

# WSWFS - Equipment List



It is always safer to error on the side of taking it instead of not, leave the extra equipment in your vehicle. Weight that you carry will not be a major factor in selection on 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:

- Winter Shell Layer
- 2 Warm Layers (Wool Sweater, Pile Jacket, Pile Vest, etc.)
- 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 or Scarf
- Winter Mitts plus Light Mitts or Gloves
- Winter Boots

## Camping Equipment:

- Backpack
- Sleeping Bag (Survival Rating of at least -10° C)
- Thermorest or Ensolite pad (short length is ok)
- Whistle
- Head Lamp
- Toilet Paper
- Toiletries

## Optional Items:

- Personal 1<sup>st</sup> Aid Kit
- Fire Lighting Gear & Candle
- Survival Knife
- Pencil & Notepad
- Camera

## Cooking & Food:

- Cooking Pot with Bail, usable over a Fire
- 1L Water Bottle or Thermos
- Insulated Cup
- Bowl & Spoon
- Light Leather Gloves
- 2x Bag Lunches
- 2x Simple Camp Breakfasts
- 1x Simple Camp Supper
- Snack Foods
- Drink Mixes, Coffee or Tea etc.