Expedition Medicine: Equipment list for Arm River

For those familiar with outdoor pursuits the basic minimum is to come with gear sufficient to overnight in the Tasmanian wilderness in winter (on snow) as well clothing sufficient for a week of outdoor activities. Drying facilities are very limited so extra dry warm clothes are recommended.

From experience in past courses things that are useful for the course that might not be obvious from the gear list (for a detailed list of the recommended gear see page two):

- Old clothes for scenarios that you don’t mind getting wet/dirty/damaged are a must
- A small groundsheet
- Personal GPS and/or compass (will be supplied if you don’t own yourself)
- A USB stick/thumb-drive for course photos
- A camera and data cable so that we can share each other’s photos
- Personal first aid kit (not required for scenarios, but for the discussion on expedition planning and first aid kits)
- Some sort of head torch is mandatory. A good quality head torch will make your life a lot easier in the night scenarios (as will a couple of sets of spare batteries)

All technical gear (harnesses, ropes, snow shovels etc.) will be supplied as well as any medical equipment required for scenarios and maps.
Suggested minimum personal equipment for overnight trip:

- Walking boots
- Warm socks (2 pairs)
- Thermal pants (2)
- Thermal tops (2)
- Light polar fleece
- Heavy polar fleece or down jacket
- Beanie/Balaclava
- Waterproof jacket
- Waterproof pants
- Gaiters
- Walking boots (waterproofed)
- Sunglasses
- Sunscreen
- Head torch & spare batteries
- Back pack (suitable for hiking)
- Sleeping bag (minus 5 degrees or better)
- Sleeping mat (thermarest or similar +/- foam ground roll)
- Bivy bag or survival bag
- Gloves (2 pairs)
- Water bottle
- Personal first aid supplies
- Capacity to waterproof above equipment (dry bags, plastic bags, etc.)
- Spoon, bowl, cup & knife
- Snow shovel
- Ice axe
- Tent
- MSR stove or Trangia plus fuel & bottle
- Snow saw
- Dishwashing gloves (good for building snow shelters)
- GPS & batteries & spare
- Compass
- Camera & download cable
- Wet suit, booties, gloves
- Trashy clothes for scenarios (lying in the mud, etc.)
- Personal/company first aid kit to review (not to use in scenarios)
- Poo tube