World Extreme Medicine

Expedition & Wilderness Medicine Course - Kit List

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

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
- 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