

Adult Introduction to Bushcraft

SYHA Activity Holiday

Ever wondered what Bushcraft is all about? Well now you have the opportunity to find out. Come along and join in a weekend of activities to introduce you to this vast and fascinating subject.

Meeting Place

Rowardennan Youth Hostel by Loch Lomond on Friday evening at 7.00 p.m.
Course finishes around 4.00pm on Sunday.

Itinerary

The group will meet about 7.00 p.m on Friday evening with an introductory talk about Bushcraft and then the first activity. Saturday will begin at 9.00am; we will have a short lunch break, and finish around 5.30pm for an evening meal. We will continue with a couple of hours of instruction and activities in the evening. Sunday will begin again at 9.00 a.m. with a short lunch break and the course concluding around 4.00 p.m.

- Bushcraft tools: design, selection, safe use and maintenance
- Fire lighting methods, including the fire-by-friction technique
- Fire construction, maintenance and safe disposal
- Water collection, filtering and purification
- Improvised natural shelter building
- Modern shelter systems
- Bushcraft knots
- Natural cordage
- Identification of plants and trees for food, medicine, tinder, cordage and shelter building
- Harvesting natural resources

Fitness and Equipment

No previous outdoor experience is required. As always with an outdoor course, which involves some physical activity, a moderate level of fitness will enable you to enjoy it more.

This course is run primarily in the outdoors from a group parachute tent and in the woodland and countryside surrounding the hostel. We suggest you bring clothing appropriate to cope with all types of weather.

- Sturdy footwear – lightweight boots are ideal.
- Waterproof jacket/over trousers – if wet

- Warm trousers (not denim), fleece tops/jackets, hat, and gloves.
- Small day sack
- Notebook and pencil
- Head or hand held torch
- Binoculars/camera (optional)

There will be the opportunity to stay overnight in either a man-made shelter or improvised shelter. If you feel you would like to be involved in this activity you will need to bring a sleeping bag & sleeping mat. (A limited number can be provided by the course leader, if notified in advance.)

Accommodation and Meals

Two nights self-catering accommodation at Rowardennan Youth Hostel.

Transport

Course participants arrive independently at Rowardennan. The course is run in the grounds of the hostel and in the surrounding countryside. All areas can be accessed on foot, and no additional travelling is involved.

Leader

This course is operated by a qualified International Mountain Leader, Bushcraft Instructor and Outdoor Education Teacher

Operating ratio:1 leader to 8 participants.