



### WILDERNESS SURVIVAL COURSE EQUIPMENT LIST

#### Basic personal equipment

- Boots:** Sturdy hiking or backpacking boots, must provide good support and fit well.
- Backpack:** An internal frame backpack with a capacity of 40-60 litres, large enough to carry all your gear.
- Outerwear jacket:** An outer layer waterproof/breathable shell with hood (Gore-tex, etc.). Non-insulated is best.
- Outerwear pants:** waterproof/breathable shell, **non-insulated**.
- Personal clothing layers:** layering works well, no cotton. Below is a suggested guideline, personal preference will affect choices.
  - *mid-weight softshell hiking pants*
  - *lightweight sweater/mid layer for top*
  - *Softshell or fleece jacket*
  - *Insulated jacket with hood, synthetic or down. Weight depends on temperatures and weather conditions*
  - *1 extra pair socks & underwear*
- Gloves:** lightweight gloves
- Toque/warm hat:** wool or fleece
- Hat with sun visor:** baseball cap, etc.
- Sunglasses:** ideally with 100% UV blockage
- Headlamp:** small size. Headlamps are preferable to handheld flashlight
- Water bottle/hydration system:** 1 litre minimum, 2 litres is ideal
- Compass:** compass with a sighting mirror is preferred.
- Knife:** Full blade, or folding style with locking blade
- Personal kit:** (toothbrush, toilet paper, foot-care supplies, etc.) Keep kit to a minimum and bring only essentials
- Sunscreen:** Minimum 30 spf
- Insect repellent**
- Flint and steel**

#### Overnight Equipment

- Sleeping bag:** Synthetic or Down, rated to -5 degrees Celsius (unless current conditions require a warmer or colder rating)
- Sleeping pad:** Thermo-rest style inflatable or closed cell foam (Ensolite style). Closed cell foam is more durable and versatile.
- Eating utensils:** cup, bowl, spoon
- Food as required:** Please consult with your Guide/CWMS Office staff in advance if you need assistance in planning
- Gas stoves:** include fuel and matches/lighter,
- Cooking sets:** bring pot sizes that are appropriate to the meals and groups size
- Survival blanket or bivy** (SOL Escape Lite recommended – *breathable is nice for West Coast climate!*)
- Tarp:** 2x3m tarp; plus groundsheet 1x2m. Can be a lightweight plastic painters drop-sheet

#### Optional yet recommended items

- Small wilderness hand saw:** folding saw, wire saw, etc
- Water purification:** (Pristine drops, Aquatabs, UV pen, hand pump, etc)
- Hiking pole(s):** useful for the approach and descent to/from your camp
- Small personal survival kit:** if you already have one, please bring it along
- Candle**
- Bug netting hat**
- Note pad and pencil**

The pre-trip planning session will allow you to go over all your gear in detail, as well as plan menus and food for the course. Please discuss this list with your Guide/Instructor, or with our office staff in advance, to make sure you are prepared for the field session. If you **need to purchase or rent equipment**, make sure to contact stores well in advance to ensure that what you require is available!