

CISOR: Mountain Combat and Survival basic course

From Thursday 18th till Sunday 20th July 2024

<https://sof-sion.ch/cisor-mountain-survival-and-combat-basic-course/>

Equipment to take (not exhaustive)

- Minimum 30l Backpack
- Combat harness or chest
- Hearing protection
- Shooting glasses
- Combat helmet
- Combat gloves
- Mission-appropriate footwear (Vibram soles)
- Rope gloves
- Note-taking equipment
- Compass for navigation (360 degrees)
- Water purification tablets 2 x 2l water bottles or large camelback
- Snacks
- Bivouac gear (2 nights outside)
- Warm clothes (even in summer, evenings are cool at this altitude)
- Sunglasses (level 3 or 4) and sun cream
- Hat or cap (rain and sun protection)
- Poncho (rain)
- Reserve clothes (sealed)
- Toiletries and shower
- Multi-tool or swiss knife
- Headlamp
- Any equipment to make life easier in the countryside
- Survival blanket
- **Food for 6 meals (2 breakfast, 2 dinner, 2 souper)**