

# SMSC - Equipment List



On the SMSC is always safer to error on the side of taking it instead of not, just leave the extra equipment in your vehicle or we can store it at Base Camp. Weight maybe a factor as you will be required to walk to our mountain camps or between camps on day four and five.

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 at base camp and if you need to go back for an extra piece of gear, we will arrange a shuttle. Remember that you will be carrying group gear in addition to your personal gear when we move out of base camp on the fourth 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 two days
- *Note: Poor none waterproof footwear will cause problems on this course. Have both 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 1<sup>st</sup> 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
- 4x Bag Lunches
- 4x Simple Camp Breakfasts
- 4x Simple Camp Suppers
- Snack Foods
- Drink Mixes, Coffee or Tea etc.