



## JOURNEYMAN PACKING LIST

Carry less by knowing more

We hope you find the following checklist useful:

ITEM	✓
SUITABLE OUTDOOR CLOTHING	
SWIMMING COSTUME	
SLEEPING BAG	
INSULATING SLEEPING MAT	
LIGHTWEIGHT TENT OR SIMILAR SHELTER	
MUG AND EATING UTENSILS	
WATER BOTTLE	
PERSONAL TOILETRIES/MEDICATION	
WASH KIT AND LARGE TOWEL	
SUNSCREEN	
LIPSALVE	
WHISTLE	
NOTEBOOK & SOFT LEAD PENCIL	
SMALL FIRST AID KIT (plasters, bandages, headache pills, etc.)	
HEADTORCH WITH FRESH BATTERIES & 2 SPARE SETS	
LAPLANDER CUTTING SAW	
AXE only if you have attended the Woodlore Campcraft course	
BUSHCRAFT KNIFE	
10 M STRONG NYLON CORD	
RUCKSACK AND RUCKSACK LINER	
SPARE SET OF CLEAN CLOTHES FOR JOURNEY HOME	