

World Extreme Medicine

Expedition & Wilderness Medicine Slovenia

Course - Kit List



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

As a minimum we recommend you bring:

- Waterproof jacket and trousers
- Base layers for top and bottom half
- Mid layers for top (and bottom half if you're a cold person)
- Down or synthetic insulating jacket
- Sturdy gore-tex walking boots (B1 rated is ideal)
- Hat, gloves etc
- Outdoor clothing (allowing freedom of movement)
- Spare set of outdoor clothing in case you get wet!
- Casual clothing for the evening
- 35-45 litre pack
- Water bottle
- Compass
- Whistle
- Personal toiletries including a towel
- Personal First Aid Kit
- Bivy Bag
- Head torch
- Sleeping bag to keep you cosy down to -5c or lower
- Roll mat or thermarest
- Tarp / Basha - 250cm x 170cm with loops and eyelets
- Paracord / utility cord – minimum 20m in length

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