

Mountain skills levels 1 and 2

Student equipment list:

Each student will need to supply the following items:

- Suitable warm and waterproof clothing for outdoor use
- Walking boots.
- Small rucksack (20 litre size)
- Compass
- Water bottle (2 litre size)
- Sleeping Bag
- Wash Kit and towel
- Midge repellent and sun cream, sun hat (March to October)
- Personal medication x 2
- Pencil and small note book
- Head Torch
- All meals (shop nearby)
- Spare casual clothing and spending monies

Please note the following important information:

Students may arrive between 20.00 and 21.00 on the evening before their course commences. Please check your confirmation carefully for venue location and start date as some programmes commence weekdays.

If you require further information please email us at:
programmes@henggenting.co.uk

www.henggenting.co.uk | www.remotefirstaid.com

Telephone: 0700 345 0249 Monday to Friday 09.00-18.00
(Your normal call rates apply)

 **before you print, think about the ENVIRONMENT**

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