

# 3 NIGHT BUSHCRAFT

## DAY ONE

AM	<b>ARRIVAL</b>	A very warm welcome and a chance to settle into our cosy accommodation.
	<b>INTRODUCTION TO BUSHCRAFT</b>	Delve into the wonderful world of bushcraft, discovering the practical skills that allow us to thrive in our natural environment through utilising resources in a sustainable way.
PM	<b>FIRE STEELS</b>	Explore the uses of fire, the science behind heat production and the principles of the fire triangle, before learning how to safely use a fire-steel and putting it to the test in a fast-paced fire-steel relay.
	<b>SHELTER BUILDING</b>	Work together to build the ultimate woodland shelter by combining materials found within the woodland with new found knot skills.
	<b>ROOTD GAMES</b>	Unplug, switch on, and have fun in a variety of woodland games.

## DAY TWO

AM	<b>ETHNOBOTANY (USES OF PLANTS)</b>	Discover the practical uses of our woodland plants, wandering the woods learning how to identify common species before turning them into tinctures and teas.
	<b>KNIFE SKILLS</b>	Develop independence and confidence through knife skills as you learn to carve your very own tent pegs that you can take home with you.

## EXAMPLE PROGRAMME



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### DAY TWO

PM

#### TREE IDENTIFICATION

Learn how to identify our woodland trees and discover their unique uses and the myths and legends surrounding each species.

#### CAMO & CONCEALMENT

Discover the art of blending in to your surroundings combining traditional and military techniques of camouflage and concealment.

#### CAMPFIRE COOKING

The perfect end to the day, work together to create tasty treats over the fire to enjoy under the stars.

### DAY THREE

AM

#### FIRE BUILDING - SIGNAL FIRES

Build on your new found fire knowledge as you apply practical survival skills, creating signal fires using raised tripods.

#### ANIMAL TRACKS & SIGNS

Learn to look out for the signs of our feathered & furred woodland friends as you walk amongst the trees. Finish off by putting your new track identification skills to the ultimate test in our fun team game.

PM

#### NIGHTLINE

Fancy being an Arctic explorer? Put your trust in your partner as they guide you around the obstacle course... blindfolded!

#### ARCHERY

Feel like Robin Hood and discover a new talent as you go for gold amongst the trees!

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### DAY THREE

PM

#### WOODLAND QUIZ

Put your new-found natural survival knowledge to the test in our ultimate woodland quiz.

#### CAMPFIRE

The perfect end to the day, sit around the campfire and wind down with a cup of hot chocolate.

### DAY FOUR

AM

#### PIONEERING

Work together to construct elaborate structures, such as bridges and towers, using complex lashings and knots.

#### CORDAGE AND PARACORD BRACELETS

What is cordage? Learn why is it so vital to surviving the wild and how to weave a survival bracelet to take home with you.