



The Findhorn Village Centre, The Old School, Church Place,
Findhorn Village IV36 3YR. Tel no: 01309 690450
E-mail: enquiries@wild-things.org.uk
Web: www.wild-things.org.uk

Introductory Course in

Wilderness Skills for Young People

This Introductory Residential Bushcraft course takes place over 2 days and will continue you on your journey in learning the fascinating art of Bushcraft. It will start at on Day 1 and finish at on Day 2.

Some of the skills you will learn are as follows (depending on the type of course that you are on at the time):

- Wilderness Fire making techniques; including by friction
- Natural bindings and cord
- Wild plants identification for utility, food and medicine
- Backwoods cooking techniques
- Animal Tracking and observation
- Navigation
- Knife craft and wood carving

Wild things! is a new Scottish Charity seeking to encourage a mutually beneficial relationship between individuals and their natural environment. We are offering an exciting opportunity for young people in the Highland and Moray regions to develop skills in the area of rural knowledge and wilderness survival.

Qualified, experienced and well-trained staff carefully supervise each activity and participants are expected to take a full and active roll in the training and camp life.

Please complete and return the attached Booking and Medical Form to
At
.....
.....
.....

This programme is kindly sponsored by Scottish Natural Heritage,
The Heritage Lottery Fund and other private trusts.

Please turn over for more information

Registered Office and trading address:
The Findhorn Village Centre, The Old School, Church Place,
Findhorn Village, Moray IV36 3YR
Registered in Scotland no: SC251691 Scottish charity no: sc 034873



Frequently asked questions

Is this training tough?

Our courses should be viewed as being a wilderness education experience and not as an ordinary holiday. They are educational, but just as importantly, they are a 'hands on' experience and at times could be challenging. Due to the nature of the location and the course content, you will be expected to take hikes often over steep, uneven terrain, therefore a moderate level of fitness is required.

Food and Diet

These courses are not 'hard core' survival courses. We want participants to be well fed and comfortable in order for them to become proficient at the skills taught. Food preparation and cooking will be a joint effort, involving both students and staff. Breakfast, lunch and evening meals are provided and there will be plenty of cups of juice, tea and coffee and snacks available. **Please do not bring any fizzy drinks and leave it to us to provide the sweet things.**

Am I too unfit?

If you enjoy being in the outdoors and are keen to learn we look forward to your company. Provided you are in reasonably good physical health and have a positive mental attitude, there is no reason why you should not attend. The minimum fitness requirement is that you can walk on flat terrain for 2 hours.

What about bad weather?

Courses will run in all but the most extreme weather conditions. Bad weather makes learning the skills more challenging and harder to master, but you will be rewarded with a higher level of ability and a greater sense of achievement.

What is expected of me?

We expect 100% participation during all our courses, this means carving, gathering, building, cooking, cleaning and 'doing' everyday, so no spectators please!

Clothing and equipment

Clothing

Sensible outdoor clothing is essential for our courses. We recommend that you bring old clothes, as they may get dirty. Clothing should be comfortable and hardwearing. Wearing a number of layers increases insulation.

Please bring a hat, a wool jumper or fleece top and several long and short sleeved T-shirts. Cargo/combat trousers are ideal as they are strong, light and fast drying. You may also want to bring some shorts in case we are lucky with the weather! Sturdy walking shoes are a must, as some of the terrain is steep and rocky. We also recommend that you bring a pair of old trainers and indoor shoes for the evenings and **a spare change of clothes stored in a plastic bag to keep them dry.**

Equipment list

- Small day sack
- Torch and spare batteries
- Sun block and lip balm
- Good insect repellent
- Wash kit and towel
- Water bottle (an empty litre water bottle is fine)
- Notebook and pencils

Optional Extras

Camera and film
Stories/games (for evening)
Musical instrument (for evening)
Binoculars
Hot water bottle
Tampons (for women): it is not uncommon for a sudden change of environment to start an unexpected period



BOOKING FORM

Please ensure you have read our questions and answers on the previous page and return this form to Wild things! (address on front page) or your youth worker/teacher. **PLEASE COMPLETE BOTH SIDES OF THE FORM**

PARTICIPANTS DETAILS

First Name: Surname:

Age: Male: Female:

Address:

Telephone number (Home inc std code):

Mobile number:

Email:

Start date of course:

* We will contact you nearer the time to arrange a meeting point for departure

SWIMMING

Please tick the appropriate box below regarding your swimming ability:

I am a confident swimmer I can swim but not confident I cannot swim

FOR PARENT/GUARDIAN

Pictures/Video

Wild things! would like to take some pictures of our courses for reports to our funders. We would also use some of these photos in publications that promote Wild things! work, as well as on our website. Additionally, we may occasionally take video of course activities. If you agree to your child's photo/video being taken during the course and used for our publicity, please indicate below.

Photos – Yes/No Video – Yes/No Agree to Web – Yes/No Publications – Yes/No

Declaration – as parent/guardian of the person named above:

I agree that I have read and understand the points mentioned in the FAQ list on the previous page.

Signature (Parent/Guardian): Date:

Print name: Relationship to participant:

Signature (Participant):

Print name:

PTO



Confidential Medical Information

Visit to:

Type of course: Date of Course

In the event of a serious injury, whom should we contact on your behalf?

Next-of-kin:

How are they related to you?:

Contact telephone number:

Home: Work Mobile

Medical/Dietary Details

Blood type and Rhesus Factor (if known):

N.H.S number (if known):

Have you received a vaccination against Tetanus in the last ten years?

- Yes No

Do you suffer from any food allergies? E.g. gluten, nuts, etc:

.....
.....

Do you suffer from any medical conditions, allergies or recent injuries that we should be aware of?
E.g. Asthma, Diabetes, Epilepsy, ADHD, Haemophilia, heart conditions, Hay Fever, Insect Stings etc:

.....
.....
.....

Are you currently taking any prescribed medicine?

- Yes No

If yes to the above, what are you taking?:

Signature (Parent/Guardian): Date:

Print name: Relationship to participant:

Signature (Participant):

Print name: