



World Extreme Medicine Fundamentals of Search & Rescue – Kit List

You will need casual, informal clothes for the whole course.

A wetsuit will be provided for you for the water rescue scenarios.

You will be outside for at least at least 4 hours each day, the list below is an essential minimum requirement for the course:

- Waterproof shell jacket and trousers (gore-tex or similar)
- Base layers for lower and upper body
- Walking/softshell trousers
- Fleece layers
- Insulated jacket (synthetic recommended)
- Sturdy walking boots
- Footwear that you don't mind getting wet – i.e. old trainers
- Beanie hat
- Spare clothing in case you get wet
- Warm gloves
- Leather work gloves (for rope work)
- Helmet
- Day pack and waterproof cover
- Dry bags
- 1L Water bottle
- Compass
- Whistle
- Headtorch
- Personal toiletries including a towel
- Snacks – please bring your favourite snacks as supplements to the meals

For any kit you do not have and are not able to purchase, you could try hiring from the following:

[Rental | Rab® UK](#)

[Expedition Kit Hire](#)

[OUTDOORHIRE - Outdoorhire - Outdoor Equipment Hire](#)