

FMSC - Equipment List



On the FMSC is always safer to error on the side of taking it instead of not, leave the extra equipment in your vehicle or we can store it in another 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 or between 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. Remember that you will be required to carry group gear in addition to your personal gear when we move out of base camp on the third day.

Clothing:

- Waterproof Rain Suit
- 2 Warm Layers (Wool Sweater, Pile Jacket, Pile Vest, etc.)
- Pile or Wool Pants
- Marino Wool or Polypro Bottoms & Tops
- 3 pairs of Underwear
- 3 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
- Waterproof Hiking Boots and Gaiters
- Rubber Boots highly recommend for the first three days
- *Note: Poor none waterproof footwear will cause problems on this course. Have both hiking boots and rubber boots is highly recommended.*

Camping:

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

Optional Items:

- Personal 1st Aid Kit
- Pencil & Notepad
- Camera or Phone with a power pack for recharge

Cooking & Food:

- Cooking Pot with Bail, usable over a Fire
- 1L Water Bottle or Thermos
- Insulated Cup
- Bowl & Spoon
- Light Leather Gloves
- 5x Bag Lunches
- 4x Simple Camp Breakfasts
- 4x Simple Camp Suppers
- Snack Foods
- Drink Mixes, Coffee or Tea etc.