



Wilderness Survival Summer Field Session [WSSFS] 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 2 km to any of our camps.

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:

- Waterproof Shell Layer or Rain Jacket
- 2 Warm Layers (Wool Sweater, Pile Jacket, Pile Vest, etc.)
- Light Pile or Wool Pants
- Polypro Bottoms & Tops
- 2 pairs of Underwear
- 2 pairs of Wool Socks plus 2 Liner Socks if worn
- Long Sleeve Shirt
- Toque, plus Headover
- Light Mitts or Gloves
- Water Resistant Walking Boots or Rubber Boots (which allow easy walking)

Camping Equipment:

- Backpack
- Sleeping Bag (Survival Rating of at least -5° C)
- Thermorest or Ensolite pad (short length is ok)

Optional Items:

- Personal 1st Aid Kit
- Fire Lighting Gear
- Candle
- Survival Knife
- Whistle
- Head Lamp or flashlight
- Toilet Paper
- Toiletries
- Pencil & Notepad

Cooking & Food:

- Pot (2L) with Bail, usable over a Fire (to allow you to cook over a fire)
- 1L Water Bottles.
- Insulated Cup, Bowl & Spoon
- Light Leather Gloves
- Bag Lunch [Saturday & Sunday]
- Camp Breakfast [Saturday & Sunday]
- Camp Supper [Saturday]
- Snack Food & Drink Mixes or Tea etc.