



# BACKCOUNTRY SURVIVAL

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. All equipment in **bold** is essential and must be brought. If you are not in a position to obtain any of these items, please contact us and we may be able to supply you from our stores or we will advise on how to source them.

When packing please remember to pack for the number of days your course is and that you will be carrying your kit. Bringing clothes to change into before heading home would be advised.

<b>Equipment</b>	<b>Remarks</b>	
<b>Base Layer</b>	<i>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.</i>	
<b>Mid Layer</b>	<i>This should be warm and comfortable. Fleece/Down Layers</i>	
<b>Fleece</b>		
<b>Waterproof Jacket and Trousers</b>	<i>This should be a tough garment which is waterproof and windproof such as Gore-Tex or hard wearing cotton.</i>	
<b>Trousers</b>	<i>Light quick drying cotton trousers are best. Ideally waterproof. Avoid jeans.</i>	
<b>Footwear</b>	<i>B2-B3 Boots. They must be compatible with crampons.</i>	
<b>Socks</b>	<i>Warm woollen socks are the best option</i>	
<b>Hat</b>	<i>x2 Warm woollen hat is best</i>	
<b>Gloves</b>	<i>Winter Gloves x 3 minimum</i>	
<b>Ice Axe</b>		
<b>Crampons</b>		
<b>Helmet</b>		
Gaiters		
Trekking poles		
<b>Rucksack</b>	<i>40L</i>	
<b>Drybags</b>		
<b>Sleeping bag</b>	<i>Ideally 3 season</i>	
Bivi Bag		
Sleeping mat		
<b>Survival Bag</b>		
<b>Flask or Drink Bottle</b>		
Spork or strong plastic spoon		
<b>Headtorch</b>	<i>Include spare batteries</i>	
Notebook and pencil		

Small personal first aid kit	<i>With any personal medication.</i>	
Wash kit		
<b>Sun cream</b>		
Sun hat		
<b>Sun glasses</b>		
<b>Ski goggles</b>		
Camera		
<b>Food</b>	<i>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.</i>	
<b>Gas Stove</b>		
Map, Compass and Map case	<i>Compass should be Silva 4 or similar. Maps used are; 1:25 – OL57 &amp; 1:50 - 36. Only bring a map if you own one of the area there is no need to buy one especially for the course</i>	