

4-Day Advanced Navigation & Survival Course : Gear List

Stuff for at the Lodge:

(can be packed in a separate bag)

- Sleeping bag
- Pillow
- Change of clothes
- Towel
- 3x breakfast
- 3x lunch
- 3x dinner
- Snacks
- Notebook and pencil (optional)

Stuff you will need during the day

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

Things to wear or put into your pack for overnight camping (Day 3-4)

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| • Tramping pack 50-60 L (bigger is ok) | • 1x Personal Medications (if needed) |
| • Pack liner or dry bags to keep stuff dry | • 1x Drink bottle (1ltr min) |
| • Tent | • 1x Spoon/spork/knife/Bowl |
| • 1x Sleeping Bag | • 1x Cooker & gas |
| • 1x Sleeping Mat | • Cooking pot |
| • 1x Boots or sturdy shoes | • 1x Toothbrush/toothpaste |
| • 1x Gators (optional) | • 1x Notebook and pencil |
| • 1x Waterproof pants (optional) | • 1x Walking pole |
| • 1x Waterproof jacket | • 1x Compass |
| • 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) | |

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 (Day 3-4) *Option for 2-night tramp.

2-3x Lunch (food that does not need to be cooked)

1-2x Dinner (a hot meal)

1-2x Breakfast (can be a cooked meal)

Snacks for 2-3