



Woodland Ways Walks
Intermediate Navigation Kit List

KIT LIST

1. Waterproof coat and over trousers.
2. Rucksack.30Ltr. should be sufficient. Include a waterproof liner.
3. Walking boots, with a good quality sole and ankle support.
4. Hat and gloves.
5. Whistle.
6. Headtorch. This is in case of emergencies and must be powerful enough to walk with in poor weather at night and bring spare batteries and bulb. A hand held torch will not be suitable.
7. Packed lunch
8. Drinking water and a flask. You will need to carry 1 to 2 Litres of water with you.
9. A survival bag (the orange plastic ones are ideal)
10. A watch
11. A fleece or warm jumper. Bring spare clothing just in case.
12. A personal first aid kit- include sun cream and insect repellent. (summer courses)
13. A compass. The Silva type 4 is best; make sure it is in degrees. Ask for advice if you are not sure before you purchase one.
14. Note book and pen
15. Gaiters and mobile phone (both optional)