

World Extreme Medicine



UK Kit List – Keswick, Plas y Brenin & Corfe Expedition and Wilderness Medicine Courses

During the course we'll deliver lectures and evening talks indoors, more practical topics -will be delivered outside, unless harsh weather impacts the quality of delivery. You should therefore plan to be outside for at least 3 hours a day and ensure you pack adequate kit which anticipates a changeable British climate.

As a minimum we recommend you bring:

- Waterproof jacket and trousers (Gore-tex, Neoshell and eVent materials)
- Sturdy waterproof walking boots
- Hat, gloves etc
- Outdoor clothing (not jeans)
- Spare set of outdoor clothing in case you get wet!
- Warm fleece or top
- Casual clothing for the evening
- Day pack
- Water bottle
- Compass (Silva Type 4 recommended)
- Whistle
- Personal toiletries including a towel

Check out <http://knowledge.cotswoldoutdoor.com/c/layering-system-guide/> for a good guide on layering systems and when to use them.

If you need boots take a look at <http://knowledge.cotswoldoutdoor.com/c/top-tips-for-choosing-the-perfect-boot/>, please remember to break in any new footwear before the course.