

Mountain skills level 3

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)
- Expedition pack (50/60 litre size)
- Compass
- Water bottle (2 litre size)
- Sleeping bag
- Sleeping mat
- Stove fuel, pots & pans
- Mug, plate, knife, spoon
- 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.

We will supply mountain tents, but if you have your own please let us know to see if it is suitable and fit for purpose.

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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