



KIT LIST INFORMATION & EXPLANATORY NOTES

MAP 1:25.000 Ordnance Survey Explorer Maps (formerly Outdoor Leisure Series)
CONISTON - (SW The English Lakes South Western Area) Explorer OL6
GRASMERE - (SE The English Lakes South Eastern Area) Explorer OL7
Better if waterproof

COMPASS – SILVA TYPE

Compass on base plate. Good example – Silva Expedition Type 4
Attachment cord useful.

WHISTLE – PLASTIC

Attachment cord useful – carry on person

FIRST AID

See separate list on course.
Should be waterproof container.

EMERGENCY RATIONS

Equivalent of 4 mars bars minimum

BOOTS

Good condition. Good grip and support essential. Shoes not adequate.

SOCKS

Your choice!

WARM TROUSERS

Not jeans. Warm/Windproof advisable.

WARM FLEECE

Fleece good choice.

WATERPROOF JACKET & TROUSERS

Both essential.

HAT OR BALACLAVA

May be required for bad weather or sun!

GLOVES/MITTS

Mitts are warmer but harder to use.



WATCH

Essential – Digital best for timing.

SURVIVAL Exposure BAG 8`X4` (244 x 122 cm)

Essential – Large plastic bag.

Must be able to accommodate 2 Adults for emergencies.

RUCKSACK

Big enough to carry everything.

SLEEPING BAG

Essential for emergencies. All round zip and man made fibre advisable.

Hollofill Quallofil type, 2 season is adequate.

(Not for sleeping in the Youth Hostels etc.)

NOTEBOOK PENCIL

Waterproof. Pencil better in wet.

FLASK OR WATER BOTTLE

Your choice

TORCH

Spare batteries and bulb important.

Head torch advisable.

If in doubt contact the office to discuss (+44) 015394 41212

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