



## **Summer Navigation Course Kit List**

**It is encouraged for you to use as much of your own equipment as possible as it is often useful to get familiar with certain products**

**Please get in touch with any questions you may have regarding the suitability of your own equipment before the start of the course.**

### **Recommended kit list for mountain courses**

**Rucksack: Something to put everything in! 40 or 50 liters are the best size to go for.**

**Boots: A comfy pair suitable for the hills with good soles . Boots need to provide ankle support .**

**Waterproofs: A set of over trousers and jacket are always essential to have in the bottom of the sac as you never what the British weather will do !**

### **Water bottle /Flask and Lunch**

**Gaiters: Optional but may be suitable**

**Personal Clothing: This should suit cold and warm weather, Gloves, Hat and a suitable layering system that will be personal to you. Weather in the mountains is always changeable (no jeans)**

**First Aid Kit : To cover small cuts , Blisters and headaches**