

Kit List

This equipment list is merely our recommendation for the type of kit you should bring with you.

Clothing

Layering your clothing is the key to a comfortable stay. Muted colours are most suitable for blending in with the environment and getting closer to wildlife. The following suggestions are dependent on time of year and how you react to differing weather conditions.

Base layer - thermal t-shirt (eg Merino wool), longjohns, woollen socks. Cotton is fine during the summer months but can chill you quickly when wet so is not the best material in winter

Mid layer - a long sleeved shirt (we like the Norwegian army shirt which is also fleece lined), fleece/woollen jumper, cargo/combat trousers (no jeans, please)

Outer layer - windproof shell, waterproof shell

Feet - sturdy outdoor boots, possibly old trainers for around camp

Bring a spare set of clothes in a plastic bag to keep them dry.

Equipment

Rucksac	Cylume/night stick
Daysac	Torch + spare batteries
Tent, basha, hammock or bivi bag	1 st Aid kit and personal meds
Sleeping bag	Personal wash kit (towel etc)
Sleeping mat	Insect repellent
Knife, fork and spoon	Notepad and pencil
Mug, bowl and plate	At least 10m paracord
Water bottle	Toilet roll
Cooking pot	
Whistle	

Optional

Binoculars
Camera
Field Guides
Compass
Camp chair (essential unless you like sitting on the ground or tree stumps!)
Feminine hygiene products - a change in environment can cause irregularity in the menstrual cycle