

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 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
- Day pack
- Water bottle
- Compass
- Whistle
- Head torch
- Personal toiletries including a towel

It is important to recognise you may be out in freezing temperatures and must be adequately equipped to deal with this. The internet is a fantastic resource for you to research the weather and landscape of the area, we would suggest carrying out your own research to ensure you have the kit suitable for you needs.

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.