

Gear list – 3 Day Consolidation Course

Clothing

- 1x Boots or sturdy shoes
- 1x Gaiters (optional)
- 1x Waterproof pants (optional)
- 1x Waterproof jacket
- 2x Socks
- 1x Base Layer bottoms (polypro or wool)
- 2x Base Layer top (polypro or wool)
- 3x underwear
- 2x Shirts (Not cotton)
- 1x pant/shorts (not cotton)
- 1x jumper (fleece or wool)
- 1x Beanie
- Down/Synthetic jacket (optional)

Other

- 1x Sunglasses & Sunhat
- 1x Sunscreen (small tube)
- 1x Torch/Head torch
- 1x Toilet paper + Sanitizer
- 1x Personal first aid (just plasters for blisters etc)
- 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

Food

- 3x Lunch (food that does not need to be cooked)
- 2x Dinner (a hot meal)
- 2x Breakfast (can be a cooked meal)
- Snacks

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