



## SPORTS LEADERS UK LEVEL 2 AWARD IN ASSISTING IN BASIC EXPEDITION LEADERSHIP

### EQUIPMENT LIST

During the course, the following items of equipment & clothing are required to be provided by you:

- Tent (2/3 person) - CAN BE SHARED (AVAILABLE TO HIRE AT A SMALL COST)
- Warm sleeping bag
- Rollmat (or similar)
- Pillow(s)
- Rucksack (65 ltrs)
- Daysack (optional)
- Walking Boots
- Alternative footwear
- Socks (Thick & Normal)
- Trousers/ Tracksuit bottoms (no jeans)
- T-Shirts (or similar)
- Spare Jumper/ Sweatshirt
- Fibre/ Fleece Jacket (or similar)
- Waterproof Clothing
- Personal Washing Kit
- Knife, Fork, Spoon, Plate, Dish, Mug
- T-Towel/ Scourers
- Water bottle and/ or Flask
- Camping Stove and fuel - CAN BE SHARED (AVAILABLE TO HIRE AT A SMALL COST)
- Compass
- Torch
- Paper/Pen
- Camera (optional)