



# KIT LIST

## Mountain and Expedition Emergency Medicine (MEEM)

### What you need to Provide

#### Accommodation

Sleeping bag  
Pillow  
Towel  
Personal hygiene kit

#### Food

Personal snacks  
Alcohol (see participation statement)  
Flask or drink bottle  
“Lunch box”- In order to be environmentally friendly, we will not be providing plastic bags for lunches. Please bring your own (preferably reusable) bag or box.

#### Personal Mountaineering

Rucksack (40-60l)  
Hill walking boots 2-3 season  
Waterproof jacket and trousers  
Warm clothing in suitable layers (there will be standing around whilst teaching occurs)  
Hat, gloves, buff etc  
Map: OS Explorer 1:25,000 (17 Snowdonia) or  
OS Landranger 1:50,000 (115 Snowdon & Caernarvon)  
Compass – Silva type  
Map case (Ortlieb are excellent)  
Head torch & spare batteries  
Whistle  
Watch (for navigation and measuring pulse etc)  
Bivi tent (if you usually carry one)  
Water bottle or thermos flask

#### First Aid Kit

This should contain what you would normally carry for a group of 6 friends in North Wales.  
Personal medications.

## **What we will provide**

### Accommodation

Access to the accommodation from 16:00 on the day your event starts.

### Food

See food and accommodation.

### Teaching and First Aid Equipment

Bandages and Triangular bandages

Make up for moulage

Specialist medical equipment (splints, dressings)

Sit mats

Bivi shelters