



BACKCOUNTRY SURVIVAL

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.

ESSENTIAL ITEMS

The following items are what we deem as essential and 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.

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 / Waterproofs	<i>This should be a tough garment which is waterproof and windproof such as Gore-Tex or hard wearing cotton. A set of waterproof trousers is also recommended.</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 as a minimum</i>	
Bivi Bag	<i>Gore-Tex (not Orange Survival Bag) – Please see photo below showing the correct type of Bivi Bag. Available for hire if needed.</i>	
Sleeping mat		
Metal mug / pot	<i>Open fire cooking / water boiling will take place. A mug / pot that can hang is useful</i>	
Water bottle	<i>Have the ability to carry at least 2 litres</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		

Gas Cooker	<i>For cooking your breakfast and dinner on. Lunch will be eaten on the go. We like to aim to cook food over an open fire, however due to fire bans coming in to play by Cairngorm National Park, this may not always be possible so a gas cooker is needed to ensure hot meals.</i>	
Food	<i>Meals and snacks. Enough to last for the days of your course. Meals need to be able to be heated up on a gas cooker. Remember that you will burn more calories than you realise – bring chocolate bars such as Mars bars, boosts etc. Or contact us about RealMeal bars.</i>	

DESIRABLE ITEMS –

These are items that you may have already or you want to purchase so that you can bring them on the course and try them out and get practice in with them.

Equipment	Remarks	
Tools	<i>Knives, multitools, axes, saws. We have a selection in our group box to issue but if you have any you want to try out of your own.</i>	
Survival Kit	<i>Read the notes below of what can be included in a survival kit.</i>	
Water Filter	<i>You will get use of a team one during the course but if you have your own bring it along.</i>	
Tarp	<i>If you have one, bring it if you want to use it but we have plenty to issue out. This will be used on the first night of the 3 Day Course and on the night of the 2 Day Course.</i>	

WHAT TO INCLUDE IN A SURVIVAL KIT

Throughout the course instructors will be referencing items that we have/use in our Survival kit. The production of a Survival Kit is optional. Here is a list of items that should be considered when making up a survival kit. The contents must be tailored to suit the environment and most items should have more than one use. Certain items can wrap around the outside of the tin for security and extra capacity.

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 Gore-Tex Bivi Bag:

