



Expedition & Wilderness Medicine, USA 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
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

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