



Kit List for 24+ Hr Courses



What you need to Bring

- Sleeping Bag (Appropriate Season Rating)
- Air mattress/Insulated Seeping mat
- Travel Pillow
- Notebook, Pen/Pencil
- Camera
- Gardening type gloves for shelter building
- Head Torch and spare batteries (in top of Pack/Rucksack)
- Whistle
- Multitool or pocketknife (blade length less than 75mm)
- Plate/bowls or mess tins
- Knife - Fork - Spoon
- Mug
- Water Bottle 1 Liter
- Tea, Coffee or Hot Drink
- Sugar
- Powdered Milk
- Snacks
- Suitable Outdoor Clothing for Season
 - Waterproofs
 - Trousers - No Jeans (shorts not recommended)
 - Walking Boots or Wellington Boots (No Trainers)
 - Change of clothing
 - Woolly hat or cap
 - Several underlayers (T shirt, Sweatshirt, Fleece) are better than one thick layer
- Socks and Underwear
- Change of Clothing
- Towels, washcloths
- Personal Wash kit and Towel
- Personal Medication, Aspirin, ibuprofen
- Antibacterial wipes and hand sanitizer
- Personal First Aid Kit, plasters etc.
- Sunscreen
- Bug spray/wipes/Sting treatment
- Feminine products as required
- Rucksack/Hold All

Do Not Bring Axes, Saws or Knives over 75mm blade length

Alcohol is not permitted on ANY of our courses