

EXTREME SURVIVAL

Course Kit List



Rucksack (35-45l)

Survival knife

Firesteel

Survival saw

Water bottle

Paracord (5m)

Cooking pot

Mug and spoon

Headlamp

Sleeping bag

groundsheet

Warm jacket

Notebook and pencil

Optional extras

Hat or cap

Sunscreen

Camera

Toiletries

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