

<b>DAY 1, Saturday - Introduction to Bushcraft</b>	
1000 - 1100	<p>Arrive</p> <p>Welcome to Wiston Lodge, introduction and overview of the programme, meet the instructors.</p>
1100 - 1230	<p><b>Intro to bushcraft</b> - explanation of what bushcraft is. Part archaeology, part survival, part natural history. It's about combining skills with knowledge of the natural environment to thrive in the outdoors. There is also lots of scope for creativity in bushcraft, using natural materials to create art and sculptural objects. Bushcraft is also about sharing experiences with others and taking enjoyment and fun from being in the outdoors. Link with outdoor learning and education.</p> <p><b>Overview of safety</b> - risks and hazards. First aid, fire blanket, water. Slow and precise approach.</p> <p><b>Bushcraft walk</b> - exploring the local woodland, identifying trees and plants useful for bushcraft, collecting tinders. Also foraging for food.</p>
1230 - 1330	Lunch
1330 - 1400	<b>Bushcraft tools and equipment</b> - introduction to some of the kit and equipment we will be using - bushcraft knife, saw, tarp, ferro rod, billy can, paracord, gloves.
1400 - 1600	<p><b>Knife and saw skills (part 1)</b> - Safely using a bushcraft knife and saw to create tools and prepare fire wood. Overview of safety. Making a mallet, battoning wood. Making a tent peg. Making a</p> <p><b>Natural tinders and Creating a flame (part 1)</b> - Identifying and preparing natural tinders: seedheads, fungus, punk wood, dry grass, birch bark. Using a ferro rod. Non-natural methods - duck tape, steel wool and a battery.</p>
Evening	<p>Group meal, social time</p> <p>Get to know each other</p>
<b>DAY 2, Sunday - Nature Art, Rope making and Weaving</b>	
10:00 - 1230	<p><b>Nature Art (part 1)</b> Old Man of the woods. Collecting natural materials. Creating a face from natural materials.</p> <p><b>Nature Art (part 2)</b> Making playdough for sculptural objects (bugs)</p> <p><b>Rope making (part 1)</b> - Simple rope making techniques (2 ply</p>

	cordage) using raffia. Making a friendship bracelet. Splicing to make a longer cord. Progressing to other natural materials like soft rushes.
1300 - 1400	Lunch
1400 - 1600	<p><b>Nature Art (part 3)</b> Making a clay pot. Leave to dry then try to fire later in the week.</p> <p><b>Nature Art (part 4)</b> Plaster casts with clay moulds. Imprinting clay mould with natural materials, mixing plaster of paris, pouring the plaster. Leaving to dry then spray paint.</p> <p><b>Rope making (part 2)</b> - Collecting and preparing natural fibres for rope making and weaving. Nettles, brambles, Cleavers, tree bark. Making a tripod for suspending a billy can or dutch oven.</p>
Evening	<p>Group meal, social time Storytelling activity using Nature Art photos and materials</p> <p><b>Weaving (part 1)</b> - Making a St Bridget's cross with pipe cleaners (then soft rushes). Making a simple basket using willow and bramble. Progressing - 12 ply cordage and making a rattle from soft rushes.</p>
<b>DAY 3, Monday - More Knife Skills and Making Fires</b>	
1000 - 1230	<p><b>Knife, axe and saw skills (part 2)</b> - Preparing fire wood. Battoning wood using an axe. Making a feather stick.</p> <p><b>Knife, axe and saw skills (part 3)</b> - Making a pot hanger, making a whistle from elder, carving a spoon.</p>
1230 - 1330	Lunch
1330 - 1500	<p><b>Making and extinguishing a fire</b> - collecting a fire wood (hang ups and dead standing). Grading wood. Siting a fire. Making a safety circle. Overview of safety (clothing, long hair, safety circle, safety equipment like bucket of water, fire blanket. Scalds, burns, smoke inhalation. Making a fire lay. Making a tinder bundle. Creating flame and building the flame up. Adding fuel. Extinguishing the fire and leave no trace.</p> <p><b>Natural tinders and Creating a flame (part 2)</b> - Using quartz or flint with steel to create a spark. Making char cloth. Charring other materials like punk wood. Blowing an ember into flame. Using a magnifying glass to create a flame.</p>
1500 - 1600	<b>Filtering and purify water</b> - Discussing about water contamination, bacteria, viruses etc. Selecting a water source, methods of filtering water, methods for purifying.

	<b>Cooking on Fires</b> - Boiling water using a billy can and a kelly kettle
Evening	Group meal, social time  <b>Natural tinders and Creating a flame (part 3)</b> - Friction fire using a bow drill.
<b>DAY 4, Tuesday - Cooking on fires</b>	
Morning, lunch and early afternoon.	<b>Cooking on fires</b> - safety considerations. Preparing the fire. Equipment - duch oven, billy can, grill, girdle, gloves, cooking utensils. <ul style="list-style-type: none"> <li>● Jam with rasberries</li> <li>● Popcorn</li> <li>● Bread</li> <li>● Bacon, suspended over a fire in a frame.</li> <li>● Cakes in orange rinds</li> </ul>
Afternoon	<b>Tarps and shelters (part 1)</b> - Erecting a simple tarp shelter. Useful knots. Variations in tarp shelter design. Erecting a hammock.  <b>Tarps and Shelters (part 2)</b> - Making a natural debris shelter: A frame, lean to, thatching, safety considerations, insulation. Team challenge.
Evening	Group meal  Planning group challenge for last day
<b>DAY 5, Wednesday - Team Challenge</b>	
1030 - 1530	Put skills from the previous days into action. Working in teams challenge yourself to..... <ul style="list-style-type: none"> <li>● Make an awesome shelter</li> <li>● Make pizza from scratch, cooking on a fire</li> <li>● Make an amazing basket for collecting raspberries</li> <li>● Practice friction fire</li> </ul>
1600	Departure