

## Suggested Kit List (Weekend) – updated Feb 2012

### Carry

- Rucksack – Between 45 – 70 litres - Army surplus is fine  
(Try not to have lots of separate bags – Base camp is about 600 meters from the car park)



### Sleep

- Sleeping bag (for the season)
- Sleep mat (rubber or inflatable)

### Shelter/Rest

- Small tent, tarp or bivvi (basha) or hammock





## Cooking

- Billy or saucepan and / or frying pan - *You only need one or two*



- Small camping stove (meths or gas stove)



*(More often than not there will be an open fire to cook on – but please bring a small stove in any case)*

- Spoon and fork
- Plate or container for food
- Drinking cup
- Water bottle (suggested 1 litre) Fresh drinking water will be supplied

### Hygiene

- Wash kit
- Small flannel (or small towel)
- Hygiene liquid
- Personal medication
- Small First Aid kit to include plasters, antiseptic wipes. (We have a more comprehensive First Aid kit at base camp)
- Toilet kit (soft toilet paper; hygiene gel) is supplied but you may want to bring your own.

## Equipment

- Torch (head torch is best)



- Spare batteries
- Camera
- Notebook / pencil

If you have a knife (not a pen-knife) bring it along, but you can borrow one of ours.

## Emergency kit

We will supply you emergency kit; but if you want your own:

- Emergency whistle (keep around your neck at all times)
- Silver survival blanket (keep in a pocket or pouch at all times)
- Torch or cyalume stick (keep in your pocket at all times)

## Clothes

- Base layer vest or T-shirt
- Mid-layer shirt
- Mid-layer warm fleece or (better) wool pullover
- Top layer jacket (best fire resistant)
- Water proof jacket
- Trousers (avoid jeans in winter.)
- Walking boots, stout shoes or army surplus boots (avoid trainers especially in winter also avoid welly boots.)
- Spare socks / underwear
- Hat (warm hat for winter or sun hat for summer)



## Food

*Some suggestions:*

- Instant porridge mix
- Bacon, sausages, tortillas (we call them edible plates!!)
- Packets of instant soup
- Pre-prepared stew, chilli or curry to reheat
- Boil-in-a-bag meals (like instant rice)
- Tea, coffee & sugar
- Cereal bars
- Mini bars chocolate (we like chocolate!)
- Mixed nuts & raisins
- We may have game (rabbits, squirrel, pheasant and venison) for you to prep and eat depending on the course – but please bring some food in case this is not available.

## Tips

- Line your rucksack with a bin liner to keep water out
- Bring a bin liner for rubbish
- Use small re-sealable food storage containers for coffee, tea and sugar (You can also buy resealable plastic bags which will pack down smaller)
- Try not to have lots of separate bags to carry.
- If you have a knife, bring it along, but you can borrow one of ours. No axes please.
- Bring spare socks and a change of base-layer for the night. Nothing worse (or dangerous) than sleeping in wet or sweaty kit.
- If you strap your sleeping bag on the outside of your rucksack, make sure it's in a waterproof bag.
- Avoid tins – they are heavy. Don't leave food out in camp. It attracts unwelcome visitors.

## Sources of kit

You don't have to spend a lot of money on kit especially if you are just starting out. Army surplus stores will usually stock everything you need. Online surplus shops also stock kit. In the long run, buy the best you can afford, but if you are starting out – buy basic!!

Here are just a few that we use:

<http://www.tamarackgroup.co.uk/>

<http://www.greenmanbushcraft.co.uk>



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### Advice

There are a few online communities that have varying opinions and advice about kit.

Don't take the first piece of advice – many people are armchair enthusiasts and you may get poor advice. If you are in any doubt about what kit to get, now or in the future, **please contact us.**

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