

Gear list – Navigation, Survival & River Crossing

Course (7 Day)

Clothing

- Tramping Pack with waterproof liner (45-65ltr)
- 1x Boots or sturdy shoes
- 1x Gaiters (optional)
- 1x Waterproof pants (optional)
- 1x Waterproof jacket
- 4-5 x Socks (or more if wanted)
- 1-2 x Base Layer bottoms (polypro or wool)
- 3-4 x Base Layer top (polypro or wool)
- 7 x underwear
- 2x Shirts (Not cotton)
- 1-2x pant/shorts (not cotton)
- 1-2 x jumper (fleece or wool)
- 1x Beanie
- Down/Synthetic jacket (optional)
- Comfortable clothing for lodge/hut

Other

- Toiletries for lodge
- 1x Sunglasses & Sunhat
- 1x Sunscreen (small tube)
- 1x Torch/Head torch
- 1x Toilet paper + Sanitizer
- 1x Personal first aid (just plasters for blisters)
- 1x Personal Medications (if needed)
- 1x Drink bottle (1ltr min)
- 1x Spoon/spork/knife/Bowl
- 1x Sleeping Bag
- 1x Sleeping Mat
- 1x Tooth brush/tooth paste
- 1x Note book and pencil (optional)
- 1x Walking poles (optional)
- 1x Compass

Camping Equipment

- Cooker
- Pot
- Tent/Fly
- Fire lighting Kit/Lighter/Matches

Food

- 7x Lunch (food that does not need to be cooked)
- 6x Dinner- 1 meal will need to be for camping out
- 6x Breakfast (can be a cooked meal)
- ?x Snacks

River Crossing

- Spare change of clothes
- Towel
- Dry shoes

Note: Please do not bring /pack any cotton items for in the field as these are not suitable for this course.

Please also bring along a pillow as well as comfortable clothes for around the house and a spare set of casual shoes. Dinners can be purchased from the Bealey Hotel or Wobbly Kea on the evenings we are not camping. Please check their online menu for dietary considerations.