



# SUREFIRE BUSHCRAFT

## WEEKEND BUSHCRAFT & SURVIVAL COURSE Clothing and Equipment Check List

We recommend the following:

### Clothing:

Sensible outdoor clothing is essential for all of our courses. We recommend that you bring a hat, a waterproof and windproof Jacket, a wool jumper or fleece top and several long and short-sleeved T-shirts. Cargo/combat trousers are ideal; as they are strong, light and fast drying (do not bring denim jeans). Sturdy boots are a must, and spare changes of clothes stored in a plastic bag to keep them dry.

### Equipment checklist:

- Small day-sack and or either a rucksack or holdall
- Sleeping bag, preferably 3 season & bivy-bag (put sleep bag inside bivvy bag where possible)
- Self-inflating or closed-cell foam sleeping mat (**military arctic foam mat supplied**)
- Tent, should you not wish to camp under a military tarp. (**tarps supplied**)
- Torch and spare batteries, whistle (Remember the international distress call, 6 long blasts followed by a reply of 3 long blasts)
- Small first aid kit, including plasters, blister kit, tweezers, foot powder and any personal medication i.e. inhalers
- Sun block and lip balm
- Good insect repellent
- Wash kit and towel, preferably containing biodegradable soap
- Knife, fork and spoon and mug
- Bowl & plate (**optional as military mess tin sets supplied**)
- Water bottle
- Notebook and pencils (**course handouts will be sent electronically after course completed**)
- Ziploc bags

### Optional extras:

- Camera , Binoculars, mobile phone (emergencies only)