

# Equipment list for First Aid courses

## **Equipment List**

Each student will need to supply the following items:

- Suitable warm and waterproof clothing for outdoor use including walking boots
- Spare casual clothing and spending monies
- Sleeping Bag & Pillow case
- Wash Kit
- Personal medication
- Pencil/Pen small note book
- Head Torch/Torch

## **Please note:**

Non-residential students do not need to bring a sleeping bag