



# 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. Ideally waterproof. Avoid jeans.</i>	
Footwear	<i>Sturdy giving ankle support with a good grip.</i>	
Socks	<i>Warm woollen socks are the best option</i>	
Hat	<i>Warm woollen hat is best</i>	
Gloves		
Rucksack	<i>25-40 litre</i>	
Waterbottle	<i>At least 1 litre</i>	
Spork or strong plastic spoon		
Notebook and pencil		
Small personal first aid kit	<i>With any personal medication.</i>	
Wash kit		
Sun cream and Midge net/spray		
Food	<i>Packed lunch and snacks.</i>	