

## **Family Bushcraft**

### **SYHA Activity Holiday**

A weekend introductory course to Bushcraft tailored for the family group.

#### **Meeting Place**

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

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: maintenance and safe use
- Fire by friction and other fire lighting methods
- Fire construction, maintenance and safe disposal
- Improvised natural materials shelters
- Tarp shelter systems
- Bushcraft knots
- Introduction to plant and tree identification through activities
- Basic navigation
- Water purification
- Fun activities to introduce tracking and stalking

#### **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/wellingtons 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
- Camera (optional)

There will be the opportunity to sleep overnight in either a tarp 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 of these can be provided by the course leader, if notified in advance).

Note: any youngsters doing this activity must be accompanied by a parent and remain supervised throughout the night.

### **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.

Youngsters must be 12 years of age or over and accompanied by a parent. Full participation by all who attend is expected throughout the weekend.