

World Extreme Medicine

Expedition & Wilderness Medicine Course - Kit List



The list below is an essential minimum requirement for the World Extreme Medicine Expedition & Wilderness Medicine courses:

As a minimum you must bring:

- Waterproof jacket and trousers
- Sturdy walking boots
- Hat, gloves etc
- Outdoor clothing – comprising of base, mid and outer layers
- Spare set of outdoor clothing in case you get wet!
- Warm fleece or top
- Casual clothing for the evening
- Daypack – with a waterproof shell (to keep your spare clothes dry!)
- Water bottle
- Compass
- Whistle
- Head Torch
- Personal toiletries including a towel
- Personal First Aid Kit

For any kit you do not have and are not able to purchase, contact:

[Outdoor Hire](#)

[Expedition Kit Hire](#)

As you will be sharing rooms with other people, we recommend ear plugs and eye masks if you are light sleeper.

For any further kit enquires please contact admin@extreme-medicine.com