



Expedition & Wilderness Medicine, Slovenia 2027 Kit List

Please ensure you follow the kit list for the course, quality waterproof and footwear are essential to your comfort and safety throughout the course.

As a minimum we recommend you bring:

- Sturdy Gore-Tex walking boots (B1 rated is ideal)
 - 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
 - Hat, gloves etc
 - Outdoor clothing (allowing freedom of movement)
 - Spare set of outdoor clothing in case you get wet!
 - Casual clothing for the evening
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- 35-45 litre pack
 - Water bottle
 - Compass
 - Whistle
 - Head torch
 - Personal toiletries including a towel
 - Personal First Aid Kit
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- Bivy Bag
 - Tarp / Basha - 250cm x 170cm with loops and eyelets
 - Paracord / utility cord – minimum 20m in length
 - Sleeping bag to keep you cosy down to -5c or lower
 - Roll mat or Thermarest

We understand that not everyone has bivy kit, we really do feel it is a great investment for everyone with a passion for the outdoors. The best value options you will find are on army surplus stores, a tarp and bivy bag combo should cost under £50 (just remember pegs and guy lines) or you can go for top of the range and spend hundreds, and anywhere in between.

It is possible to hire some of the gear necessary for the bivying from the Hostel Pod Voglom – sleeping bags €15, Tarp/Basha €10, Outdoor sleeping mat €15. If you wish to reserve any of these items please email info@pac.si

Personal first aid kit

- Personal/prescription medication
- Paracetamol
- Ibuprofen
- Imodium
- Antiseptic wipes
- Wound wash/saline pods
- Plasters
- Adhesive tape
- Moleskin/compeed
- Dehydration mix/tablets
- Small tub of Vaseline
- Tweezers
- Scissors

If you have any questions about kit, just give us a call or send an email.