



# BACKCOUNTRY SURVIVAL

The following kit list is by no means exhaustive but certain items must be taken. Failing to bring the essential items may lead to an uncomfortable experience and reduced learning. If you are not in a position to obtain any of these items, please contact us and we will advise or issue from our store.

When packing please remember to pack for the number of days your course is and that you will be carrying your kit. Bringing clothes to change into before heading home would be advised.

Equipment	Remarks	
Base Layer	<i>The layer you will wear next to your skin, should ideally be made from soft fibres that will trap warm air close to the skin. Avoid Cotton. Wool is best.</i>	
Mid Layer	<i>This should be warm and comfortable.</i>	
Fleece		
Outer Layer	<i>This should be a tough garment which is waterproof and windproof such as Gore-Tex or hard wearing cotton.</i>	
Trousers	<i>Light quick drying cotton trousers are best. Avoid jeans.</i>	
Waterproof Trousers		
Spare change of clothing		
Footwear	<i>Sturdy giving ankle support with a good grip.</i>	
Socks	<i>Medium weight socks</i>	
Hat	<i>Warm woollen hat is best</i>	
Gloves		
Rucksack	<i>55-75 litre</i>	
Drybag / Rucksack liners		
Sleeping bag	<i>3 Season</i>	
Bivi Bag	<i>Must be waterproof</i>	
Sleeping mat		
Metal mug		
Waterbottle	<i>At least 1 litre</i>	
Spork or strong plastic spoon		
Headtorch	<i>Include spare batteries</i>	
Notebook and pencil		
Small personal first aid kit	<i>With any personal medication including blister pack.</i>	
Wash kit		
Sun cream and Midge net/spray		

Food	<i>Enough to last for the days of your course. Remember that you will burn more calories than you realise – bring chocolate bars such as Mars bars, boosts etc.</i>	
Map and Compass	<i>Compass should be Silva 4 or similar. Maps used are; 1:25 – OL57 &amp; 1:50 - 36 &amp; 35. Only bring a map if you own one of the area there is no need to buy one especially for the course</i>	
Tent		
Jet Boil or Stove	<i>To cook meals on</i>	
Puritabs		
Emergency whistle		
Lighter		

## **ADDITIONAL**

- Multi-tool
- Power Bundle or Solar Unit
- Hand Held GPS unit
- Knife
- Para Cord
- Duct Tape
- Small Mirror