

LOWLAND LEADER & EXPEDITION SKILLS COURSES KIT LIST

E=essential **A**=advised **U**=Useful if you have it

ITEM	NOTES	Training & Assessment	Expedition module
Valley food	see programme for how many days you will need food for	E	E
Expedition food	two days, one night		E
Tent	Packable into a Rucksack. We may share depending on what tents Candidates bring.		E
Stove & fuel & lighter			E
Bivi bag or plastic survival bag	Eg Rab Survival Zone or Orange plastic		E
Roll mat	Foam or Inflatable		E
Sleeping bag			E
Two/three pairs thick socks		E	E
Walking boots	Ankle Protection	E	E
Gaiters		U	U
Waterproof jacket	with a good hood, preferable not foldaway	E	E
Waterproof over trousers	Recommended with leg zips – as you can put them on over your boots	E	E
Three warm layers for top	eg wicking layer, thin fleece, thick fleece	E	E
Walking Trousers	quick drying are best	E	E
Gloves and warm Hat		E	E
Indoor shoes		E	
Wash kit and towel		E	E
Hand gel			A
Flask		A	A
Water bottle	1-2 litre	E	E
Water purifier	tablet, liquid or pump		U
Sun hat and sun cream		A	A
Expedition rucksack	60-70 Litre advised		E
Day sack	20-30 litre	A	
Dry bags or strong plastic bags		E	E
First aid kit	Including Compeed or other blister treatment	E	E
Group shelter		U	U
Compass	Silva Type 4 is the best	E	E
Maps	WILL BE SUPPLIED FOR THE COURSE	E	E
Map case	Ortlieb best	E	E
Digital watch		E	E
Headtorch with spare batteries		E	E
GPS/altimeter		U	
Notebook and pencil or pen		E	E
Camera		U	U
Mobile phone		A	A

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