughout this course you will cover the following topics:

- Introduction to Bushcraft
- Shelter Building & Survival Mindset
- Fire safety & Teepee fires
- Foraging, collecting Water & Cooking on Open Fires
- Navigation
- Building a Camp

In our exploration of these topics we will have an opportunity to do some:

- Fire lighting
- Shelter building
- Cooking & Tasting
- Camp building

We hope that by the end of the course you will have increased your knowledge of:

- Equipment and its proper use and care
- Risk assessment and management
- Bushcraft & survival techniques

**Most importantly we hope you will have learnt something and have had some fun!**

If you require any assistance with this programme please contact [jenny.lantry@sch.im](mailto:jenny.lantry@sch.im) or 07624 375213 during daytime office hours.

## **Session One**

### ***Introduction to Bushcraft***

**Location:** Garden or Beach, Glen or Plantation

#### **What you need:**

- Adult Supervision – ask them to join in too!
- Print the booklet OR use some scrap paper to draw and copy things.
- Camera or colouring pencils/pens/crayons

#### **Aims:**

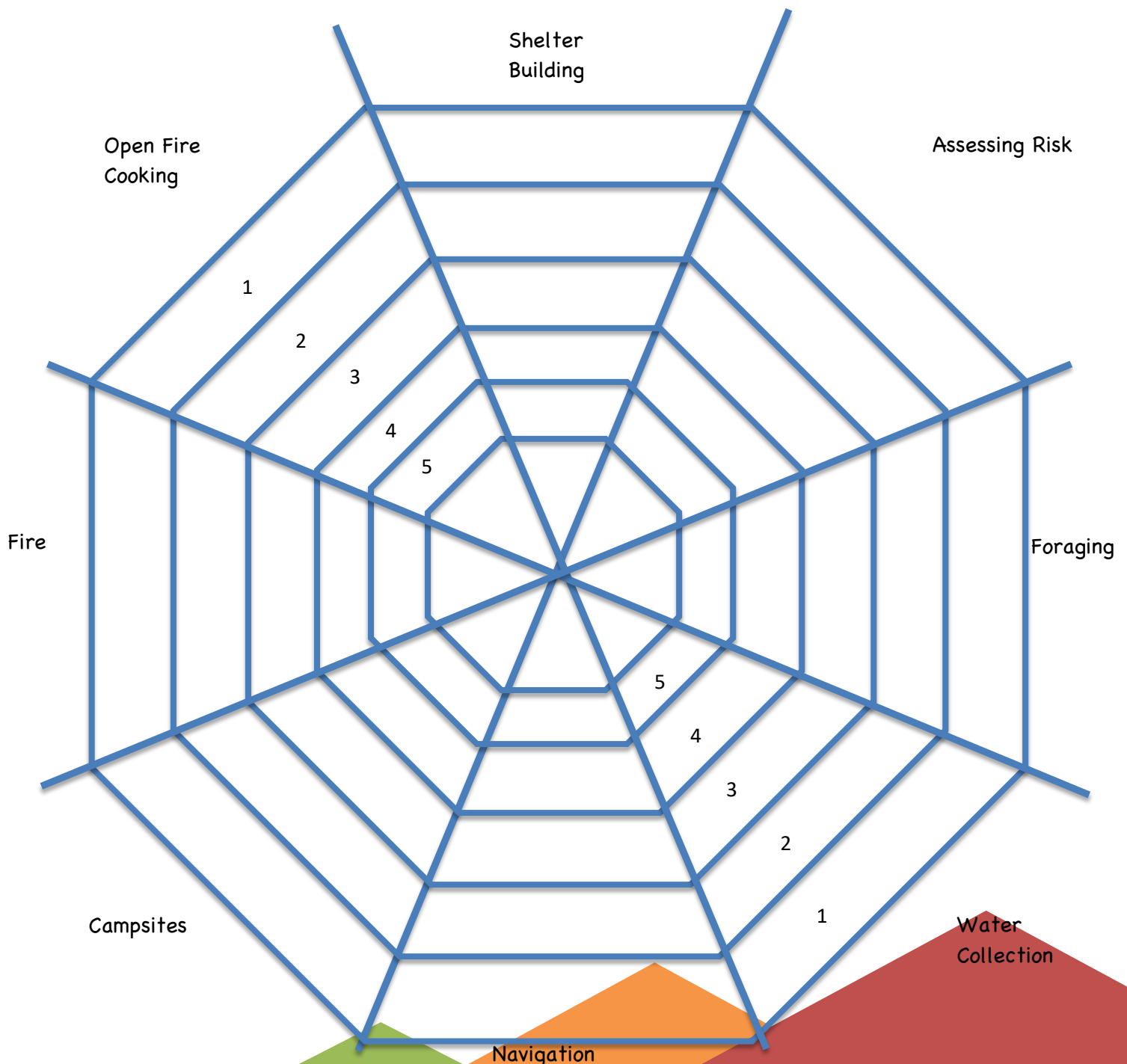
- Understand what the Bushcraft program is
- Identify some elements of bushcraft
- Think about a suitable bushcraft area
- Be aware of basic equipment you might need

#### **Bushcraft Work:**

- Spider's web
- Survival Wishlist
- Mini Camp creation
- Choosing a Location

## Spider's Web

Colour in the web to show how much you know about each topic.  
Colour closer to the middle the more you know, don't worry if you  
don't know much at the moment! Hopefully we'll get closer to the  
middle by the end of the course.



## Survival Wishlist

If you were dropped into a wild environment, try to think of the things you would need to survive. These will be different for different environments so try to stick to one, for example either a beach or a glen. When you have decided where you've been dropped, talk to whoever is with you (a parent, teacher, sibling or friend) and try to fill in the table below with what you would need for the different time frames.

1 week	3 Months	1 Year

Here are some things you may have included:



## Shelters

This is an example of a shelter that you may have seen before. Building a shelter depends on the type of environment you are in. If you were somewhere hot and dry your shelter needs to be shadey with lots of air flowing through, but if you are in a wet environment then you would need to make sure your shelter has a waterproof canopy.

## Cooking

Something to cook on, this could be an open fire or a stove and which one you choose will depend on where you are and the fuel available to you. Open fires can be very dangerous in forests and are better suited to beaches, where you can find driftwood or collect wood from a nearby glen. You would need to use a stove in an area where there is very little wood supply, such as high up in the mountains or snowy environment or in places where the chance of fire spreading is high.





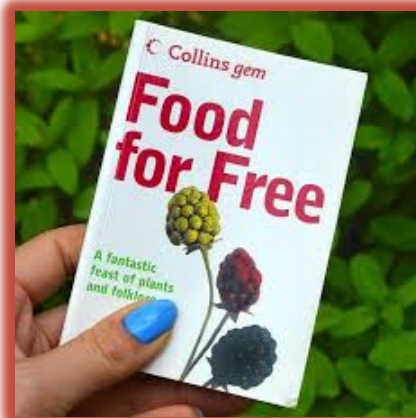


### A Water source

You will need a supply of fresh water for cooking and cleaning your equipment. This could be a river or stream or you might have to fill a bottle and carry your water to your campsite.

### Food

There are lots of food sources that you can forage in the wild. These might be berries, mushrooms, nuts, plants, shellfish or fish. Whether you carry food to your camp or collect it when you are there, you will need somewhere to store it so it is safe from vermin and insects and stays fresh. This could be an airtight container that you can tie up in a tree or keep cool in a stream.



### A Positive Mindset!

Bushcraft can be really challenging at times so it is really important that you have a positive approach to it. Making a fire can be difficult and might not always work out the first, second, or even the third time you try. Building a shelter can be frustrating if it's windy or wet and you are cold and tired, or things aren't working out as you expect. Foraging for and cooking food can take time, which you might not be in the mood to spend if you are hungry. But all of these things will be much easier and more enjoyable if you approach them with a positive mindset.



## Making a mini Camp

Now let's see what your camp might look like. To do this, find an outside space (around 1 meter x 1 meter) and start building a miniature campsite using twigs, pebbles, leaves, grass, feathers, and anything else you can find in nature. If you can, take a photo of your mini campsite and attach it here, or perhaps you might prefer to do a drawing and label it.





## Choosing a Location



We have thought about what we might need for Bushcraft, now you need to think about where you are going to set up your camp. Here are some examples of Campsites we have built:



You don't have to use the same place for your camp each week, but if you are going to build a camp in a public place it is important that you dismantal it each time, and do not leave any sign that you have been there. "Take nothing but pictures, leave nothing but footprints!"

Over the coming week try to visit places you think might make good campsites for longer term use. Think about all the things that you have highlighted as important for your camp, and concentrate on places that have these things. Put a pin on the map (or draw your own map on some scrap paper) for each place that you find, and put some notes for why you liked it.



Next week we'll be learning more about:  
**Shelter Building & Survival Mindset**