

# Gear list – Advanced Navigation & Survival Course

## (5 Day)

### Stuff for at the Lodge (can be packed in separate bag)

- Sleeping bag
- pillow
- Change of clothes
- Towel
- 2x breakfast
- 3x lunch
- 3x dinner (option to eat at the local pub)
- Snacks
- Notebook and pencil (optional)

### Stuff you will need for during the days (day 1,2 & 3)

- Day pack
- Warm fleece/down jacket
- Rain jacket
- Warm hat/sun hat
- Sunscreen/ sunglasses
- Water
- Lunch
- Snacks

### Accommodation for the first 3 nights

Accommodation will be a lodge in Arthurs Pass village, which has a full kitchen, common room/living room, hot showers, and bunkrooms.

There are a few local pubs in the area if you wish to eat out for dinners. Wobble kea and Bealey Hotel.

\*Note: The Wobbly kea closes its kitchen at 6pm

\*Please note that dietary requirements can't always be met at the pub (the Wobbly Kea) so please check their menu online)

### **Things to wear or put into your pack for overnight camping (Day 4 & 5)**

- Tramping pack 50-60 L (bigger is ok)
- Pack liner or dry bags to keep stuff dry
- Tent
- 1x Sleeping Bag
- 1x Sleeping Mat
- 1x Boots or sturdy shoes
- 1x Gators (optional)
- 1x Waterproof pants (optional)
- 1x Waterproof jacket
- 2x Socks
- 1x Base Layers top and bottoms (polypro or wool)
- 2x underwear
- 2x Shirts (Not cotton)
- 1x pant/shorts (not cotton)
- 1x jumper (fleece or wool)
- Down/Synthetic jacket (optional)
- 1x Sunglasses, Sunhat & Beanie
- 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 Cooker & gas
- Cooking pot
- 1x Toothbrush/toothpaste
- 1x Notebook and pencil
- 1x Walking pole
- 1x Compass

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

*\*If you do not have some of the gear in the list above, then get in touch with us as we have some equipment for hire.*

### **Food for overnight camping**

2x Lunch (food that does not need to be cooked)

1x Dinner (a hot meal)

1x Breakfast (can be a cooked meal)

Snacks for 2 days

*\*Note: While we are out camping, a chilli bin will be available to you on arrival for any food you have and need to keep cold.*