

SPORTS LEADERS UK LEVEL 3 CERTIFICATE IN BASIC EXPEDITION LEADERSHIP

EQUIPMENT LIST

During the course, we will be using a variety of residential centres, all of which will require you to camp using lightweight tents; therefore, the following items of equipment/ clothing are required to be provided by yourselves:

- Tent (2/3 person) - CAN BE SHARED
- Compass
- Warm sleeping bag
- Rollmat (or similar)
- 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
- Torch

It is suggested that if you have not got access certain group camping equipment, i.e. tent, camping stove, etc. you discuss this with the other candidates on the course to ascertain who can access spare equipment.

For each residential weekend, a sheet detailing the equipment requirements, programme, and venue will be issued in advance.

Apart from the final expedition weekend, all camping can be from the 'boot of the car'. However, you are expected to use lightweight camping stoves (Trangia, Camping Gaz, MSR, etc.) that could be easily accommodated and carried in a rucksack!

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