



## **Summer Field Session [SFS] 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 the training area.

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:**

- **Light Leather Work Gloves**
- Waterproof Shell Layer or Rain Jacket
- Light Warm Layer (Not Cotton)
- Long Pants
- Walking Boots or Rubber Boots (which allow easy walking)

### **Miscellaneous Items:**

- Day Pack
- Pencil & Notepad
- Mosquito Repellent
- Sun Screen
- Toilet Paper

### **Cooking & Food:**

- 1L+ Water Bottle (minimum)
- Bag Lunch
- Snack Food & Drink Mixes or Tea etc.
- Mug