



OUTDOOR EMERGENCY PREPAREDNESS 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.	
T-shirts/Light shirts	At least a couple.	
Outdoor trousers	Something rugged - cargo pants or similar - with decent pockets. Jeans are not suitable.	
Socks	Bring a few spare sets.	
Underwear	Don't forget spares!	
Warm hat	Wool or fleece. This is a very important item. It makes a huge contribution to keeping warm.	
Sun hat	A hat with a brim provides more sun protection than a peaked cap.	
Outdoor footwear	Outdoor boots with decent grip. Approach shoes fine if weather is dry.	
SHELTER & SLEEPING EQUIPMENT:		
Tent or Tarp or Hammock	Bring your preferred sleeping arrangement with appropriate items such as sleeping bag, quilt, bivvy bag, etc.	
PERSONAL EQUIPMENT:		
Water bottle(s)	2 litres carrying capacity.	
First Aid Kit	Bring the first aid kit you have. Don't buy one specially. We have first aid supplies for you to use in training exercises and scenarios. We will talk about first kits during the course and you are likely to go away with an opinion about what you want to have in yours going forwards.	
Headtorch	Petzl 'Tikka' range are ideal. Make sure it has fresh batteries.	
Spare batteries for headtorch.	At least two sets of spare batteries.	
Whistle	Fox 40 or Perry whistle.	
Watch		
Stove, fuel and cooking equipment*	*NB This course is self-catered. If you have attended a course where you have been taught safe fire-management techniques and leave-no-trace, then you can cook over a fire. Even so, you may still want to pack a stove for occasions when you need more speed.	
Mug	Metal or plastic.	
Bowl or plate	Metal or plastic.	
Eating utensils	At least a spoon.	
Notebook	Notebook with plenty of capacity. Water-resistant or waterproof paper is preferable.	
Camera	Your personal choice. Most people use their phones these days.	
Compass	There will be times during this course when being able to determine direction of travel will be useful. A baseplate compass such as a Silva Type 4 will be more than adequate. If you don't have a compass, we can lend you one where a compass is needed.	
Day sack	Small pack for carrying items such as waterproofs, warm layer, water bottle, etc. while out on a walk. You can use your main rucksack if you would rather not double-up on bags.	
WASH KIT, PERSONAL MEDS, ETC.:		
Wash kit	At a minimum - toothbrush, toothpaste, soap.	
Towel	A large bandana or a shemagh works well. We will have a camp shower set up.	
Sunscreen	While you will be in the woods much of the time and therefore shaded, you will be outdoors all day.	
Lipsalve		
Insect repellent	Try to get an effective natural-based product such as Mosi-Guard. DEET is unpleasant and not necessary in the UK. See http://www.mosi-guard.com/	
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 contact lenses		

Frontier Bushcraft Limited is a company incorporated in England and Wales with company number 7456133 and with its registered office at 20-22 Wenlock Road, London, N1 7GU.