



Summer Field Session [SFS] Equipment List

It is always safer to error on the side of taking it instead of not, leave the extra equipment in your vehicle. The amount of weight will you carry will not be a major factor in selection of gear and enjoyment of this course as you will be required to walk less than 1 km to the training area.

It is important to note that our practical wilderness survival courses are meant to educate you and allow you to build up skill and confidence in a casual relaxed environment. You will never be far from your vehicle if you need to go back for an extra piece of gear.

Clothing:

- **Light Leather Work Gloves**
- Waterproof Shell Layer or Rain Jacket
- Light Warm Layer (Not Cotton)
- Long Pants
- Walking Boots or Rubber Boots (which allow easy walking)

Miscellaneous Items:

- Day Pack
- Pencil & Notepad
- Mosquito Repellent
- Sun Screen
- Toilet Paper

Cooking & Food:

- 1L+ Water Bottle (minimum)
- Bag Lunch
- Snack Food
- Drink Mixes or Tea etc.
- Mug