

57° 19' 46" N
-3° 82' 30" W

BACKCOUNTRY SURVIVAL

KIT LIST

Links to recommended items can be found where available through ourselves. You may already have your own kit or you may find similar items elsewhere. If you do wish to purchase anything from

www.aboveandbeyond.co.uk please feel free to use code **ADVENTURE15** to get up to 15% off RRP online. Terms Apply – see below. Feel free to get in touch if you need any help or advice.

Essential Items:

- Food – (REAL TURMOT/Mountain house etc)
- Fjällraven Tent - Provided
- Primus Stove - Provided
- Lightweight Base Layer - [The Montane Primino 140](#) or similar
- Mid- Layer - [The Fjällräven Keb Trek Shirt Long Sleeve](#) or similar
- Fleece - [Fjällräven Keb Fleece](#), [Haglöfs Astro 2](#) or similar
- Light Waterproof Outer Layer - [Fjällräven Keb Jacket](#), [Montane Air Jacket](#) or similar
- Waterproof Trousers - [Trekmates Waterproof Trousers](#) or similar
- Outdoor Trousers - [Fjällräven Vida Pro](#), [Montane Terra Stretch Pants](#) or similar
- Sturdy 3/4 Season Outdoor Boots - [Zamberlan Vioz GTX](#) or similar
- 2 x Medium Weight Socks - [Bridgedale Woolfusion Trekker](#) or similar
- Warm headwear - [Fjällräven Byron](#) or similar
- Head Torch - [Petzl R Tikka Headlamp](#) or similar
- Lightweight, Windproof Gloves - [Extremities Lightweight Guide Glove](#) or similar
- 55-75 Litre Rucksack - [The Montane Grand Tour](#), [Fjällräven Kajka](#) or similar
- Drybag/Rucksack Liners - [Exped 4 Pack](#) or similar
- Three Season Sleeping Bag - [Snugpak Chrysalis 3](#) or similar
- Sleeping Mat - [Sea To Summit Comfort Plus](#), [Exped Downmat Lite](#) or similar

- Mug - [Sea To Summit Delta](#), [Delta Insulmug](#) or similar
- Waterbottle - [GSI Infinity Dukjug](#) or similar <http://www.aboveandbeyond.co.uk/hydration/water-carrying/water-bottles/befree-filter> - This is recommended as you can drink from virtually.
- Small Personal First-Aid Kit - [Care Plus](#), [Adventure Medical](#) or similar
- Blister pack (if not included in your first-aid kit) - [Blister Medic](#) or similar
- Puri-Tabs - [Katadyn](#) or <http://www.aboveandbeyond.co.uk/hydration/water-carrying/water-bottles/befree-filter>
- Small Wash Kit - [Sea to Summit Liquid Wash Range](#) or similar
- Sunblock - [Care plus](#) or similar
- Good Quality Compass - [Suunto Global](#), [Silva Expedition 4](#) or similar
- Lighter - [Light My Fire](#), [Burny Power Lighter](#) or Similar
- Map - [OS Explorer OL57](#)
- Spork or Spoon - [Optimus Titanium Spork](#), [Optimus Longspoon](#) or similar
- Proper Emergency Whistle - [Adventure Medical](#) or similar
- Spare Change of Clothing
- Spare Batteries

Non-Essential But Good To Have:

- Note book & Pencil - [Rite In The Rain](#) or similar
- Multi-Tool - [Leatherman](#), [Gerber](#) or similar
- Power Bundle or Solar Unit - [Brunton Metal 4400](#) or similar
- [Hand Held GPS unit](#)
- [Knife](#)
- [Para Cord](#)
- Gaffa Tape
- Small Mirror

Promotional Code Terms – ADVENTURE15

Cannot be used in conjunction with any other offer. This code will give 15% off RRP and where a greater discount exists the greater discount will prevail.

Brands excluded: Gransfors Bruks, Anevay, Map Software, Garmin GPS Watches, Planning Maps