



NAVIGATION 101 COURSE KIT LIST

Your equipment requirements for this course are relatively basic. Try to keep your outfit simple, bringing only what you need. Your outdoor clothing should be comfortable and not easily damaged. If you have any questions please contact us on info@frontierbushcraft.com

ITEM	NOTES/RECOMMENDATIONS	✓
OUTDOOR CLOTHING & FOOTWEAR:		
Waterproof shell	Jacket and trousers.	
Light warm layer	Light fleece or pullover.	
Heavy warm layer	Thicker fleece, wool shirt or pullover that can be worn separately or over the top of the light warm layer.	
Baselayer/T-shirt/Shirt	At least a couple.	
Outdoor trousers	Something rugged - cargo pants or similar - with decent pockets. Jeans are not suitable.	
Socks	Bring at least one spare set.	
Underwear	Don't forget spares!	
Warm hat	Wool or fleece.	
Sun hat	A hat with a brim provides more sun protection than a peaked cap.	
Outdoor footwear	Walking boots	
SHELTER & SLEEPING EQUIPMENT:		
Tent or Tarp	You'll be camped in woodland.	
Sleeping bag	A decent 3-season bag.	
Sleeping mat	Closed cell (Karrimat) or inflatable (Thermarest).	
PERSONAL EQUIPMENT:		
Water bottle	2 litres (4 pints) minimum.	
Cuts kit	Small first aid kit (with plasters, small bandage, headache tablets, etc.)	
Headtorch	Petzl 'Tikka' range are ideal. Make sure it has fresh batteries.	
Spare batteries for headtorch.	At least one set of spare batteries.	
Whistle	Fox 40 or Perry whistle.	
Watch	Timekeeping is an important part of navigation	
Mug	Metal or plastic.	
Eating utensils and bowl and/or plate	Metal or plastic.	
Notebook	Water-resistant or waterproof paper is preferable.	
Camera	Optional	
Day sack	Small backpack for carrying items such as waterproofs, warm layer, water bottle, etc. that may be needed during the day.	
WASH KIT, PERSONAL MEDS, ETC.:		
Wash kit	At a minimum - toothbrush, toothpaste, soap.	
Sunscreen and lipsalve	You'll be outdoors all day.	
Insect repellent	Try to get an effective natural-based product such as Mosi-Guard.	
Personal medication	Don't forget any medication that you are taking. Also if you know you suffer from hay fever or react badly to insect bites, make sure you bring suitable medication for dealing with it.	
Spectacles/reading glasses/spare contacts	As necessary	
COOKING AND FOOD		
Cooking equipment	Pots/pans for cooking. You will be able to cook on a fire. Alternatively you can bring a stove (or use both, if you'd like the flexibility).	
Food	Bring food for the duration of the course. You won't have to backpack with it, so you can bring fresh food. Also bring food suitable for packed lunches as we'll likely be away from camp during the day.	
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