



BACKCOUNTRY SURVIVAL

Equipment

All equipment in bold is essential and must be **brought**

Gaiters
Trekking poles
Day sack (40l)
Drybags
Flask or drink bottle
Lunchbox
Ordinance Surey map 36
Compass (Silva) & Map case
Survival bag
Personal medicines
Headtorch
Notebook and pen
Waterproof jacket & trousers
fleece and/or down layers
Winter gloves x 3 pairs min

Hat x 2

Sun hat
Sun glasses
Sun cream
Ski goggles
Camera

Food

You should bring enough hill food for two days on the hill. This should be a mix of foods but with a high level of Carbohydrates and Sugars. Remember you will be burning **twice** as much as usual.

Specialist Equipment

BCS will provide you with B2 boots, crampons, ice axe and helmet, along with any other specialist equipment