



Bush Kiddz Ranger Fabulous Forty Log Book



ENCOURAGE, SUPPORT & INSPIRE
with Bushcraft, Wilderness & Survival Skills

Welcome to our Fabulous Forty Challenges

We have created a set of forty bushcraft challenges here to offer ideas and inspiration to get outdoors with kids in mind.

On our web site there are resources to download, videos to watch as well as recognition and badges to be earned by showing us that you have done the challenges.

You can use this Log Book to track your progress!

<https://bushkiddz.co.uk/fabulous-forty>

Skills in six
categories

- SAFETY
- FIRE
- NATURE
- FOOD & DRINK
- NAVIGATION
- CAMP CRAFT

Your Name:

Date:



"Nature-specific outdoor learning has measurable socio-emotional, academic and wellbeing benefits."

Mann, J., Gray, T., Truong, S., Brymer, E., Passy, R., Ho, S., Sahlberg, P., Ward, K., Bentsen, P., & Curry, C. (2022). Getting Out of the Classroom and Into Nature: A Systematic Review of Nature-Specific Outdoor Learning on School Children's Learning and Development. *Frontiers in Public Health*, 10, 877058. <https://doi.org/10.3389/fpubh.2022.877058>

Ranger fabulous forty skills challenges include the following categories.



SAFETY

Care of yourself and others. Basic First Aid. Evaluating risks. Survival priorities. Emergency Procedures and calling for help.



NAVIGATION

Navigation using natural indicators. Cartography. Using the compass. Orienteering practices.



FIRE

The origins of fire. Science of combustion. Fire Safety and uses. How our ancestors created and sustained fire.



FOOD & DRINK

What our bodies need. The importance of water and the water cycle. Sourcing and foraging food like our ancestors. Campfire cooking.



NATURE

The countryside code. Plant and Tree I.D. Signs of nature. Seasonal changes. Sustainability Responsible use of resources.



CAMPCRAFT

The importance of shelter from weather. Natural Cordage and useful knots. Using and Making useful tools.



Beginner - 10 challenges



Intermediate - 20 challenges



Advanced - 40 challenges

Challenge Title	Details	Tick Done	Date Done
Basic first aid kit	The Ranger will be able to carry and use a first aid kit		
Knife safety	The Ranger will understand and demonstrate knife safety and use.		
Using a folding Saw	The Ranger will understand and demonstrate safety and use of a folding saw.		
Knife Law	The Ranger will understand the law for owning and having a knife.		
Compile your survival kit	The Ranger will be bring together the resources to build out a survival kit.		
Signalling for help	The Ranger will know how to signal for help when necessary.		
Getting out in the wet	The Ranger will be happy to go outside in the rain whilst staying dry.		
Ten toptastic trees	The Ranger will be able to identify and name ten trees.		
Five things to avoid	The Ranger will be able to identify and avoid 5 dangerous plants and funghi.		
The Country Code	The Ranger will understand and respect the Country Code.		
Identifying animal tracks	The Ranger will be able to find and identify the animals that have left tracks.		
Hammock hang out	The Ranger will be able to put up a hammock safely.		
A belter of a Tarp shelter	The Ranger will be able to build a shelter using a tarpaulin in a number of configurations		
The 4 hard knock knots	The Ranger will understand and be able to demonstrate the use of 4 core bushcraft knots		
Make a walking stick	The Ranger will be able to identify and safely make a walking stick - well a stick that will be many things I am sure!		
Making a paracord bracelet	The Ranger will be able to carry a length of emergency paracord by making a bracelet		
Wonderful wool blanket	The Ranger will be able to able to use a wool blanket in 5 useful ways.		
Making a catapult	The Ranger will be able to gather the resources and make a catapult.		
Making a tent peg	The Ranger will be able to make a tent peg safely.		
Keeping good hygiene	The Ranger will understand and demonstrate good camp personal hygiene.		

“Specifically, benefits have been documented in relation to psychological wellbeing and mental health, self-efficacy, and behaviour. Adventure experiences offer exposure to uncertainty and fear, contact with nature, opportunity for physical challenge and social connection”

Challenge Title	Details	Tick Done	Date Done
Using a compass	The Ranger will be able to demonstrate using a compass to find their way.		
Natural Navigation - by the stars	The Ranger will be able to identify a north direction by using the stars.		
Using a Sun stick	The Ranger will be able to identify a north direction by using the sun stick method.		
Find South and north with a wristwatch	The Ranger will be able to find a South Direction by using a traditional analogue wristwatch.		
Making a Map	The Ranger will construct a map to show where they have been.		
Mallow Madness	The Ranger will be able will be able to roast marshmallows over a fire		
Banana chocolate	The Ranger will be able to cook Banana's and chocolate in the fire or barbecue.		
Do a brew	The Ranger will be able to make a hot drink for themselves and others.		
Popping Pop Corn	The Ranger will be able to cook pop corn over an open fire or barbecue.		
Damper bread	The Ranger will be able to mix and make damper bread over an open fire or barbecue.		
Foraged Tea - Nettle or pine needle	The Ranger will demonstrate how to gather resources to make Nettle or Pine tea.		
Cooking on gas!	The Ranger will be able to cook a simple meal over a gas stove.		
Five Foraged Foods	The Ranger will be able to identify safely and positively 5 wild edibles.		
Water water everywhere!	The Ranger will be able to understand how to gather water and make it safe to drink.		
Baked potato saved my life!	The Ranger will be able to make a delicious baked potato over and open fire or barbecue.		
Strike a light	The Ranger will be able to demonstrate the use of a ferrocerrium rod to start a fire.		
Sustain a fire	The Ranger will be able to keep a fire going for 10 mins safely after it has been lit.		
Natural Shelter	The Ranger will be able to make a shelter out of natural materials.		
Natural Cordage	The Ranger will be able to source and make natural cordage.		
Camping out for the night	The Ranger will be brave enough to spend a night out camping.		

Email us with your progress at rangers@bushkiddz.co.uk

Or post and reference activities @BushKiddz - Facebook, Instagram, X.