

SPORTS LEADERS LEVEL 3 QUALIFICATION IN LOWLAND EXPEDITION LEADERSHIP

EQUIPMENT LIST

During the course, you will be camping on two nights, all of which will require you to use lightweight tents; therefore, the following items of equipment/ clothing are required to be provided by yourselves:

- Tent (2/3 person) – CAN BE SHARED
- Compass (Silva or Recta) – please note the accuracy of other compasses is limited!
- Warm sleeping bag
- Rollmat (or similar)
- Boots
- Alternative footwear
- Socks (Thick & Normal)
- Trousers/ Tracksuit bottoms (no jeans)
- T-Shirts (or similar)
- Spare Jumper/ Sweatshirt
- Fibre/ Fleece Jacket (or similar)
- Waterproof Clothing
- Personal Washing Kit
- Knife, Fork, Spoon, Plate, Dish, Mug
- T-Towel/ Scourers
- Water bottle and/ or Flask
- Camping Stove and fuel – CAN BE SHARED
- Torch
- Daysack
- 65 litre Rucksack (Required for full day walk)

It is suggested that if you have not got access certain group camping equipment, i.e. tent, camping stove, etc. you discuss this with us prior to the course.

Whilst camping, you are expected to use a lightweight camping stove (Trangia, Camping Gaz, MSR, etc.) that could be easily accommodated and carried in a rucksack!