



Complete Wilderness Survival Equipment List

It is better to error on the side of taking extra gear and equipment on this course. If in doubt, you can leave the extra clothing or equipment in your vehicle or we can store it. **The weight that you carry is not a major factor, you will about 1 km to the base camp and no more than 2 to the walkabout camp.** Please note that this course is meant to educate and allow you to build up your skill and confidence in a casual relaxed learning environment. You may be required to carry some group gear or push the sled on the trip into and out of the camp, so please try to keep your gear in one backpack while travelling to the walkabout camp.

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
- Good Quality Winter Boots good to -25° C with water proof shell or high gaiters

Camping:

- Backpack
- Sleeping Bag (Survival Rating of at least -20° C)
- Thermarest or Ensolite pad (short length is ok)
- Whistle
- Head Lamp
- Toilet Paper
- Toiletries

Optional Items:

- Personal 1st Aid Kit
- Pencil & Notepad
- Camera or Phone (cell service may not be present in the backcountry)

Cooking & Food:

- Cooking Pot with a bail, suitable for a fire
- 1L Water Bottle or Thermos
- Insulated Cup
- Bowl & Spoon
- Light Leather Gloves
- 4x Bag Lunches
- 4x Simple Camp Breakfasts
- 4x Simple Camp Suppers
- Cooking pot with bail if you need anything beyond boiling water, which will be available at all means including lunch
- Snack Foods
- Drink Mixes, Coffee or Tea etc.