World Extreme Medicine

Slovenia Kit List - Expedition and Wilderness Medicine Course

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 4 hours a day and ensure you pack adequate kit which anticipates a changeable climate.

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
- 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

