

KIT LIST

Below is a list of the essential items that need to be brought with you. This list is not exhaustive so please feel free to bring any other items for your own comfort.

Clothing: Your clothing should be suitable for the season, during cold months multiple thin layers are better than one thick layer. Bring sufficient spare clothing for a week/weekend, this will depend on the duration of your course. A set of clothing in a day sack to change into in the event that you might get wet/dirty while we are out and about. This is to be packed into a water proof bag and to be carried with you in your day sack and is used for emergencies only.

- Waterproofs: Jacket & Trousers: Carried with you in your day sack.
- Woolly Hat: Please also bring a Sun Hat during spring, summer courses.
- Footwear: These should be warm, waterproof and provide ankle support. 3 Season walking boots are ideal during the autumn, winter, and spring. 2 Season are suitable through the summer.
- Full Finger Gloves optional but advisable for cold weather.

Sleeping System:

- Tent/Hammock/Bivi bag: Suitable for your needs, check you have enough pegs. **Important POP UP TENTS ARE NOT PERMITTED.** Put your tent up before coming, ensure it has air vents.
- Sleeping Bag: I recommend a 3-season sleeping bag throughout the spring, summer and autumn, and a 4-season sleeping bag during the winter.
- Roll Mat: Insulation Mat or similar.
- Camp cot/bed (Optional).

Drinking Water:

- 2 x one litre bottles or a 1 x 2 litre bottle full.
- Water will also be provided.

Food:

- Please bring enough food for the duration of your stay, should you wish we can go off site to eat.

Eating Equipment:

- Knife, Fork, Spoon (KFS).
- Bowl/Plate.
- Mug: These items should be of a sturdy construction e.g. metal or plastic.

Personal Hygiene: To include a minimum of:

- Anti-bacterial wipes.
- Toilet paper - VIP (very important paper).
- Soap which does not have a detrimental effect on the environment.
- Personal towel and face cloth.
- Tooth brush/mouth wash (alcohol free).

Torch: To include coloured filters Green & Red (for tracking courses only). You can get these from an Army & Navy Store.

Pocket Notebook & Pencil

Whistle: For emergencies only.

Personal First Aid Kit: For example it may include:

- Plasters.
- Anti-bacterial wipes.
- Insect repellent.
- Bandages.
- Sun Cream/spray, no less than factor 50.
- Personal Medication: (e.g. insulin, ventolin etc).
- Please ensure you complete the medical declaration on your booking form.

Backback: Ideally bring all of your kit contained in one backpack, for your guidance:

- A 45- 55 litre backpack should suffice.
- Or something similar.

Day Sack: For items needed on a daily basis.

Tools:

- **Folding/locking knives are not allowed for H&S reasons,** fixed blade knives are permitted, No exceptions.