

The 1-Day Navigation course is based at an indoor venue, however we aim to get you outside as much as possible during the course to get hands on with a map and compass. In the afternoon we'll be heading out for a 3 – 5km walk to put it all into practice. Because of this we ask that attendees come prepared with the following items:

- **Waterproof Jacket & Trousers:** Make sure the jacket has a hood and it all fits you comfortably. Oh and make sure it's definitely waterproof!
- **Sturdy footwear:** These can be approach shoes or walking boots but we recommend that they have good support and are waterproof. If they're new then try to wear them in a bit by walking around the house / work etc. The last thing you want is to be too focused on the blisters on your feet to miss out the excellent training!
- **Warm clothes:** Ideally a fleece or warm jumper, woolly hat and a pair of gloves. Our advice for clothing is to avoid cotton where possible as they are not comfortable when wet, so please avoid coming along in your favourite jeans!
- **Food and drink:** Bring along something for lunch as well as your favourite snacks (and maybe some to share!) If it's looking a bit cold then a flask of something warm is a good idea, otherwise a small bottle of squash or water will be sufficient.
- **A compass** (Optional): Just so you can get used to using your own! If you've not got one, don't worry – we'll supply one for the course and can point you in the right direction (see what we did there) to get yourself one to practice with afterwards too!
- **Personal Medication:** Anything that you have put down on your medical form. At the start of the course, please let the course tutor know where you keep it too just in case they need to access it in a hurry.
- **A small rucksack:** To carry everything – something up to 25 litres will be perfect. If it has a rain cover then even better – we don't want your snacks getting soggy!

If you don't have any of this, or you're unsure if what you have is suitable, then get in contact when you book, or before the course starts, and we'll help you out.

Kit-List Tick-Sheet

Waterproof Jacket	Need to buy or borrow it! []	Got it! []	Packed it! []
Waterproof Trousers	Need to buy or borrow it! []	Got it! []	Packed it! []
Suitable Footwear	Need to buy or borrow it! []	Got it! []	Packed it! []
Fleece / Warm Jumper	Need to buy or borrow it! []	Got it! []	Packed it! []
Woolly Hat	Need to buy or borrow it! []	Got it! []	Packed it! []
Gloves	Need to buy or borrow it! []	Got it! []	Packed it! []
Rucksack	Need to buy or borrow it! []	Got it! []	Packed it! []
Compass (optional)	Need to buy or borrow it! []	Got it! []	Packed it! []
Food & Drink	Need to buy it! []	Got it! []	Packed it! []
Personal Medication (Optional)		Got it! []	Packed it! []