

CLOTHING AND EQUIPMENT CHECKLIST – 3 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 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>BASE LAYER</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>MID LAYER</p> <p>This should be sturdy, warm and comfortable.</p>	Fjallraven Greenland Or G1000 Shirt	
<p>FLEECE</p>	Fjallraven Kerb Fleece	
<p>OUTER LAYER</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>TROUSERS</p> <p>Light quick drying cotton trousers are best.</p>	Ideally Waterproof. Hanwags, Scarpa, Hi-Tech Military	
<p>FOOTWEAR</p> <p>Sturdy giving ankle support with a good grip</p>		
<p>SOCKS</p> <p>Warm woollen socks are the best option.</p>	Wool	
<p>HAT</p> <p>Warm woollen hat is best</p>	X2	



BACKCOUNTRY SURVIVAL

ITEM...CONTINUED	BCS RECOMMENDATION	X
GLOVES This is a personal preference but a thermal pair will assist no end.	X1	
RUCKSACK Personal choice on size but remember the bigger it is the more inclined you will be to fill it!	38 – 60 Litre	
SLEEPING BAG At least 3 season		
BIVI BAG	Must be Gore-Tex, E-Vent etc. Not orange survival bag!	
SLEEPING MAT		
METAL MUG Ex-army water bottle mug		
WATERBOTTLE At least 1 Litre.		
SPORK OR STRONG PLASTIC SPOON Better than eating with your fingers.		
HEADTORCH Including spare batteries		
SPARE CHANGE OF CLOTHING Whatever you think you may need.		
NOTEBOOK AND PENCIL You will be receiving a lot of information so essential for notes.		
SMALL PERSONAL FIRST AID KIT		
WASH KIT		
SUN BLOCK AND MIDGE NET SPRAY		



2 X BIN BAGS		
2 X LARGE ZIP LOCK BAGS		
FOOD 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.	
MAP AND COMPASS	Compass should be Silva 4 or similar. Maps used are; 1:25 - 403 & 1:50 - 36 & 35	

ADDITIONAL

Throughout the course instructors will be referencing items that we have/use in our Survival tins. The production of a Survival Tin is optional. Here is a list of items that should be considered when making up a survival tin. The contents must be tailored to suit the environment and most items should have more than one use; however the tin should ideally be of tobacco tin size and full. Certain items can wrap around the outside of the tin for security and extra capacity.

Survival Blanket	Mini Cyalume	Cup / Screw In Hooks
Multi-Tool	Ground / Air Codes	Hair Grips / Pins
Lighter	Button Compass	Hair Net
Flint And Steel	Magnifying Glass	Tie Wraps
Tampon	Spare Torch Battery	Rubber Strip
Candle	Fishing Kit	Elastic Bands
Commando Saw	Puritabs	Tape
Hacksaw Blade	Condom	Tin Foil / Strip
Razor Blade	Vaseline	Buttons
Snare Wire	Plasters	Pencil
Whistle	Antiseptic Wipe	Sharpening Stone
Mirror	Sutures	Sail Makers Needles
Mini Torch	Safety Pins	Thread / Cotton