

SURVIVAL TRAINING UK

Recommended Kit List

5 West Hextol
Hexham
Northumberland
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Email: james@survivaltraininguk.co.uk

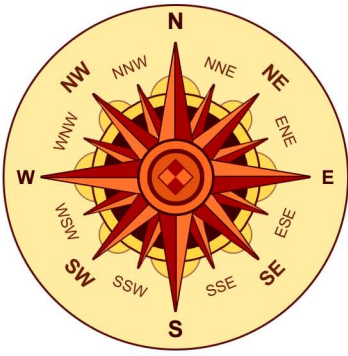
Recommended Kit List for 8 Hour Course

- Rucksack
- Waterproof Jacket
- Insect Repellent
- Water Bottle
- Plastic or Metal Mug
- Knife, Fork, Spoon, Mess Tin or Non-Breakable Plate
- Warm Clothing Depending on Season e.g. Fleece, Hat, Gloves
- Head Torch & spare batteries
- Tarp or Poncho

Suitable outdoor clothing and hardwearing boots should be worn when attending Survival Training Courses.

All kit should be placed in plastic bags as rucksacks are not 100% waterproof.

Please contact Survival Training UK should you have any queries.



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Recommended Kit List for 24 Hour Course

Rucksack

Waterproof Jacket

Insect Repellent

Water Bottle

Plastic or Metal Mug

Knife, Fork, Spoon, Mess Tin or Non-Breakable Plate

Warm Clothing e.g. Fleece, Hat, Gloves, Spare Socks & Trousers

Sleeping Bag

Roll Mat

Bivi Bag or Survival Bag

Wash and Shaving Kit, Hand Towel, Flannel.

Head Torch & spare batteries

Tarp or Poncho

Optional kit:

Tea, Coffee, Milk, Sugar

Parachord

Camera

Sharp knife

Suitable outdoor clothing and hardwearing boots should be worn when attending Survival Training Courses.

All kit should be placed in plastic bags as rucksacks are not 100% waterproof.