

3° 82' 30" W
57° 01' 10" N

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.

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

Small personal first aid kit	<i>With any personal medication.</i>	
Wash kit		
Sun cream		
Sun hat		
Sun glasses		
Ski goggles		
Camera		
Food	<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>	
Gas Stove		
Map, Compass and Map case	<i>Compass should be Silva 4 or similar. Maps used are; 1:25 – OL57 & 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>	