

Wellbeing in Nature: Just Stay

Our Facilities and Kit List

If Nature is your teacher, your soul will awaken.



Goethe

When you arrive at the parking area, all your kit will be transported down to the riverside meadow in our 4X4. You will then walk down to the meadow through ancient woodland and along the river to get orientated and to relax into the experience. You may wish to have a small backpack, with a drink but the walk will only take up to 30 minutes. Please note that the parking area is approximately one km from the meadow, so make sure everything you need is packed appropriately and can be transported for you. Please only bring with you what you absolutely need. We look forward to seeing you and guiding you to your own special place by the river.

Our Facilities and what we provide to make your experience a special one:

- 40-acres of ancient Cornish Woodland
- 1.5 miles of the River Lynher
- Erected 5m Bell Tent with rug, mat and wood burner (in the colder months)
- Camp beds
- Eco-solar lantern per tent
- Hammocks
- Carbon monoxide detector and fire extinguisher
- Fire-bridge with grill and various hangers for pots/kettle
- Petromax Griddle and firebowl
- Wood store and wood
- Natural firelighters
- First Aid kit per tent
- Drinking water in 300 litre water bowser
- 10 litre water containers with tap per tent
- Seating made from recycled wood
- 2 x 6-foot picnic tables lovingly crafted by us
- A-frame with tarpaulin cover
- Parachute to weather-proof firepit area if required
- 2 x composting toilets with eco-friendly loo roll
- Wash area- rain-fed- with eco-friendly hand wash and antibacterial wash
- Washing up bowl
- Kettle and two cooking pots
- Gas ring and gas (just in case)
- Spatulas and ladle
- Bins plus hot bin composter for food waste etc
- Eco-friendly washing up liquid and shower gel
- Solar showersx2

Kit List

Essential	Optional
Warm clothes and spare clothes (we strongly recommend long trousers and long-sleeved tops)	Camera
Swimwear and towel	Day pack
Sleeping bag	Binoculars
Sleeping mat	Sweets and late night snacks
Empty pillow-case or pillow	Drinks (we will provide water)
Waterproofs	
Torch/head torch plus spare batteries	
Insect/tick repellent- we use natural ones e.g. mosiguard natural or Autan natural	
Stout boots/shoes	
Water bottle	
Food	
Cool box and ice/packs	
Knives, forks, spoons	
Plates, bowls, cups	
Personal medication & hygiene products	We will provide eco-friendly handwash, shower gel and wash-up liquid
A spirit of adventure!	