

## CLOTHING AND EQUIPMENT CHECKLIST – 2 DAY EXPEDITION

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 at BCS and we will advise or issue from our store.

In the past we have been asked by clients for help in sourcing items of clothing and equipment. BCS is supported by FJALLRAVEN and JES Knives and subsequently our staff utilise these products. If you are looking for equipment and clothing check out [www.aboveandbeyond.co.uk](http://www.aboveandbeyond.co.uk) for some great products. When ordering with Above and Beyond quote BCS15 for a 15% discount.

Feel free to bring personal gear; saws, knives, axes or any other hardware.

**All items listed in ORANGE are essential for this course.** All others are just recommendations.

ITEM	BCS RECOMMENDATION	X
<p><b>BASE LAYER</b></p> <p>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.</p>	Ice Breaker / Smart Wool Etc.	
<p><b>MID LAYER</b></p> <p>This should be sturdy, warm and comfortable.</p>	Fjallraven Greenland Or G1000 Shirt	
<p><b>FLEECE</b></p>	Fjallraven Keb Fleece	
<p><b>OUTER LAYER</b></p> <p>This should be a tough garment which is waterproof and windproof such as Gore-Tex or hard wearing cotton</p>	Fjallraven Vida Pro Ex-Army Combat Trousers	
<p><b>TROUSERS</b></p> <p>Light quick drying cotton trousers are best.</p>	Ideally waterproof. Hanwags, scarpa, hi-tech military	
<p><b>FOOTWEAR</b></p> <p>Sturdy giving ankle support with a good grip</p>		
<p><b>SOCKS</b></p> <p>Warm woollen socks are the best option.</p>		
<p><b>HAT</b></p> <p>Warm woollen hat is best</p>		



# BACKCOUNTRY SURVIVAL

ITEM...CONTINUED	BCS RECOMMENDATION	X
<b>GLOVES</b> This is a personal preference but a thermal pair will assist no end.		
<b>RUCKSACK</b> Personal choice on size but remember the bigger it is the more inclined you will be to fill it!		
<b>SLEEPING BAG</b> At least 3 season		
<b>BIVI BAG</b>	Must be Gore-Tex, E-Vent etc. Not orange survival bag!	
<b>SLEEPING MAT</b>		
<b>METAL MUG</b> Ex-army water bottle mug		
<b>WATERBOTTLE</b> At least 1 Litre.		
<b>SPORK OR STRONG PLASTIC SPOON</b> Better than eating with your fingers.		
<b>HEADTORCH</b> Including spare batteries		
<b>SPARE CHANGE OF CLOTHING</b> Whatever you think you may need.		
<b>NOTEBOOK AND PENCIL</b> You will be receiving a lot of information so essential for notes.		
<b>SMALL PERSONAL FIRST AID KIT</b>		
<b>WASH KIT</b>		
<b>SUN BLOCK AND MIDGE NET SPRAY</b>		
<b>2 X BIN BAGS</b>		





# BACKCOUNTRY SURVIVAL

<b>2 X LARGE ZIP LOCK BAGS</b>		
<b>FOOD</b> Enough to last for the duration but be sensible	Remember that you will burn more calories than you realise – bring chocolate bars such as Mars bars, boost etc.	
<b>MAP AND COMPASS</b>	Compass should be Silva 4 or similar. Maps used are; 1:25 - 403 & 1:50 - 36 & 35	

