



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. If you are not in a position to obtain any of these items, please contact us and we will advise or issue from our store.

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.</i>	
Fleece		
Outer Layer	<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>Sturdy giving ankle support with a good grip.</i>	
Socks	<i>Warm woollen socks are the best option</i>	
Hat	<i>Warm woollen hat is best</i>	
Gloves		
Rucksack	<i>40-60 litre</i>	
Sleeping bag	<i>Ideally 3 season</i>	
Bivi Bag	<i>Goretex (not Orange Survival Bag) – Please see photo below showing the correct type of Bivi Bag</i>	
Sleeping mat		
Metal mug	<i>Open fire cooking / water boiling will take place</i>	
Waterbottle	<i>At least 1 litre</i>	
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 and Midge net/spray		
Food	<i>Meals and snacks. Enough to last for the days of your course. Remember that you will burn more calories than you realise – bring</i>	

	<i>chocolate bars such as Mars bars, boosts etc. Or contact us about RealMeal bars.</i>	
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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.

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| 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 |

An example of a Goretex Bivi Bag:

