

## KIT LIST FOR SUMMER SOLSTICE WILDCAMP

# KIT LIST

### Essentials:

- **A large rucksack somewhere between 40 and 65 litre**
- **Small tent:** The perfect tent for wild camping is one that'll last against the elements but is still quick to set up and easy to pack. I'd recommend anything with a good hydrostatic head rating (the waterproofness of the tent, the higher the number the better) and sized appropriate to how many will be using it. **(One tent per person or family bubble)**
- **A good, portable stove:** Basically, you want a stove that won't weigh you down too much and is easy to get up and going. Take along some pouched extreme food or wayfarer meals and enjoy good tasting grub outdoors (This can be shared)
- **Waterproof Jacket:** Preferably windproof and also breathable, a waterproof in Britain is a definite purchase.
- **Warm clothes:** An essential in Britain, pack a fleece and avoid jeans – which are a nightmare when wet.
- **Cutlery:** cup/plate/spork: Something to have brews in, something to put food on and something to eat it with. **Light My Fire** and **GSI** both do a good range of light tools but you can always improvise.
- **Sleeping mat:** Whether you invest in a comfy inflatable Exped or a simple roll mat, you'll be sleeping on rough terrain so a mat is practically an essential.
- **Sleeping bag:** Buy something appropriate to the season. Down is great for winter but if it gets wet you'll be in for a world of trouble. Bonus tip: A drysack or bin liner will help keep your sleeping bag dry even if the weather turns sour.
- **Head Torch:** Another essential in Britain. When darkness closes in you need your hands free. Invest in a headtorch, something like a **Petzl Tikka XP Headlamp** with spare batteries. You'll be pleased you did.
- **Toiletries kept in a dry bag.** For the ladies a Shewee Extreme is a handy thing to carry.
- **Large water bottle:** Humans should aim to drink around 3 litres of water a day. Keeping a water bottle handy helps you accomplish this.
- **Food and drinks and chocolate:** High energy snacks such as nuts and beef jerky are a great way to keep you going without stopping to make meals. A hydration bladder or large water bottle full of fluid is essential. Isotonic drinks help keep you going when times are tough. As well as snacks you will need something for an evening meal and something for breakfast (Porridge ex)
- **A dry bag:** **Exped** or otherwise, a dry bag keeps your clothes and sleeping bag dry. Bring a few if needed. (If you're on a budget a bin bag may suffice.)
- **Good quality first aid kit** with the addition of a tick remover and a small tub of vaseline
- **Insect repellent:** Stops the midges making your life miserable and wards off ticks.

### Optional:

- **Spare pegs:** For a forgetful/clumsy person these are essential. For everyone else they're handy to have.
- **Camping Pillow:** An Exped comfort pillow is a great idea, as are other inflatable pillows. If you're budgeting, you can always roll up clothes.
- **Small trowel or similar tool:** Optional, but the best way to dig a hole in the event of needing the loo. (We will be bringing a trowel, so this can be shared)

- **Good quality sunglasses:** Handy to have (You never know).
- **Walking poles:**
- **Hip Flask/Beer:** If you can carry it then you're welcome to take it and have a nip to celebrate your wilderness experience – just don't indulge too much, you need your wits about you.
- **Book/E-reader:** If you can't drift off to sleep at night it's always nice to have something to read.
- **CAMERA/PHONE**

***REMEMBER THAT IF YOU ARE SHARING A TENT (A Covid secure bubble), SOME OF THIS KIT CAN BE SHARED IN YOUR RUCKSACK.***

- **Base layer:** T-shirt, preferably synthetic, outdoor/sports top (not cotton)
- **Mid layer:** light fleece top with zip neck
- Walking Trousers (definitely not Jeans or tracksuit bottoms)
- Waterproof Jacket with full zip and hood (lightweight, not insulated, not ski jacket)
- Hiking socks
- Walking Boots (waterproof)
- Woolly Hat, Gloves
- Waterproof Trousers
- Fleece Jumper or Duvet Jacket ( although nearly summer, do not underestimate the need for extra clothing)