



Survival by Training *with the* International Canadian School Of Survival Course Kit List

For safety reasons, the following items are **prohibited** and will result in immediate *dismissal* from the course: Illegal Drugs, Alcohol, Chainsaws, Axes, Firearms, and Power tools.

ICSOS will provide all the safety & training equipment required with the exception of the following:
Also note that *all* courses spend time outdoors; please bring proper attire for the weather conditions.

Medical Note: all participants are expected to bring any medications they may require in sufficient quantity for the duration of the course *plus extra*. This includes allergy medication, *including* an Epi-Pen for severe allergies – even if the chances of the allergy occurring are slim. Safety first.

Wilderness Safety & Survival – Level 1: Just bring yourself; something to take & write notes with; water bottle, lunch and snacks for the day; and, be prepared for the weather conditions as we will spend some time outside.

Land Navigation, that listed above plus:

- Clothing suitable for the season & weather conditions
- ICSOS supplies compasses & GPS for training purposes, however we recommend bringing what you normally use

Cold Water Immersion, as for WSS – Level 1, plus:

- Clothing suitable for the season & weather conditions
- A complete change of clothes, *including footwear* and extra socks
- Additional, or a third set of, warm clothes is highly recommended

All Other Courses, everything listed above, plus:

- Leather work gloves and safety glasses (we'll have spares though)
- Lighter (any kind; recommended a brightly coloured one)
- Knife (non-folding, full-tang knife with a max. 5" blade)
- Water bottle, preferably metal
- Flashlight or preferably a Headlamp
- Sleeping bag appropriate to the season, wool blanket to protect from sparks
- Closed cell foam mattress is recommended
- Spare set of clothes, especially underwear and socks
- A pack to carry it all in (expect to travel cross-country with it)
- *Any other equipment you'd like to field test (we'd love to check it out too!)*
- Also: see WSS1 Survival Kit Handout for additional suggestions

If you have any questions, please contact us at:

204.461.3797 icsos.safety@gmail.com



ICSOS Inc. Survival by Training



@survivalbytraining



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