



## NNAS Kit List – Silver overnight camp.

Our NNAS Course provides all safety and camping gear, but you will need to provide your personal items and food including the items listed below. This is to ensure your experience is comfortable but most importantly, safe.

We ask participants with smart phones to download the OS Locate App before the course, as some learning will include GPS usage.

### Essential

Waterproof Map Case: ideally A4 in size. We recommend Ortlieb or Silva cases.

Compass: Long-base plate with roamer scale. We highly recommend a quality compass such as a Silva Expedition 4.

**Note:** We will provide maps for the area you're learning in. We do have a limited number of compasses and map cases to lend out if required, however, we urge participants to buy their own to encourage future learning and practice.

Nutrition: Packed lunches (x2) and snacks to keep you going through the day. An evening meal – ideally dehydrated (we will provide stove for boiling water). Breakfast and hot drink items. We will provide a water filter bottle to collect water on route. Please bring your own cup/bowl and spork.

Full set of waterproofs: These should include a mountain jacket with storm hood and waterproof trousers.

Three season walking boots: Importantly these should be waterproof, preferably support your ankle, and have a vibram sole with good grip on both rock and vegetation. Your boots should fit you correctly and be well worn in. On good weather days approach trainers with good grips are acceptable.

Hat and gloves: Mountain weather is notoriously fickle. Potentially one moment like a hot summer's day, the next like midwinter. Make sure you pack hat and gloves that are warm, windproof and, if possible, waterproof. A lightweight sun hat is also a good idea.

Additional warm layer: Fleece or lightweight duvet jacket.

Personal first aid kit: This is for your personal medication only. We will carry the rest – plasters, blister treatment, painkillers etc.

Overnight wash kit – toothbrush, sanitiser and biodegradable toilet roll. A latrine trowel will be provided.

Headtorch with spare batteries.

Dry bags to separate gear.

### Optional

Trekking poles: Guaranteed to take weight off your knees, give additional purchase and power going up hills, and provide balance on tricky descents.

Camera: Unless you are an avid photographer who needs a multitude of lenses, a lightweight compact would be the best choice. Remember, whatever you bring you must carry!

### **What we will provide**

- Lightweight four-season tent.*
- Down sleeping bag with liner.*
- High quality sleeping mat.*
- Down pillow.*
- Lightweight mountain trekking rucksack with waterproof cover.*
- Cooking stoves, pans and gas.*
- Water filter.*
- Latrine trowels.*
- Midge net head cover.*
- Whistle.*