

WILDERNESS

FOUNDATION UK

Equipment Check List

- Personal clothing (quick drying is better, no jeans)
- Warm fleece
- Waterproof trousers and jacket
- Walking boots
- Socks
- Pyjamas
- Hat
- Gloves
- Sleeping bag
- Roll mat
- Small hand towel/kikol/sarong
- Toiletries
- Personal medications
- Water purification tablets
- Backpack
- Small gas stove and pot
- Cup, knife, fork, spoon, bowl
- Thermos
- Water bottle
- Head torch with spare batteries
- Tarp
- Bivvy bag
- Plastic bag for dirty laundry
- Camera (optional)