



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. 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>20-40 litre – big enough to carry your personal kit</i>	
Waterbottle	<i>At least 1 litre</i>	
Spork or strong plastic spoon		
Notebook and pencil		
Small personal first aid kit	<i>With any personal medication.</i>	
Sun cream and Midge net/spray		
Food	<i>Packed lunch and snacks.</i>	