24 HOUR SURVIVAL ESSENTIALS

EQUIPMENT AND CLOTHING LIST

We have limited the amount of information and recommendations in this document to keep it as a useful checklist to use while packing for your course.

For detailed descriptions and recommendations, please visit our website (Resources > Kit List)

WHAT WE PROVIDE

Items that can be loaned on all courses

- Fixed blade knife*
- Poncho
- Fire striker/Ferro rod
- Stainless Steel water bottle 40oz (1.1L)
- Paracord
- Ground sheet/tarp
- Mosquito net

Students will be charged for any damaged or missing equipment.

*We can lend knives, however, if you would like to bring your own knife we suggest you bring a plain (without serrations) full tang 5" (11cm) carbon steel blade with a 90 degree edge on the spine.

WHAT YOU NEED TO BRING

You need to be able to fit and carry the below items in or on your main pack. **What you bring you have to carry, so pack light!**

All items are required unless listed under *Optional Items*.
Items marked in green can be loaned to you for the duration of the course if you do not have your own.

For more information on some of the items visit our blog on 12 Essential Items people should have with them when they venture outdoors.

For detailed descriptions and recommendations, please visit our website (Resources > Kit List)

CHECKLIST	
PACKED	**ITEM**
	Small day pack
	Fixed blade knife *(can be loaned)*
	Fire striker/Ferro rod *(can be loaned)*
	Stainless Steel water bottle 40oz (1.1L) *(can be loaned)*
	Paracord
	Poncho, military style with grommets and press studs. This is to be used as a shelter.
	Head torch and spare batteries
	Small first aid kit including personal medications (eg: paracetamol/ibuprofen)
	Dry bag (5 – 15 litres)
	Loud whistle (pealess)
	Notebook and pens/pencils
	30L or larger Rucksack/Pack to fit everything in
	Ground sheet/tarp *(can be loaned)*
	Sleeping mat *(inflatable or closed cell)*
	Sleeping bag *(suitable for the season)*
	Mosquito head net
	Mug, plate/bowl, cutlery (nesting cup is fine)
	Toilet/Latrine Kit (toilet paper, hand sanitiser, matches, doggy/ziploc bag)
	Small personal toiletries kit including insect repellant and sunscreen
	Spare batteries and power banks (for your personal use)
	Belt (please ensure your pants have belt loops)
	Clothing appropriate to the season *(including wet weather gear, enclosed footwear and hat – see website for details)*
OPTIONAL ITEMS	
	Bandana (Optional but highly recommended)
	Folding saw (Optional but highly recommended)
	Outdoor leather work gloves
	Multitool
	Sleeping bag liner
	Bivvy bag (Optional but recommended in wet weather)
	An extra 1-2 Litre water bottle/bladder (essential in hot weather)