



WaterStone
ACADEMY
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OS10 Outdoor Survival Level 1: Participant Information

Clothing You Should Have For OS10



- **CLOTHING** appropriate to the expected weather conditions:
 - Multiple **layers** are better than a single, super-warm jacket
 - this enables you to add or remove layers as you get warmed up during activities, or as weather conditions change
 - A **hat** that protects your head from the sun
 - **Work gloves**
 - **Shemagh** or **neck gaiter**
 - **Footwear** that will enable you to walk, run, climb, navigate obstacles, and do exercises and stretching
 - **Sunglasses** – bright sunny days can hurt your eyes

Equipment to Bring to OS10

- Comfortable **DAYPACK** you can wear for walking & running
 - a **water bottle** (METAL preferred)
 - **dry socks** (always a good idea)
 - a **notebook, clipboard, or thin binder**
 - ◆ there will be notes and handouts!
 - **pens** and **pencils** (pencils work even when it's cold)
 - a folding or non-folding pocketknife
 - small pack of **tissue** for those runny nose moments
 - a **plastic bag** for used tissues
 - a **snack** for the break between lessons