

Wild Camp - Kit List



Personal Kit

- Rucksack (at least 65 litres)
- Rucksack liner (or bin bag to keep rain out)
- Walking boots with ankle support
- Comfortable, thick walking socks
- Base layer/T-Shirt (Not cotton, ideally sports top) x2
- Comfortable walking trousers (not jeans)
- Hoody/Fleece x2
- Waterproof jacket
- Waterproof trousers
- Warm hat + gloves
- At least 2 litres of water
- Food (Lunch x2, Dinner x1, Breakfast x1 + snacks)
- Personal medication
- Camera/Phone (optional)
- Trekking poles (optional)
- Sleeping Bag
- Tent (ideal 2-man)
- Pack away pillow (optional)
- Headtorch + batteries
- Roll mat / Bed
- Portable battery pack + cable
- Stove + Gas + Lighter
- Cutlery + Mug, with coffee/tea

Kit carried by staff

- Mountain First Aid Kit
- Emergency Group Shelter
- Map and Compass
- Emergency Phone + Power Pack
- Emergency Rations