

## Instructor Training Course- Equipment list

Below is a list of equipment students should have for the course, some of this is required for the first few weeks. The list is not exhaustive; it contains what we would describe as your “tools of the trade”, i.e. essential kit for working as a professional in the outdoor industry. Most of the equipment listed can be purchased at a discounted rate from our outdoor kit suppliers prior to your course start date, an order form will be sent to you listing all of the items that we are able to source. The team are on hand to answer any kit queries you may have, whether you are ordering from us, or would like to chat about kit that you already own or kit that you are thinking of purchasing. It is essential that the kit you bring with you is fit for purpose, so please contact us for advice.

Items marked with an \*asterisk are recommended but optional or can be purchased during the course. They are also available from the centre stores but may not be of the same quality.

### **General**

- Gore-Tex (or similar) waterproof trousers and hooded jacket
- 3/4 Season Walking Boots
- Rucksack 30-40 litre day pack
- \*Rucksack 60-70 litre expedition pack
- Dry bags 2 – 15 litre various sizes (3 or 4)
- Technical base layer clothing (Merino wool or synthetic)
- Technical mid layer clothing. (Fleece, Polartec, Windstopper) etc.
- Technical insulated layer e.g. synthetic or down insulated belay jacket.
- Appropriate quick-drying hiking trousers
- Personal First Aid Kit (we recommend Lifesystems Mountain First Aid Kit)
- Head torch
- Compass
- Whistle
- Swiss Army Knife
- Gloves x 2, a thick insulated (ideally waterproof) pair and a thin pair (e.g. wind stopper)
- Winter walking socks
- Map OS 1:50,000 Land ranger sheets 34, 35, 36, 41, 42
- Map OS 1:25,000 Explorer sheets OL 51, 56 & 57
- Waterproof map case
- Survival Bag

### **Camping**

- Tent 1 or 2-person, 3 season
- Sleeping bag 3 or 4 season (comfort temperature of approx. -2 degrees for Winter course)
- Camping mat 4 season
- Stove
- Pots & Pans
- Gas cannisters (220g is usually ideal)

### **Water**

- White Water Buoyancy Aid with integrated quick release harness and pockets
- Dry suit and / or 5mm wetsuit
- Paddlesports Helmet
- Dry Bag 20 – 30 litre
- \*Dry bag 50 - 80 litre

- Neoprene gloves
- Neoprene socks
- Rescue Knife / Saw
- HMS Paddlesports screw gate Karabiners x 3
- Throw Bag 12-15 meter Flat line
- Throw bag 20-25 meter Fat line
- 2 x white water / prusik minding pulleys
- 2 x 1.2m lengths of prusik cord
- Safety / rescue tape
- Tow Line

### **Climbing**

- Harness
- Climbing Helmet
- Belay plate
- Slings 1x 240mm, 2x 120mm
- HMS screw gate Karabiners x 3
- 1 x 1.2m lengths of prusik cord
- Rock shoes
- Nutkey

### **Skiing (only for those who have signed up for a ski module)**

- Goggles
- Sun glasses
- Ski / Snowboard bag
- Ski socks
- Ski gloves

### **Other Optional / recommended equipment**

- \*Climbing Rope
- \*Lead Climbing Rack
- \*Ski Boots
- \*Canoe paddle/s

### **Recommended course reading & viewing**

- BCU Coaching handbook
- BCU Canoe & Kayak handbook
- White Water Safety & Rescue - Ferrero
- MLTUK Hill walking
- MLTUK Rock climbing
- PSIA Coaching & Alpine manuals (for those who have signed up to the PSIA Instructor Module)
- Hostile Habitats