



Kit List for Winter Wilderness Wildlife Tracking

It is imperative that you have the appropriate clothing and equipment to undertake this expedition. If you are unsure of any aspects of the following list then please speak with a member of staff as soon as possible for clarification on 01234 351006.

- Carrying
 - You will require a medium sized rucksack to carry all items required for the wilderness section of the course, however, it is imperative that you do not overload yourself. Everything should fit inside and be watertight. Depending on snow conditions you may have a 2 kilometer walk, or a 15 kilometer walk on snow shoes... so keep it lightweight. We have had customers previously who could not carry their equipment for the necessary duration, we would have no choice but to abandon your equipment in the wilderness... as well as the financial loss to you there is also the environmental impact to consider... so please pack light.
 - You may wish to travel with a suitcase to allow for the nights in the private house, this suitcase can be left securely in a storage area whilst we are in the mountains.
- Clothing
 - As we cannot accurately forecast the exact weather conditions you should prepare yourself for being exposed to mild through to very cold winter conditions. A layering system is most efficient but please ensure these layers wick moisture away from the body efficiently. To stress how important this is bear in mind that if you have sweat forming between layers that subsequently freeze, this could kill you.
 - Thermal underwear, top and bottoms
 - Warm socks
 - Fleece or equivalent torso layering

- Water and windproof outer shell with hooded top, and bottoms
 - Winter trousers (or combination trousers/waterproofs)
 - Insulated Jacket with hood
 - Fully waterproof Walking Boots
 - Gaiters
 - Extreme cold mittens
 - Liner gloves
 - Woolly Hat
 - Buff
 - Sunglasses
 - Watch
 - Snow goggles
- Eating and Drinking
 - You may wish to bring some high energy/slow release snacks for your journeys, all other food is provided.
 - Tea/Coffee/Hot chocolate or whatever your preferred warm drink is. Oxo cubes work well and have salts in for a boost.
 - We will cook communally however you will require:
 - Knife, fork, spoon, bowl and metal mug – these should be of a sturdy construction.
 - Pan – a small saucepan or mess tin
 - Cleaning equipment – a household sponge and biodegradable soap. In line with our environmental policy we would ask you not to bring soap that will have a detrimental effect on the environment.
- Sleeping System
 - Lightweight one or two season sleeping bag. We recommend Snugpak as a good balance between price/quality.
- Hydration
 - Water bottle – a 1 litre wide mouth metal bottle is best to prevent freezing. It's worth wrapping some gaffa tape round the bottle for use as emergency repairs to kit.
 - Water purification system – we recommend the First Need XLE but if you have an alternative please check with us for suitability.
- Miscellaneous

- Whistle
- GPS (please ask as we have a number that can be loaned)
- Compass
- Torch & spare batteries – head torch is ideal, as it will leave your hands free.
- Personal first aid kit which must include thermal blanket/survival blanket
- Personal hygiene kit - toothpaste, toothbrush, toilet paper etc. Ear plugs are a good addition for light sleepers. Strictly no perfumed soaps or wet wipes once we are in the mountains.
- Lighter & Fire steel
- Knife (fixed blade)
- 50 foot Paracord
- Personal Medication – this should be clearly labelled in your kit. Please let us know any medical issues prior to leaving the UK.
- One good, high quality animal track and sign book
- Optional
 - Flask
 - Sit mat
 - Camera
 - Battery packs
 - Binoculars- we cannot stress enough what a difference carrying a pair of powerful high quality binoculars can transform your experience. Our recommendation for high quality at a reasonable price would be Opticron Discovery 8x42... but if you can afford Zeist then go for it!

Please feel free to bring any other items with you, however, please do leave a small amount of space in your rucksack to allow for some group carry items, for example group emergency shelters, first aid kits, etc. which will be divided out to the group.

For the extra nights

For those nights where we are at the family home you may wish to have additional clothes, larger wash kits, and anything else for your comfort. These can all be left inside your suitcase when we leave.

For the safety of the whole trip failure to adhere to these kit requirements will result in removal from the course upon arrival. This will be classed as a cancellation by the client and you will be expected to finance your own stay and return journey to the airport.